

# Extension Edition

**Cooperative Extension Service**

20 N Washington St-PO Box 146  
Campton, KY 41301-0146  
(606) 668-3712  
Fax: (606) 668-3732  
<http://wolfe.ca.uky.edu/>

## Wolfe County Cooperative Extension Newsletter March 2024



**Spring forward-daylight savings 2024 begins on Sunday, March 10 at 2 a.m.**

- In This Issue:**
- Updates
  - 4-H Garden Club
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  - Sit & Sew
  - Back Pack Program Needs
  - Plant Order
  - Spinach & Mushroom Quiche Recipe

**Darian Creech**  
*Darian Creech*  
Wolfe CEA FCS-4H

**Jessica Morris**  
*Jessica Morris*  
Wolfe CEA Agriculture & Natural Resources– 4-H



**Wolfe County Extension Office**

**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



# UPDATES

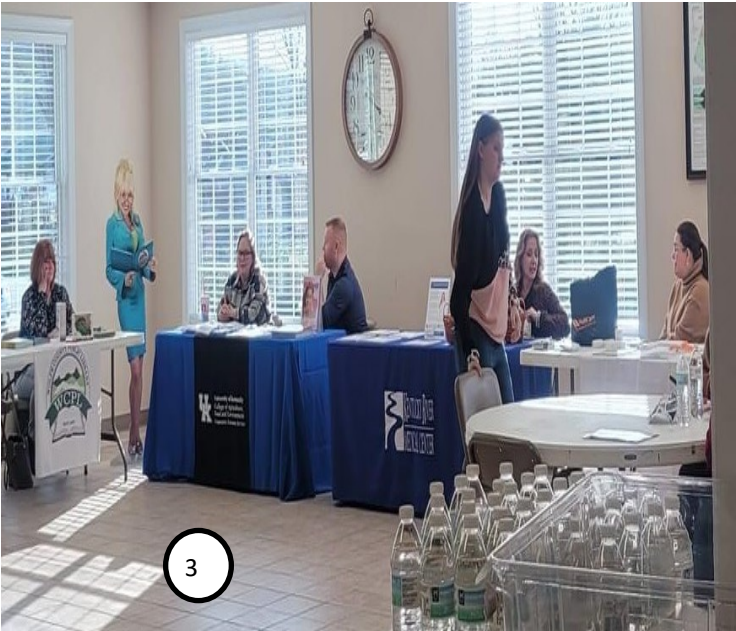
Photos of some recent Wolfe Co Extension activities:

Photo 1 The Wolfe County 4-H Livestock Club Senior Members who competed in the state Livestock Quiz-bowl. This team won the position of 2024 State Runner-up.

Photo 2 is Kaylee Carson, 1st Place Individual in Quality Assurance, 5th Place In Individual ID and 4th Place Overall Individual in the KY State 4-H Livestock Skill-a-thon Contest held in Bowling Green, KY.

Photos 3 is of the Community Baby Shower coordinated by Kentucky River Health Department and held at our office. Wolfe Co Cooperative Extension was one of many community partners there with information stations.

Photos 4 & 5 are scenes from the 2024 annual Country Ham Curing Workshop.





