

# Extension Edition

## Cooperative Extension Service

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## Wolfe County Cooperative Extension Newsletter December 2024



“December is the time for remembering the past and reaching toward the future.”

Ralph Waldo Emerson

### *In This Issue:*

- Updates
- Holiday Baking—  
Boot camp
- Country Ham Curing
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- Cooking Through the  
Calendar Workshop
- Minerals for Cattle  
Group Pricing
- Carbon Credits
- Broccoli Chowder  
Recipe



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



Disabilities  
accommodated  
with prior notification.

# UPDATES



The annual Holiday Roadshow was held November 6, 2024. Family and Consumer Sciences Agents from the counties in our area brought holiday crafts to view and recipes to sample, along with a lesson on being better prepared for the holidays. The Wolfe Co Extension meeting room was decorated for the occasion, see photo 2 of our office tree. Wolfe County Extension provided a charcuterie board style snack tray with meats, nuts, cheeses and fruit, along with holiday punch as shown in photo 3. The fourth photo in our line up reveals an example of the crafts, this one by Breathitt Co FCS Agent Stacy Trent. Our Final craft photo was an example of taking a common household laundry basket and making an inexpensive holiday decoration; this was created by our own Jessica Denniston.

JOIN US FOR A HOLIDAY

# Baking BOOTCAMP



**DECEMBER 6 , 2024 | 11:00-3:30**  
**WOLFE COUNTY EXTENSION OFFICE**

**EASY PEASY BREAKFAST PASTRY**

**CREAM PIES**

**SOUR DOUGH BREAD**

**AND MUCH MORE**

Join us as we prepare you for your holiday treats!

Contact Joy by  
December 4 at **(606) 668-3712**

Please contact the Wolfe County  
Extension Office to register.

# Country Ham Project

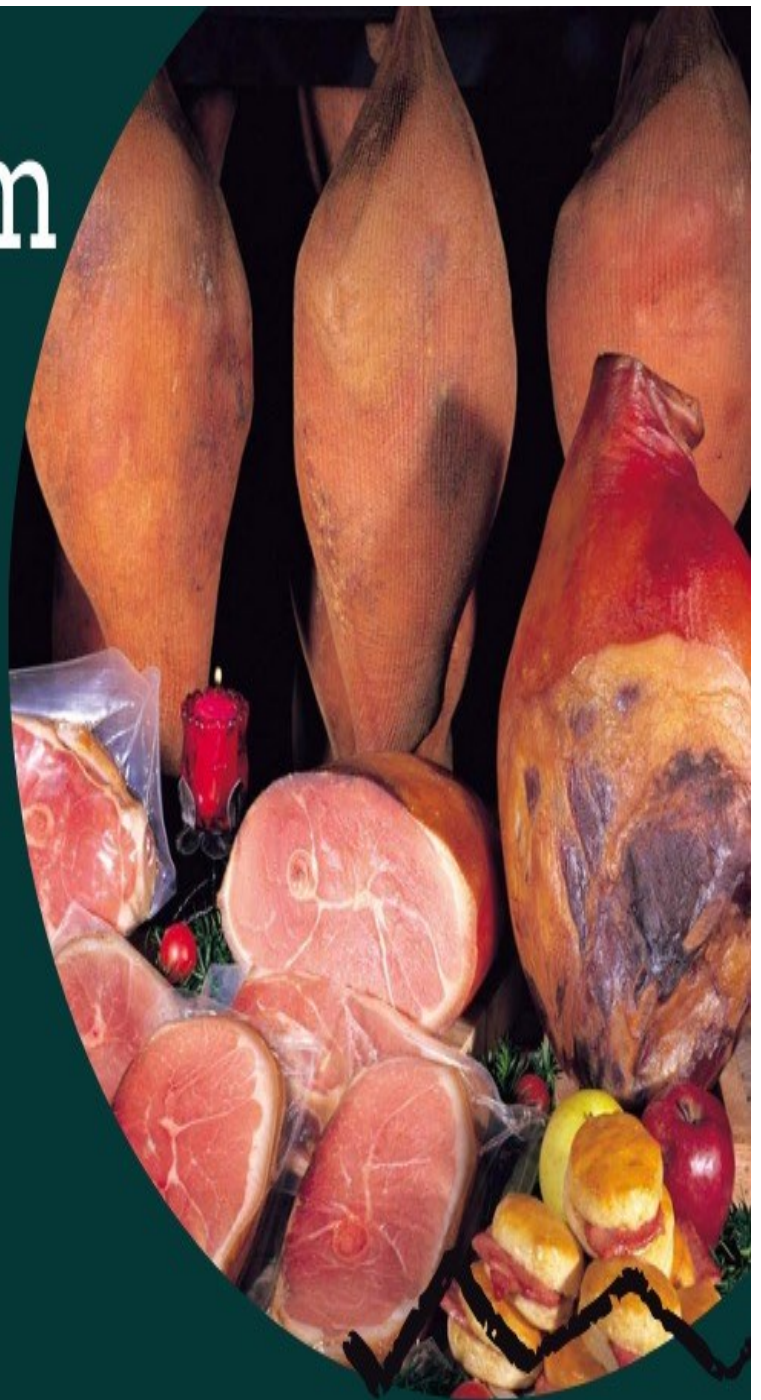
Join us to learn how to cure your own country ham! Process will start in January (3rd week) and ham will be complete in August 2025. Call Joy at 606-668-3712 to sign up!

