

# 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 August 2024



“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.” –Luther Burbank

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

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



**Wolfe County Extension Office**

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**Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.

# UPDATES

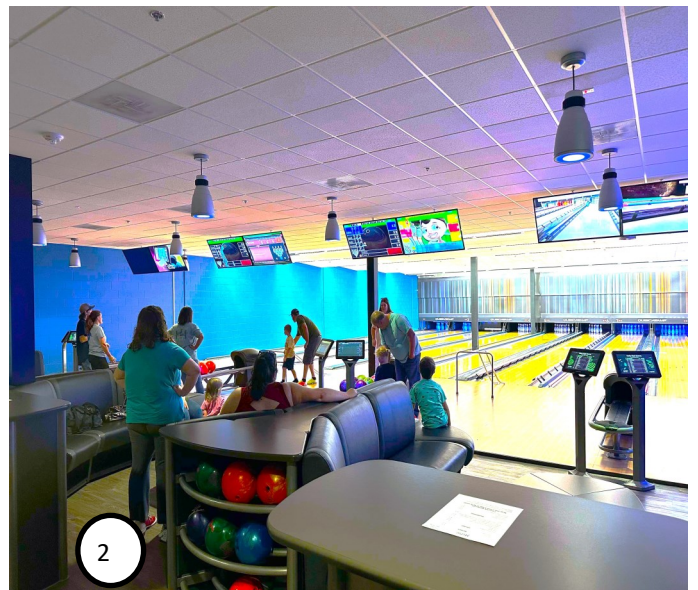


Photo 1 taken by Youth Photography Club participant Sophia Combs, is of flowers planted during pollinator day. Photo 2 captures a moment of the Homeschool Club field trip to Morgan County Wellness Center & Bowling Alley. Photo 3 is at the Farmers Market Grand opening. Mugs & vases made in the pottery workshop are revealed in photo 4. Photo 5 represents the 10th annual Countdown to Kindergarten, students spent the days learning, having fun, and snacking. The incoming kindergarten students were delighted with the decorations and the many take-home items in their learning kits.



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

 Partners for  
Rural Impact

# 4-H Garden Club

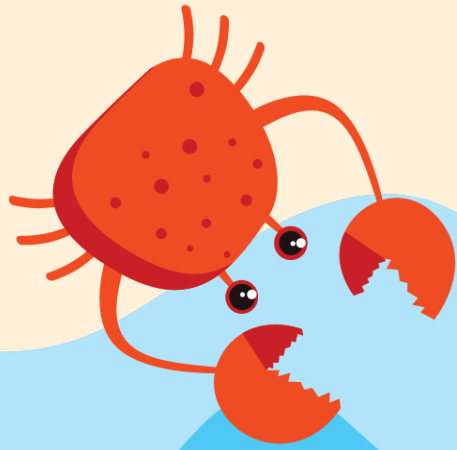
**August 29 , 2024**

**Starting at 3:30**

**Wolfe County Extension Office**

 606-668-3712





Wolfe County 4-H & FRYSC presents

# BACK TO SCHOOL SPLASH



**Snow Cones | Inflatables | Hot Dogs**

**August 1 | Thursday**

**4:00 - 6:00 PM**

**Wolfe County Extension Office**

**Come join the fun!!**





**WOLFE COUNTY EXTENSION OFFICE**

**MONDAY August 19, 2024**


**AT 5:30**

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



An excerpt from:

AGR-204

 Cooperative  
Extension Service

## Soils and Fertility

*By Craig Cogger, Extension soil scientist, Washington State University. Adapted for Kentucky by Edwin Ritchey, Extension soils specialist, and Brad Lee, Extension water quality specialist, University of Kentucky.*

**Soil pH** Soil pH measures the acidity or alkalinity of a soil. At a pH of 7 (neutral), acidity and alkalinity are balanced. Acidity increases by a factor of 10 with each one-unit drop in pH below 7. For example, a pH of 5.5 is 10 times as acidic as a pH of 6.5. Alkalinity increases by a factor of 10 with each one-unit change in pH above 7. Native soil pH depends on the minerals present in the soil and on rainfall. Soils in arid areas tend to be alkaline, and those in rainy areas tend to be acid. Gardening and farming also affect soil pH; for example, many nitrogen fertilizers tend to reduce pH, while liming increases pH. Soil pH influences plant growth in three ways, affecting the following: • availability of plant nutrients • availability of toxic metals • activity of soil microorganisms, which in turn affects nutrient cycling and disease risk The availability of phosphorus decreases in acid soils, while the availability of iron increases. In alkaline soils, the availability of iron and zinc can be quite low.