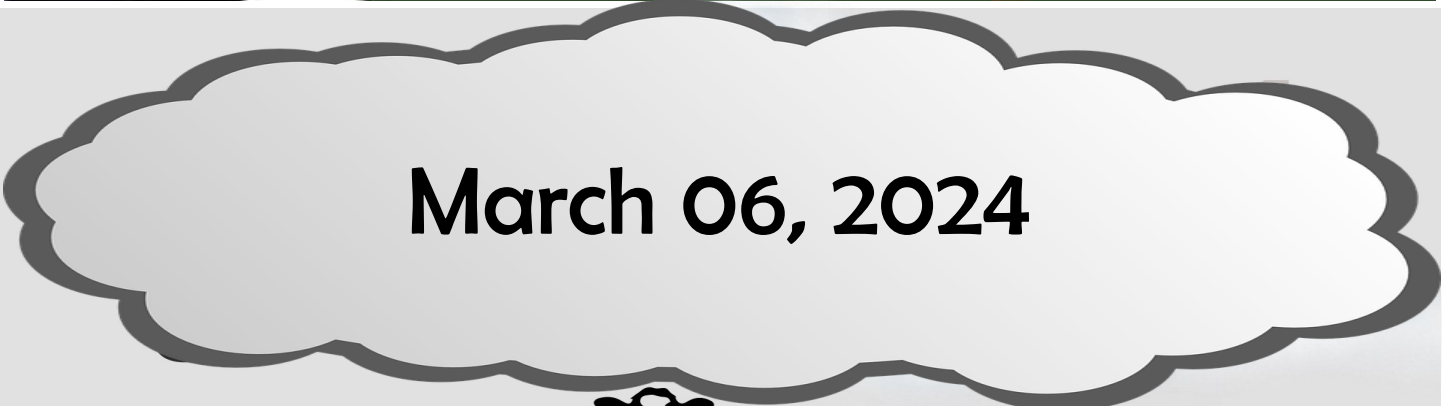
# 4-H Garden Club

Join our informational meeting to learn about our fun plans for the year and working in the community gardens! Bethany & Renae are excited to start this new club opportunity!

**March 21, 2024 at 3:30 PM**

**Wolfe County Extension Office**

📞 606-668-3712



**March 06, 2024**



## 4-H LIVESTOCK CLUB

WOLFE COUNTY EXTENSION OFFICE  
RIGHT AFTER SCHOOL - 3:15-4:30



## Plans and Preparations

<https://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>

### Before You Begin

Every aspiring gardener should follow seven steps to have a successful gardening season:

1. Plan your garden on paper before you begin.
2. Select a good gardening site that is:
  - a. in full sun for at least eight hours each day,
  - b. relatively level,
  - c. well-drained,
  - d. close to a water source,
  - e. dries quickly from morning dew.
3. Prepare the soil properly, conduct a soil test, and add fertilizer and lime according to U.K. test result recommendations.
4. Plan only as large a garden as you can easily maintain. Beginning gardeners often overplant, and then they fail because they cannot keep up with the tasks required. Weeds and pests must be managed, water applied when needed and harvesting done on time.
5. Grow vegetables that will produce the maximum amount of food in the space available.
6. Plant during the correct season for the crop.
7. Choose varieties recommended for Kentucky.
8. Harvest vegetables at their proper stage of maturity. Store them promptly and properly if you do not use them immediately.

### Planning Your Garden

A garden plan helps you grow the greatest amount of produce with the least amount of effort. To use your plan you must expect to harvest each crop as soon as it matures. Then put old plants in the compost pile and plant a new crop. This approach is called succession planting.

Grow only those vegetables that your family will eat. A well-planned and properly kept garden should produce 600 to 700 pounds of produce per 1,000 square feet (Table 20.1) and may include many different crops. Consult *Vegetable Cultivars for Kentucky Gardens* (ID-133) for the latest recommendations on home vegetable varieties.

Draw a scale model of your garden space when planning where to plant. There are also a number of computer programs that can be used to plan your garden. Plant perennials like asparagus, rhubarb, chives and horseradish along one side of the garden since they may produce for six to 12 years. Tall plants such as sweet corn, tomatoes and pole beans should be planted on the north or west side of the garden where they will not shade smaller vegetable crops. However, summer lettuce should be grown in a partially shaded area if possible.

*Acknowledgments*  
Contributors to this publication:

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Department of Horticulture

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Department of Entomology

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Department of Plant and Soil Sciences