**DEADLINE TO SIGN UP**  
**FRIDAY DEC 13**

**Adult Cost: \$50**

**Youth Cost: \$70 (KSF entry & speech required)**

Cost includes the ham & all necessary items to cure.



## HOUSEPLANT INSECT CONTROL-Lee Townsend, Extension Entomologist

Several kinds of insects or their relatives can become pests of houseplants. You may select from one of several control alternatives depending on the size, health, value, and extent of infestation of your plants.

### Control Alternatives

1. **Disposal**– Easily replaced plants that are severely infested should be discarded rather than attempting to nurse them back to health. It can be very difficult to completely eliminate some pests. Even if only small numbers survive, they can spread the infestation to more plants. It may be most economical to start with new, clean plants.
2. **Pruning**– Leaves, fronds and stems that are so heavily infested that these parts are dead or dying are best pruned away. The amount of pruning necessary to reduce an infestation will be determined in part by the kind of plant involved. Those with good regenerative ability may be very severely pruned while other plants may be permanently disfigured by only moderate pruning.
3. **Handpicking**– Occasionally, large insect such as caterpillars, grasshoppers or beetles will get indoors in small numbers and quickly create noticeable damage. Handpicking the pests as they are found is usually simpler and more effective than other control techniques.
4. **Alcohol swabbing**– A cotton ball or cotton swab dipped in rubbing alcohol can be used to wipe off aphids and mites. The alcohol has some insecticidal effect on the insects that may not get picked up on the swab.
5. **Pressure spraying**–Aphids, mites, mealybugs, or thrips often can be removed or greatly reduced with a brisk water spray. The water pressure should be strong enough to knock the insects off but too weak to damage the plants. Repeat if necessary or use another method if results are not satisfactory.
6. **Washing**–Broad leaved plants can be washed with soapy water and a soft brush or cloth to remove or kill scales, aphids, mealybugs, or other tiny insects that stay on the plant constantly. Use one teaspoon of mild detergent or soap in a gallon of water. Although this method is time consuming, it may be the best alternative to insecticide sprays which may injure the plant. Washing will have to be repeated if the infestation reappears. A thorough washing often holds scale infestations at bay for several months.
7. **Dipping**– This is a modification of washing except that plants with finer foliage can be treated. Select a container large enough to accommodate the largest plant to be dipped. Only the above ground parts of the plant are dipped. When dipping, turn the plant upside down using crumpled paper or a cardboard disc to keep the plant of water.
8. **Hot water dipping**– This method is specifically for treating African violets infested with cyclamen mites. Badly injured plant parts should be trimmed off where practical before dipping. The infested plant, pot and all, is immersed for 15 minutes in water held at 110 degrees F. Success of the treatment depends on careful control of the water temperature.
9. **Insecticide Spray**– Only a few insecticide products including insecticidal soaps, are available for treating plants inside the home, and even some of these may injure certain plants. Read the label thoroughly before you buy or use a product to be sure it is appropriate for your situation.

Many of the houseplant insecticide products are ready-to-use pressurized aerosols or finger-pump atomizers. They are generally safe to a wide variety of plants but sometimes injury will occur if the applicator is held too close to the plant. During good weather when plants can be taken outdoors for spraying, a wider choice of insecticides is available. However, the same precautions for selecting an appropriate product pertain. Do not move sprayed plants back indoors until the spray has thoroughly dried on the plants.

