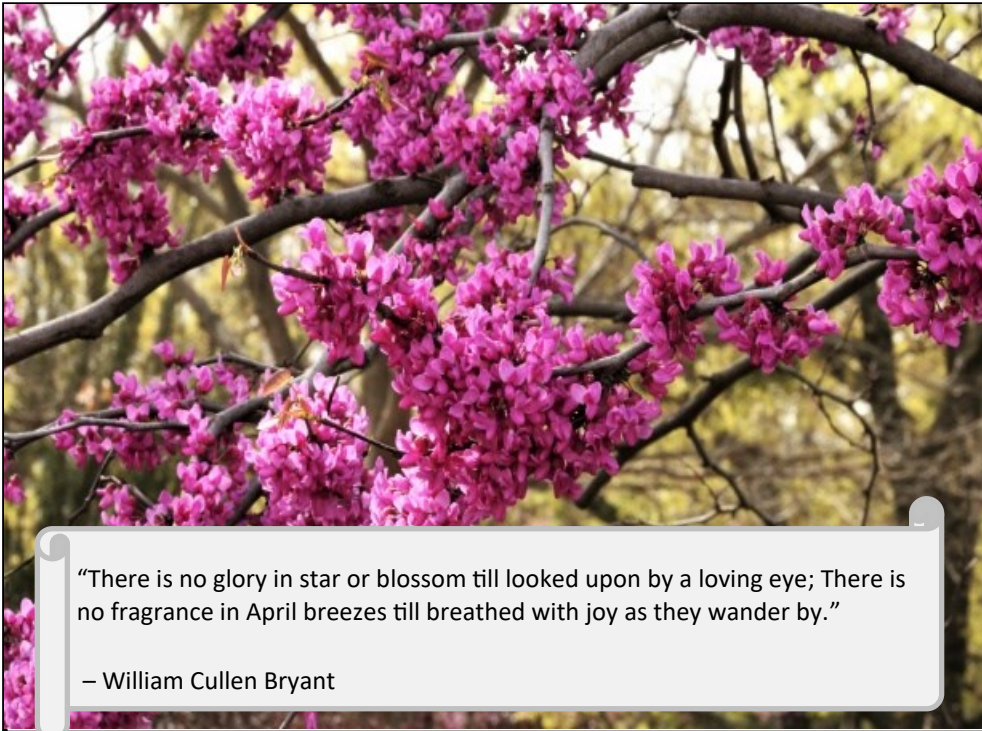


# Extension Edition

**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 April 2024



“There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by.”  
– William Cullen Bryant

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



**Wolfe County Extension Office**

- In This Issue:*
- Updates
  - 4-H Garden Club
  - 4-H Livestock Club
  - Gardening Tips
  - Kentucky Agricultural Development Fund
  - Eat Better for Less
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  - Farmers Market Vendor Training
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**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**

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# UPDATES

## A glimpse at a few of our March activities:

Photos 1 & 2 show our annual tree grafting workshop.

Photos 3, 4 & 5 are scenes from a new event for our office, Farmer Appreciation Night. Held to celebrate National Ag week, this night included free T-shirts, grilled ribeye sandwiches and hotdogs and a booth from KY Farm Bureau with giveaways and prize drawings.





**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.


 **Partners for  
Rural Impact**

# 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!

**April 18, 2024 at 3:30 PM**

**Wolfe County Extension Office**

 606-668-3712



**April 03, 2024**

**at 3:15 PM**



## 4-H LIVESTOCK CLUB

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



## A Beginner's Guide to Vegetable Gardening in Kentucky Plans and Preparations

*Kenneth Hunter, Family and Consumer Sciences, and Richard Durham, Bethany Pratt, and John Strang, Horticulture*

This material has been adapted from Home Vegetable Gardening in Kentucky (ID-128). For more in-depth information and explanation of the topics discussed, the original publication can be located at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

### Crop Rotation

If you are using the same garden spot every year, you will want to move the crops around at least once every three years. If crops are planted in the same place every year, problems with insects and diseases may begin. Different insects and diseases impact different crops. For example, aphids may damage tomatoes but do not feed on corn. By moving crops around, you do not allow the diseases and insects to build up. Some crops are a lot alike and have the same disease and insect problems. On smaller gardens, it is not enough to move a crop only a few feet every few years. You could consider not growing that crop for a year or two, or growing some of that crop in a separate raised bed or container for a few years.

### Controlling Pests

Insects can be a problem for home gardeners. Pesticides are chemicals that can help keep insects away from your garden, but because they are costly and people generally do not like to be exposed to chemicals, most home gardeners try not to use a lot of pesticide. There are things you can do to help use less pesticides, but still protect your garden. First, plant pest-resistant varieties when you can. Some crop varieties may not have as many problems with insects as others. Finding out which varieties are the most resistant can help lower the amount of problems with insects. To learn more about pest-resistant varieties, see *Vegetable Cultivars for Kentucky Gardens* (ID-133), <http://www2.ca.uky.edu/agcomm/pubs/id/id133/id133.pdf>.