**Table 20.1.** Average vegetable yields and amounts to plant per person.

Vegetable	Yield per 10 ft of row	Planting	
		Fresh	Store/Can/ Freeze
Asparagus	3 lb	10-15 ft	10-15 plants
Beans, snap bush	12 lb	15-16 ft	15-20 ft
Beans, snap pole	15 lb	5-6 ft	8-10 ft
Beans, lima bush	2.5 lb, shelled	10-15 ft	15-20 ft
Beans, lima pole	5 lb, shelled	5-6 ft	8-10 ft
Beets	15 lb	5-10 ft	10-20 ft
Broccoli	10 lb	3-5 plants	5-6 plants
Brussels sprouts	7.5 lb	2-5 plants	5-8 plants
Cabbage	15 lb	3-4 plants	5-10 plants
Cabbage, Chinese	8 heads	3-10 ft	---
Carrots	10 lb	5-10 ft	10-15 ft
Cauliflower	10 lb	3-5 plants	8-12 plants
Celeriac	6 lb	5 ft	5 ft
Celery	18 stalks	10 stalks	---
Chard, Swiss	7.5 lb	3-5 plants	8-12 plants
Collards and Kale	10 lb	5-10 ft	5-10 ft
Corn, sweet	1 dozen	10-15 ft	30-50 ft
Cucumbers	12 lb	1-2 hills	3-5 hills
Eggplant	10 lb	2-3 plants	2-3 plants
Garlic	4 lb	---	1-5 ft
Kohlrabi	7.5 lb	3-5 ft	5-10 ft
Lettuce, head	10 heads	10 ft	---
Lettuce, leaf	5 lb	10 ft	---
Muskmelons (cantaloupe)	10 fruits	3-5 hills	---
Mustard	10 lb	5-10 ft	10-15 ft
Okra	10 lb	4-6 ft	6-10 ft
Onions (plants or sets)	10 lb	3-5 ft	30-50 ft
Onions (seed)	10 lb	3-5 ft	30-50 ft
Parsley	3 lb	1-3 ft	1-3 ft
Parsnips	10 lb	10 ft	10 ft
Peas, English	2 lb	15-20 ft	40-60 ft
Peas, Snow	2 lb	10-15 ft	30-40 ft
Peas, Southern	4 lb	10-15 ft	20-50 ft
Peppers	6 lb	3-5 plants	3-5 plants
Potatoes, Irish	10 lb	50-100 ft	---
Potatoes, Sweet	10 lb	5-10 plants	10-20 plants
Pumpkins	10 lb	1-2 hills	1-2 hills
Radishes	10 bunches	3-5 ft	---
Salsify	10 lb	5 ft	5 ft
Soybeans	2 lb	50 ft	50 ft
Spinach	4-5 lb	5-10 ft	10-15 ft
Squash, summer	15 lb	2-3 hills	2-3 hills
Squash, winter	10 lb	1-3 hills	1-3 hills
Tomatoes	10 lb	3-5 plants	5-10 plants
Turnip greens	5-10 lb	5-10 ft	---
Turnip roots	5-10 lb	5-10 ft	5-10 ft
Watermelons	4 fruits	2-4 hills	---

# Growing Your Own Garden Calendar, University of Kentucky Cooperative

## Extension Service-College of Agriculture, Food and Environment

[https://www.planeatmove.com/wp-content/uploads/2020/05/NEP\\_GARDEN\\_calendar\\_agentsprintable2020\\_2.pdf](https://www.planeatmove.com/wp-content/uploads/2020/05/NEP_GARDEN_calendar_agentsprintable2020_2.pdf)

work supported by Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture, partially funded by USDA Supplemental Nutrition Assistance Program



**Week 1** Clean garden space to get ready to plant—weed and remove old plants from last year

**Week 2** Prepare planting beds; clean containers for container gardening; turn compost

**Week 3** Spread mulch; plant potatoes; turn compost

**Week 4** Plant asparagus crowns; turn compost

### Growing Your Own Beginner Gardening

Most of the time, the soil is starting to dry enough to prepare it for the garden. If soils are easy to work and the area is small, tillage with equipment (rototiller, tractor implements) is usually not necessary. Just lightly dig areas to be planted with a shovel or hoe.

Crops that can be planted in March include: • Early: spinach and peas • Middle of the month: collard plants, onion sets & seeds, radish, rhubarb, asparagus crowns, beets, kale, parsley • End of the month: cole crops (such as cabbage, cauliflower and broccoli), potato pieces, lettuce

These are average dates for Kentucky. If you live in the western part of the state you may plant a week or so earlier; if you live in the eastern part of the state you may plant about a week later to allow the soil and air temperatures to warm a bit more. Look at the seed packets to determine the best growing temperatures for your plants.