Plant spikes that contain a systemic insecticide can be effective against sap feeding pests such as aphids, mealybugs, scales, and mites. ( continued next page )



## How to Avoid Problems

**Buy only healthy plants from certified nursery dealers. The chance of buying infested plants that may appear healthy at the time is greater when buying plants of uncertain origin.**

- Always keep new plants isolated from other plants for 30 days to be sure they are not harboring pests.
- When re-potting, thinning out or otherwise handling your plants, do not move from one group of plants to the next without washing your hands and utensils.
- Microscopic stages of insects and disease organisms can be spread this way.
- When re-potting plants, use commercially prepared sterile soil rather than untreated soil from the yard or garden. Untreated soil can contain insects, mites, weed seeds or plant diseases.
- Inspect your plants regularly for signs of infestations. If a plant begins to show signs of a problem, isolate it from nearby plants until you can determine that the condition is not contagious.

If you discover insect infestations, there are several courses you can take. What you can do will depend on the kind of insect involved, the degree of infestation, the kind of plant involved and its value to you. These are some of the control techniques.

**COMMON PESTS-Aphids** are sucking insects with soft, rounded bodies. They range from 1/12" to 1/8" long and their color may vary. They occur in clusters on buds or new foliage. Aphids suck sap, causing reduced growth or stunting of the plant. Feeding by some species may produce distorted leaves. Aphids secrete "honeydew" which gives the leaves a shiny appearance. A black sooty mold may grow on the honeydew. Dip, spray, alcohol swabbing, or washing can reduce infestations.

**Fungus gnats** are slender, delicate, mosquito-like flies. The larval stage is a small, active, thread-like white worm with a black head. The larvae live in damp soil and can damage small roots. Plants may drop leaves and generally lose vigor and color. Isolate infested plants. Insecticide sprays will kill adults. Allowing soil to dry more between waterings should help to control the larvae.

**Mealybugs** are soft-bodied sucking insects that are covered with white, powdery wax filaments. They occur in leaf axils or branch crotches. Mealybugs suck plant sap and produce honeydew and produce symptoms like those from aphid infestations. Isolate infested plants and treat as for aphids.

**Cyclamen mites** are microscopic and almost transparent that infest African violets and cyclamen. They usually occur in protected places on tender growth. Leaves of infested plants are twisted and brittle and may turn black. The buds are deformed and often fail to open. Also, the flowers are deformed and may be streaked. Isolate infested plants and trim off or prune damaged parts. Hot water dipping may provide some control.

**Spider mites** are very small and infestations may be overlooked until mites become very numerous or they begin to spin webbing on the plants. Mites remove sap from the plant, causing leaves to yellow and drop. Infested plants are stunted and unthrifty. Water sprays may be used to break up the webbing and reduce mite numbers. The plant foliage may be sprayed or dipped with insecticidal soaps. Be sure to treat the underside of the leaves. Treat at least two times, 10 days apart, to control newly-hatched mites. Mite eggs are not susceptible to insecticides.

**Scales** are stationary insects with shell-like coverings that protect their body. Some scales may be flat or convex, round, oval, or pear-shaped. Most are brown, but color can range from white to black. Scales produce honeydew, a substance that gives the leaves a shiny, sticky appearance. Sooty mold, a dark growth, may appear on the leaves of infested plants. Plants infested with scales show poor growth or are stunted. Spray or dip the foliage with a soapy wash. Repeat the treatment in 3 weeks and at intervals as needed. (continued on next page)

**Slugs** are fleshy, slimy animals. They may be light brown to black. Slugs rasp leaves, stems, flowers, or roots. Slugs may produce holes in the leaves or just scar the leaf surface. Silvery slime trails appear where they have crawled over surfaces. Slug baits containing metaldehyde may be used for control.

**Sowbugs and Pill bugs** are oval, hard-shelled, gray creatures that occur in damp places and hide under objects during the day.

**Whiteflies** are about 1/16" long and resemble powdery white moths. The immature stages are similar to scales in appearance and feed on the underside of the leaves. They suck sap, causing leaves to turn pale and die or drop off. Sooty mold may develop on the honeydew that these insects produce. Dip or spray infested plants. Several treatments at weekly intervals may be needed. When disturbed, pill bugs curl up in to a small ball.

**Sowbugs** run for cover. Both feed on decaying organic matter, but may attack rootlets and tender seedlings. Sevin may provide some control. These creatures require humid conditions in order to survive. Allowing the soil to dry more thoroughly should solve the problem.

**Springtails** range in size from microscopic to about 1/5" long. The color ranges from white to black; some can be blue or purple. They are able to jump and may float to the soil surface during watering. Springtails may chew seedlings or tender plant parts near the soil line. Allowing the soil to dry more thoroughly may help. Repot with potting soil mix and be careful not to transfer insects during the process.