Garden planning is an easy and inexpensive way to prevent insects and disease. Taking time at the beginning of the season to make a garden plan and following planting instructions will help prevent many pests. As you plan, make sure your plants are getting enough sun and are not overcrowded. The amount of

**Table 2. Suggested crop rotation.**

Plant	Follow With	Do Not Follow With
Beans	Cauliflower, Cabbage, Corn	Onions, Garlic
Beets	Spinach	Chard
Cole Crops*	Beans, Onions	Tomatoes
Carrots	Lettuce, Tomatoes	Dill
Cucumbers	Peas, Radishes	Potatoes
Kale	Beans, Peas	Cole Crops*
Lettuce	Carrots, Cucumbers, Tomatoes	
Onions	Lettuce, Cole Crops*	Beans
Peas	Corn, Carrots	
Potatoes	Beans, Corn, Turnips	Tomatoes, Squash, Peppers, Eggplant
Radishes	Beans	Cole Crops*
Tomatoes	Carrots, Onions	Cole Crops*, Potatoes, Peppers, Eggplant

\*Cole crops include cabbage, broccoli, cauliflower, mustard greens, collards, brussels sprouts, and turnips.

space left between each plant is important. If the plants are too close together, they will not get enough air movement between them. This could create a place for insects and disease to live. During planting, read the labels on seed packets or transplants. It will tell how far apart to place each plant. Water and fertilizer are also very important to help your garden grow. Too much or too little water or fertilizer can also add to pest problems. It is important to plant your garden in an area that drains well after rain and not to over water if you are able to irrigate.

Keeping your garden clean by weeding and removing dead plant material throughout the growing season will help keep pests out too. After a plant has stopped growing, or at the end of the season, remove all of the plants from the garden so that the pests cannot hide there during the winter months. Either

compost or destroy what is left of the plants. If you had many pest problems, it is best to destroy plants so that you are killing the pests. Garden waste can be placed in yard-waste recycling containers if available in your area or it may be burned in rural areas.

Finally, keep an eye on your garden. You will be working there almost every day. Walk through and look for insects, weeds, and diseases so that you can catch problems and take action before they cause too much damage. There can also be animal pests, such as raccoons, deer, turkey, etc. Depending on the animal, there are ways to help keep them out of your garden. If you need help identifying an animal, insect or disease look at gardening books or websites, or contact your local county Cooperative Extension office for help to identify the problem.

MONEY FOR ON-FARM INVESTMENTS AVAILABLE...



KENTUCKY AGRICULTURAL DEVELOPMENT FUND

**WOLFE COUNTY CONSERVATION DISTRICT**

208 Main St.  
PO Box 235  
Campton, KY 41301  
606-668-3111

## COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Wolfe County's CAIP to assist farmers in making important on-farm investments.

### Application Period:

**March 18 thru April 5, 2024**

*No applications will be accepted after 4pm April 5  
Application must be turned in at Conservation office.*

**All applicants must present a copy of their ID and a copy of a utility bill with their name and address matching the application.**

### Application Availability:

Wolfe County Conservation Office  
UK Extension Office

Monday – Friday (8 a.m. – 4:00 p.m.)

### For More Information:

Contact 606-668-3111 or 606-668-3712

*All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.*



Martin-Gatton  
College of Agriculture,  
Food and Environment



Partners for  
Rural Impact

## “Eat Better for Less” Series

**First Class:  
April 24th @ 5:30pm  
Wolfe County Extension Office**

Join us for free classes centered around food safety, healthy cooking, affordable meals, nutrition education, and healthy choices!

**CHILDREN WELCOME!  
ACTIVITIES FOR CHILDREN WILL BE PROVIDED!**



**WOLFE COUNTY ADULTS 18+  
MAY REGISTER BY  
CONTACTING NICK JUSTICE  
USING THE INFORMATION  
BELOW. PLEASE LET US KNOW  
IF CHILDREN WILL BE  
ACCOMPANYING YOU.**

TO REGISTER:

✉ NICK.JUSTICE@UKY.EDU

☎ 6066683712

# HEALTHY OUTDOOR COOKING



TUESDAY, APRIL 9TH  
WOLFE COUNTY EXTENSION OFFICE  
10:00 AM  
WITH VICKI BOGGS, LESLIE COUNTY FCS AGENT

**CALL TO REGISTER**

COOPERATIVE EXTENSION



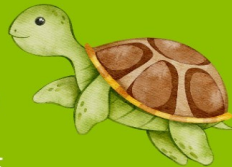
JOIN THE APRIL FUN

# HOMESCHOOL CLUB

**APRIL 12 | 1:30 PM**

**SALATO WILDLIFE CENTER,  
Frankfort, KY**

LETS HIT THE ROAD AND TAKE A TRIP TO THE SALATO WILDLIFE CENTER TO SEE ANIMALS NATIVE TO KENTUCKY AND SEE THEIR ROLES IN NATURE!