When planting seeds, remember to follow the directions on the seed packet to know how deep to cover seeds. The seed packet will also tell you how close seeds should be planted in the row. For some crops such as lettuce, radish, and spinach, you can plant even closer than recommended and then pull up extra plants. Use “baby” plants for soups, salads, or use them on sandwiches. Keep pulling baby plants until remaining plants are at the proper spacing. Involve children in this activity—they will be more likely to try these baby vegetables if they help in growing and picking them.

If you plant in areas where there was heavy weeds or grass growth, you may come across newly planted plants with stems cut through at the base. This is damage due to cutworms. By lightly digging around affected plants you may find the worm and can dispose of it. To protect valuable transplants from damage, enclose the lower stem of the transplant in a cardboard roll (paper towel or bathroom tissue roll) or surround the stem with aluminum foil. This can be removed in a few weeks.

Keep a journal of what you planted. Include when and where you planted each vegetable, the variety name of the vegetable, how fast the seedlings started to grow, and what the new seedlings looked like. Involve children by having them take pictures of your garden and adding them to the journal.

*Contributions by: Authors: Rachel Rudolph, Extension Vegetable Specialist Rick Durham, Extension Consumer Horticulture Specialist Cooperative Extension Service University of Kentucky, College of Agriculture Calendar design: Kelli Thompson, Calendar project coordinators: Jann Knappage, Food System Specialist Katie Shoultz, Marketing & Media Specialist*



# Self Care and Self Pampering

**THURSDAY, MARCH  
7, 2024 AT 10:00 AM**

Join Laken Campbell, Lee County Family & Consumer Science Agent, as she helps you differentiate between self-care and self-pampering, evaluate ways the environment can maximize happiness, and determine various types of self-pampering practices.

**WOLFE COUNTY  
EXTENSION OFFICE**

**CALL (606) 668-3712  
TO REGISTER**

## Cooperative Extension Service

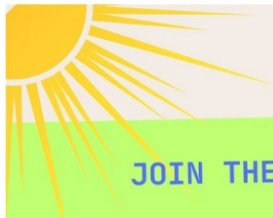
Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



JOIN THE MARCH FUN

# HOMESCHOOL CLUB

**MARCH 8 | 12:30**

WOLFE COUNTY EXTENSION OFFICE

Join Nick as he delivers a nutrition lesson & some fun! Students will also work on a disaster preparedness kit!



**MARCH 22 | 1:00**

NATIONAL WEATHER SERVICE - JACKSON, KY

Get ready for a field trip! Jane Marie will show you all how the weather works and tour the facility! For those that want, meet up at McDonalds at 12 for lunch on your own.



## 9TH ANNUAL Countdown TO KINDERGARTEN

JOIN FRYSC & 4-H TO GET YOUR CHILD READY FOR KINDERGARTEN!

WED MARCH 06 | RED RIVER ELEMENTARY SCHOOL

WED MARCH 13 | CAMPTON ELEMENTARY SCHOOL

WED MARCH 20 | ROGERS ELEMENTARY SCHOOL

5:30PM - 6:30PM

CALL 606-668-3712 TO REGISTER!

PLEASE ATTEND AT THE SCHOOL YOUR CHILD WILL BE ATTENDING!



NATIONAL AGRICULTURE WEEK 2024



MARCH 17- 23 , 2024

The average U.S. farmer can grow enough food for **172 people** each year.






# March 2024

Sun

Mon

Tue

Wed

		Adult Ed classes are held Tuesdays in our Project Room	
3	4	5	6 Live Stock Club 3:15 <i>Red River Countdown to Kindergarten 5:30 to 6:30 PM</i>
10 Spring Forward 1 hour 	11	12 Cooking Through The Calendar at 11:00 AM	13 Campton Elementary Countdown to Kindergarten 5:30 to 6:30 PM
17 St Patrick's Day 	18 Agriculture Appreciation Week 17th to 23rd	19 <b>Farmer Appreciation 5:00 to 6:00 PM</b> <i>Commodity day for pre-approved Wolfe County residents over 60</i>	20 Rogers Countdown to Kindergarten 5:30 to 6:30 PM
24	25	26	27
31 Easter 		In the case of hazardous weather and road conditions-classes or projects may be cancelled. Please call ahead or check our Face Book page before coming	