Aluminum availability increases in acid soils. Aluminum is one of the most common elements in soil, but it is not a plant nutrient and is toxic to plants in high concentrations. Very little aluminum is in solution in soils above pH 6, and what is present causes no problems for plants. As pH declines and aluminum availability increases, aluminum toxicity can become a problem. Microbes also are affected by soil pH. The most numerous and diverse microbial populations exist in the middle of the pH range. Fewer organisms are adapted to strongly acid or strongly alkaline soils. Nutrient cycling is slower in acid and alkaline soils because of reduced microbial populations. Many garden crops perform best in soil with pH of 5.5 to 7.5, but some (such as blueberries and rhododendrons) are adapted to more strongly acidic soils. Before amending soil to adjust pH, it is important to know the preferred pH ranges of your plants.

**Increasing Soil pH** The most common way to increase soil pH is to add lime, which is ground limestone, a rock containing calcium carbonate. It is an organic (natural) amendment, suitable for use by organic gardeners. Lime raises the pH of acid soils and supplies calcium, an essential nutrient. Dolomitic lime contains magnesium as well as calcium. The best way to determine whether your soil needs lime is to have it tested. Do not lime areas where you grow acid-loving plants, because they are adapted to acid soils. Lime is a slow-release material. Apply it in the fall to benefit spring crops. Wood ashes are a readily available source of potassium, calcium, and magnesium. Like lime, they also raise soil pH. High rates of wood ashes may cause short-term salt injury, so apply less than 15 to 25 pounds per 1,000 square feet. We do not recommend using wood ashes in alkaline soils. Gypsum (calcium sulfate) is not a substitute for lime. It supplies calcium and sulfur, but has little effect on soil pH. Gypsum has been promoted as a soil amendment to improve soil structure. In the vast majority of cases, it does not work. Gypsum improves structure only when poor structure results from excess sodium in the soil, a rare condition in Kentucky. Use organic amendments to improve soil structure, as described earlier under “Adding Organic Matter.” Some composts can increase soil pH, as can poultry litter, due to diet and amendments added to bedding material.

**Decreasing Soil pH** You may need to decrease soil pH if you wish to grow acid loving plants. Elemental sulfur and aluminum sulfate lower soil pH. Soil testing is the best way to determine whether sulfur is needed, and if so, how much. Ammonium sulfate fertilizer also lowers pH, but it takes longer than sulfur to have an effect. All nitrogen fertilizers that contain ammonium (NH<sub>4</sub><sup>+</sup>) also reduce pH slowly



# Survive & Thrive

## Disaster Preparedness Series

Join us at ONE of the listed locations for the first lesson in this three-part series!

*August Topic: Preparing Your Family and Home for Disasters - Fall Edition*

**CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER!**

**LETCHER COUNTY**  
**AUGUST 19 @ 10:00 AM**

**LEE COUNTY**  
**AUGUST 22 @ 10:00 AM**

**PERRY COUNTY**  
**AUGUST 23 @ 10:00 AM**

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Lexington, KY 40506



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accommodated  
with prior notification.

# August

Sun

Mon

Tue

Wed

|    |  |   |    |
|----|--|---|----|
|    |  |   |    |
| 4  | 5  | 6<br>Adult Ed<br><b>Food Preservation class</b><br><i>10 AM or 5 PM</i> | 7  |
| 11 | 12   | 13<br>Adult Ed  | 14 |
| 18 | 19<br>Wolfe Co Beekeepers 5:30 PM<br>* Letcher Co Survive & Thrive | 20<br>Adult Ed<br><b>Commodity Day (approved<br/>and Over age 60)</b>   | 21 |
| 25 | 26   | 27<br>Adult Ed  | 28 |



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


**Thu**


**Fri**

**Sat**

|   |   |  |
|---|---|--|
| <p style="text-align: center;"><b>1</b></p> <p>Back to School Splash 4 to 6 PM</p>  | <p style="text-align: center;"><b>2</b></p>   | <p style="text-align: center;"><b>3</b></p>  |
| <p style="text-align: center;"><b>8</b></p> <p>Sit &amp; Sew</p>  | <p style="text-align: center;"><b>9</b></p> <p>Home school Club<br/><b>10 AM Brunch &amp; Learn</b></p> | <p style="text-align: center;"><b>10</b></p> |
| <p style="text-align: center;"><b>15</b></p> <p>Cooking Through the Calendar</p>  | <p style="text-align: center;"><b>16</b></p>  | <p style="text-align: center;"><b>17</b></p> |
| <p style="text-align: center;"><b>22</b></p> <p>Sit &amp; Sew<br/>*Lee Co Survive &amp; Thrive</p>  | <p style="text-align: center;"><b>23</b></p> <p>Homeschool Club<br/>* Perry Co Survive &amp; Thrive</p> | <p style="text-align: center;"><b>24</b></p> |
| <p style="text-align: center;"><b>29</b></p>  | <p style="text-align: center;"><b>30</b></p>  | <p style="text-align: center;"><b>31</b></p> |