**APRIL 19 | 1:00**

**WOLFE COUNTY EXTENSION OFFICE**

BE PREPARED FOR SOME WILD TIMES. THE STATE NATURALIST FROM SLADE WILL BE BRINGING SOME TURTLES TO SHOW OFF! MAYBE SOME "SKAT" TOO. THIS WILL BE FUN!

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

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Individuals with disabilities are encouraged to contact your local Extension office.

COOPERATIVE EXTENSION



BY POPULAR REQUEST A WOLFE - BREATHITT

# HIGH TUNNEL FIELD DAY



**MUST REGISTER IN ORDER TO ATTEND**

**MAY 7, 2024**

**10:00 AM**



**HOWARD FARMS GREENHOUSES | DR. RACHEL RUDOLF PRESENTING**

**WILL MEET AT THE WOLFE COUNTY EXTENSION OFFICE AT 9:30AM ON DAY OF EVENT FOR TRANSPORTATION!**

**MUST WATCH VIDEOS AT THIS LINK PRIOR TO FIELD DAY -**

<https://www.youtube.com/playlist?list=PLQEQoZRMbybIHAPvsLDmHGIN9YeJgEGj->

# April 2024

Sun	Mon	Tue	Wed
	1	2	3 4-H Livestock Club at 3:15
7	8	9  FCS-Cooking Outdoors lesson 10 AM	10 Cooking Through the Calendar At 11 AM register
14	15	16 Bee Keepers Meeting at 5:30 PM register 	17
21	22	23	24 Eat Better for Less workshop at 5:30 PM register
28	29	30	



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

	<b>Thu March 28</b> <i>Farmers' Market Vendor Training</i> 	<b>Fri March 29</b>	<b>Sat March 30</b>
4		5  KADF KENTUCKY AGRICULTURAL DEVELOPMENT FUND Last day to turn in KADF applications, before 4:00 PM	6
11	Sewing 2 to 5 PM	12 Homeschool Club Field Trip	13
18	4-H Garden club at 3:30	19 Homeschool Club at 1:00 PM	20
25	Sewing 2 to 5 PM	26 Tree Seedling –expected delivery 2:00 to 4:00 PM	27
		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	Looking Forward to Next Month: <b>May 7th</b> High Tunnel in person training (for those that have completed on-line trainings). Location will be at an area farm.



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# 4-H CAMP

JM FELTNER 4-H CAMP - LONDON KENTUCKY

**MAY 28 - 31, 2024**

**BREATHITT | JACKSON | LEE  
KNOTT | OWSLEY | WOLFE**



**APPLICATIONS NOW AVAILABLE!  
CONTACT 606-668-3712 FOR MORE INFORMATION**

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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.



**WOLFE COUNTY EXTENSION OFFICE**  
**TUESDAY APRIL 16 | 5:30PM**

**PLANNING  
& INFO  
SESSION**

CALL US AT 606-668-3712 IF YOU PLAN ON JOINING US THAT EVENING!



## Lentil Sloppy Joes



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

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1 lentil burger**  
**Cost per recipe: \$6.20**  
**Cost per serving: \$0.78**

**Nutrition facts per serving:**  
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

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Lexington, KY 40506



Disabilities accommodated with prior notification.



**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

April 10, 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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Disabilities accommodated with prior notification.



# Sit & Sew

**BRING YOUR OWN PROJECTS TO COMPLETE**

*2nd and 4th Thursdays*  
*April 11 & 25th, 2:00-5:00 PM*

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



## **TREE SEEDLING GIVEAWAY**

Expected delivery April 26th 2:00 to 4:00 PM

**Wolfe County Extension Office**



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# FARMERS MARKET VENDOR TRAINING

Plan on selling products at the Wolfe County Farmer's Market? Attend the training!

**THURSDAY MARCH 28 | 5:00PM**

- ✓ Application to Participate
- ✓ Rules and Regulations
- ✓ SFMNP Training (to accept vouchers)
- ✓ WIC Training (to receive vouchers)

**REGISTER NOW**

☎ 606-668-3712


Wolfe County Extension Office



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

 Look inside for important  
information on:



Farmers Market Vendor  
Training



## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash and dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

**Yield:** 8 servings

**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.