**\*All classes are held at the Wolfe County Cooperative Extension Service Office unless otherwise noted**

**Thu**

**Fri**

**Sat**

	1	2
7 Self Care & Pampering FCS Workshop at 10:00 AM <i>Apple Tree Grafting at 5:00</i>	8 Homeschool Club 12:30 PM	9
14 Plant orders are due <i>Sit &amp; Sew 2:00 to 5:00 PM</i>	15	16
21 4-H Garden Club 3:30 <i>Mt Cattlemen's-Morgan Extension 6:30 PM</i>	22 Homeschool Club—meeting Jackson at 12, follow group to NWS meeting at 1:00 PM	23
28 <i>Sit &amp; Sew 2:00 to 5:00 PM</i>	29	30



# FARMING SPRING



# TO DO LIST



## High Mag Mineral & Bloat Guard

The first green up of spring is always a bright spot in the year, make sure you're preparing your cattle for it! This is the time you want to be feeding a high magnesium (High Mag) bagged mineral. You also want to have a free choice bloat guard available to protect against frothy bloat!

## Using Manure as Fertilizer on Gardens

Do you know the 90 & 120 Day Rule? For all those vegetable crops that have produce that do not touch the soil (ex corn) the manure must be incorporated into the soil 90 days prior to picking! For all those vegetables that can contact the soil, the manure must be incorporated 120 days prior to picking for consumption!

## Spray for Poison Hemlock & Buttercup

Early Spring is the perfect time to spray to control buttercup and poison hemlock. This helps the herbicide work while the plants are young and tender prior to flowering. For chemical control, herbicides registered for use on grass pastures that contain 2,4-D will effectively control. For best results do when the air temp will be higher than 50 degrees for 2-3 consecutive days! For other control methods clip prior to the plant flowering.

## Soil Tests

There is no better time than now to get soil tests completed for your gardens and pastures! We will be coming up on the time to apply nitrogen before you know it! Please contact us if you need help obtaining your soil sample. We have soil probes available for check out Monday - Friday, 8:00AM - 4:30PM

## Maintenance Equipment

Take this opportunity to prep all of your equipment for the upcoming hay season. Take advantage of getting your seeding and hay equipment serviced before you get ready to use them. Your dealer will thank you plus you will beat the rush and be ready to run when the time comes. As we all know spring will fly by and it will be hay season before we know it!

## BSE Checks for Bulls

It is important to have those breeding age bulls checked yearly through a breeding soundness exam to make sure they are still sound and ready to breed your herd. An open herd of cows from a nonfertile or injured bull can cost a producer thousands of dollars. Vets can complete them for around \$125. We will be hosting a clinic for free in April.



UK Cooperative Extension Service



Wolfe County Extension Office  
Tuesday March 19 | 5:00PM - 6:30PM

COME AND GO AS YOU WISH OR STAY A WHILE WITH US!  
Join us as we celebrate National Ag Week

VENDORS -- FOOD -- EXHIBITS

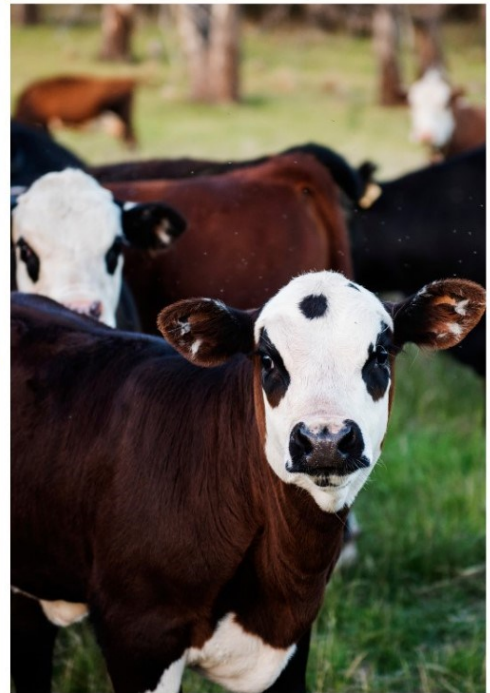
INTERESTED IN JOINING

CALL OUR OFFICE AT 606-668-3712 IF YOU ARE INTERESTED IN JOINING A BEE KEEPERS ASSOCIATION HERE IN WOLFE COUNTY!