# COMPOSITION IN PHOTOGRAPHY

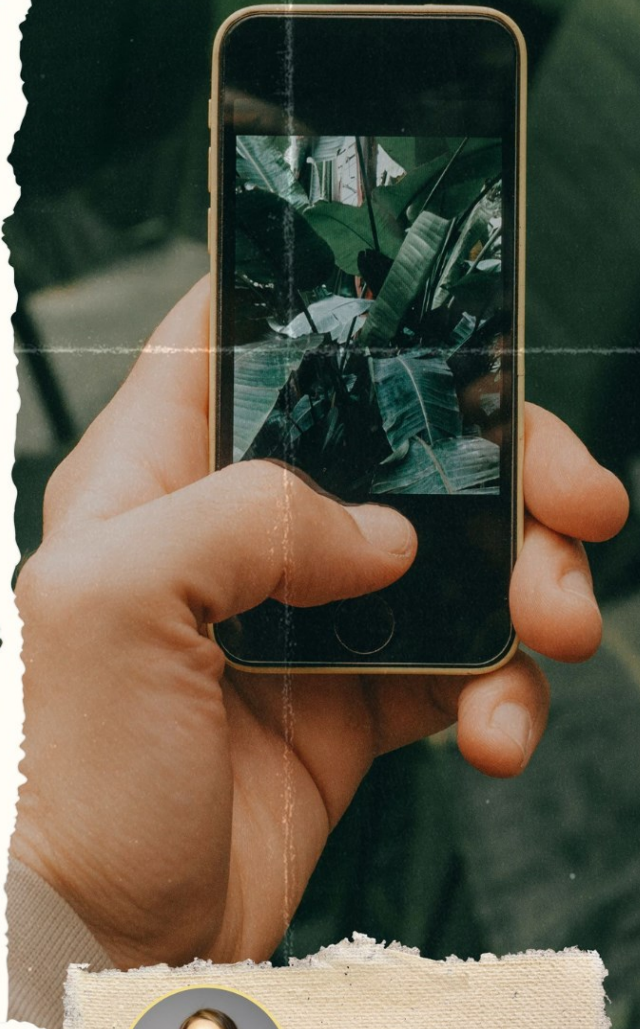
 August 9, 2024

 10:00 AM

 Wolfe County Extension Office  
Call (606) 668-3712 to Register

## ABOUT THE LESSON:

Looking for some tips on taking “good” photos? Our lesson on Composition in Photography can help! Come join us as we review the elements and principles of art and learn how we can use these concepts to make photographs that capture our interest. This class does not cover “how to use a camera,” but it will inspire you to think about what you’re seeing through your camera’s view finder or on your phone’s screen before taking a picture. Come enjoy and view our photograph examples as we discuss why you may prefer some photos instead of others.



**LAKEN CAMPBELL**  
FCS AGENT: LEE COUNTY

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4-H Youth Development  
Community and Economic Development

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# Sit & Sew

**BRING YOUR OWN PROJECTS TO COMPLETE**

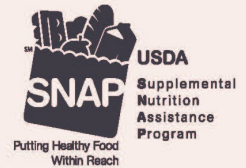
*2nd and 4th Thursdays  
August 8th & 22nd, 2:00-5:00 PM*

**Wolfe County Extension Office**

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



# Peanut Butter Oatmeal Bites



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

- 1 cup creamy peanut butter
  - 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
  - 1/3 cup brown sugar
  - 2 teaspoons vanilla
  - 2 teaspoons cinnamon
  - 2 cups quick oats
  - 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
  - 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
  2. Preheat the oven to 350 degrees F.
  3. Line two large baking sheets with parchment paper and set aside.
  4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

**Makes 30 bites**  
**Serving size: 1 bite**  
**Cost per recipe: \$4.44**  
**Cost per serving: \$0.15**

**Nutrition facts per serving:**

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

**Source:**

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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Lexington, KY 40506



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**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

**August 15, 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 Street  
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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# Homeschool Club

August 9th and 23rd

We have plans for a learning day &  
a Field Trip

Check Facebook for complete plans



**UK** Cooperative  
Extension Service

# Food Preservation

## JAMS & JELLIES WORKSHOP



**AUGUST 6, 2024**  
**10:00 AM OR 5:00 PM**

Learn the basics of water bath canning  
and how to use the jam & jelly maker.

All participants will take home product  
prepared at the program.

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

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

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Campton, KY

## Cabbage Rolls

|                                      |                                 |                                   |
|--------------------------------------|---------------------------------|-----------------------------------|
| <b>12</b> cabbage leaves             | <b>1 teaspoon</b> garlic salt   | <b>¼ cup</b> chopped green pepper |
| <b>1 pound</b> lean ground beef      | <b>¼ teaspoon</b> pepper        | <b>1 teaspoon</b> sugar           |
| <b>1 cup</b> cooked brown rice       | <b>½ teaspoon</b> dried basil   | <b>1 tablespoon</b> cornstarch    |
| <b>1</b> (15 ounce) can tomato sauce | <b>½ teaspoon</b> dried oregano | <b>1 tablespoon</b> water         |
|                                      | <b>½ cup</b> chopped onion      |                                   |

**Cover** cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

**Yield:** 6 servings, 2 rolls each

**Nutritional Analysis:** 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