**MOUNTAIN CATTLEMEN'S ASSOCIATION**

**SPRING MEETING**



**MORGAN COUNTY EXTENSION OFFICE**

**THURSDAY MARCH 21 | 6:30PM**

Dr. Prater & Dr. Fugate will be our speakers.  
Membership meeting will follow. Meal will be served.

**REGISTER AT 606-668-3712**

Cooperative Extension Service  
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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

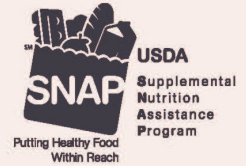
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



## Veggie Egg Rings



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 large bell pepper of any color, tomato, or onion
  - Nonstick cooking spray
  - 2 eggs (1/2 egg per ring)
  - Pinch of salt
  - Pinch of pepper
  - 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
  - **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
  2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
  3. Preheat a large skillet over medium-high heat and spray

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 Veggie Egg Ring**  
**Cost per recipe: \$1.94**  
**Cost per serving: \$0.49**

### Nutrition facts per serving:

60 calories;  
 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

Benita Wade, Christian County SNAP-Ed Program Assistant

### Cooperative Extension Service

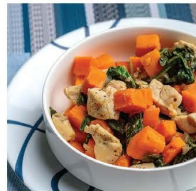
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**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

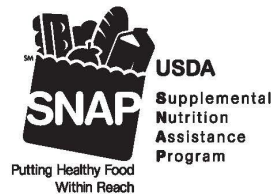
March 12, 2024

11:00 AM

Wolfe County Extension Office

For more information on how you can attend these **FREE** cooking classes, please contact your local Cooperative Extension office:

Wolfe County Extension Office  
20 N Washington St.  
Campton, KY 41301  
(606) 668-3712



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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# Sit & Sew

**BRING YOUR OWN PROJECTS TO COMPLETE**

*2nd and 4th Thursdays*

*March 14th & 28th, 2:00-5:00 PM*

**Join Master Clothing Volunteers,  
Rita Rogers & Carole Dunhuber  
to work on your projects!**



## HELP SUPPORT ANN'S BACKPACK PROGRAM

**Items Needed Include:**  
Microwave popcorn, Individual ravioli & spaghetti cups, Individual mac & cheese cups, meat sticks, pop-tarts, fruit cups, jello cups, pudding cups, instant oatmeal, granola bars, instant noodles

**All donations can be dropped off at the Wolfe County Extension Office.**

Please pay by check  
or exact change.

Receipt No. \_\_\_\_\_



# 2024 Plant Order Form

**Cooperative  
Extension Service**

Wolfe County  
PO Box 146  
Campton, KY 41301  
(606) 668-3712

**Purchaser Information:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.50 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Jewel Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		<b>Total Due</b>	

Pre-payment is required by **Friday, March 15**, for all plant orders.  
**Make checks payable to: Wolfe Co Extension Service**

Payment Information:  
 Amount Paid: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Received by: \_\_\_\_\_  
 Check No.: \_\_\_\_\_ or Cash \_\_\_\_\_

*Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard to let you know when the plants will be available for pickup.*

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Wolfe County  
20 N Washington Street  
PO Box 146  
Campton, KY 41301-0146

RETURN SERVICE REQUESTED

Non Profit  
US Postage Paid  
Permit # 4  
Campton, KY



## Spinach and Mushroom Quiche

**1 tablespoon** olive oil  
**4 cups** chopped spinach  
**2 cups** chopped mushrooms  
**1/2** medium yellow onion, chopped  
**1 teaspoon** crushed red pepper flakes  
**1/2 teaspoon** garlic powder

**8** large eggs  
**1 cup** shredded Colby-Jack cheese  
**1 cup** skim milk  
**4 tablespoons** melted butter  
**2** (9-inch) unbaked pie shells  
**4 tablespoons** grated parmesan cheese

**Preheat** oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

**Yield:** 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

**Nutritional Analysis:** 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.