**Thrips** are slender insects that are barely visible to the naked eye. Color ranges from yellow, to tan, to brown or black. The younger stages are generally a lighter color than the adults. Thrips rasp leaves and suck sap from leaves and flowers. Injury appears as silvered areas that are speckled with dark fecal spots. The foliage may be blotchy and drop off. Flowers may be streaked, distorted, or fail to open. Infested plants can be dipped or sprayed.

# Four Things to Think About Before the Grazing Season



Late winter is the time to really get the ball rolling in the right direction for a successful, upcoming grazing season. Producers need to act now to take the proper steps to set their operation up to maximize grazing this year. Below are four management areas to evaluate to start off on the right foot.

**1. Soil Fertility** - Early season soil testing is the first area to consider when preparing for the upcoming grazing season. By sampling ahead of the growing season, there is still enough time to properly apply fertilizer and lime based on results. Soil tests should be conducted every three to four years. Each pasture should be sampled to account for differences between areas. Also, areas within a pasture that would vary greatly in nutrient content should be sampled separately. This would include places like feeding areas, around livestock loafing and shaded areas. Core samples should be taken to a depth of four inches, with a total of 10-12 samples taken per pasture to provide a representative sample. Soil sample bags can be obtained from your local County Extension office, and more details on the soil sampling process can be found in the UK publication [Taking Soil Test Samples](#).

**2. Buttercup Control** - Control of buttercup in pastures and hay fields needs to be considered early in the year before producers see the plant's identifying yellow flowers in the spring. When flowers begin to appear, plants are near maturity and start to produce new seed. Buttercups may emerge in the fall, but most of their vegetative growth occurs during the late winter and early spring months. The first step in controlling this weed, or any weed for that matter, is scouting fields and identifying the problem and its intensity. Once identified as a problem, buttercup control depends on the pasture. For grass pastures, chemical control with herbicides can be effective. Herbicide application should occur in early spring (late February-March); however, consideration must be given to any potential grazing, haying, or animal harvest withdraw times after application. Grass pastures interseeded with legumes, like clover or alfalfa, could be severely damaged or killed by herbicides. One approach to reduce buttercup populations is proper grazing management throughout the year. These weeds thrive in over-grazed areas that have poor stands of desirable forages. Maintaining proper ground cover by managed grazing will limit buttercup emergence. For more information on controlling buttercups and other weeds refer to the UK publication [Weed Management in Grass Pastures, Hayfields, and Other Farmstead Sites](#) by following the link: <http://www2.ca.uky.edu/agc/pubs/agr/agr172/agr172.pdf>.

**3. Frost Seeding** - Mid-February to early March is the perfect time to frost seed in Kentucky. Frost seeding allows for the natural freeze-thaw cycles to work seeds into the soil. Several legumes, like red and white clover, can be successfully frost seeded. Adding legumes to pastures offer many benefits including increased soil fertility, improved forage quality, reduced fescue toxicosis, and more summer growth. As mentioned, red and white clovers are the predominant choices in renovating pastures by using frost seeding. Other options that have shown success with frost seeding establishment include: Birdsfoot trefoil and Annual lespedeza. Few grass species have shown successful establishment with frost seeding. Prior to frost seeding, the pasture should be grazed or cut closely and residue removed to allow for maximum seed to soil contact. After seeding, continue to reduce competition from existing forages and weeds for successful establishment. This may require mowing or grazing to allow new legume plants to grow and develop to at least 3 to 4 inches in height. For more information on controlling buttercups and other weeds, refer to the UK publication [Weed Management in Grass Pastures, Hayfields, and Other Farmstead Sites](#).

**4. Hi-Mag Mineral** - As spring approaches, so does the concern of preventing grass tetany in animals grazing lush, fast growing cool season pastures. Grass tetany is a metabolic disorder that is caused by low levels of magnesium in the animal's blood. The disorder is most commonly seen in older cows that are lactating, but can be seen in all other classes of cattle. Symptoms include nervousness, muscle spasms, poor coordination, staggering and death. Immediate veterinarian treatment of animals suspected to be suffering from grass tetany is required as earlier treatment increases the chances for saving animals. With most cases, prevention is the best medicine and providing animals with a high magnesium (high-mag) mineral supplement can often lessen the occurrence of grass tetany. A general rule to prevent grass tetany is to provide a high-mag mineral supplement at least 30 days prior to calving. High-mag minerals can be purchased from most feed stores or dealers and include higher inclusions of magnesium oxide compared to other complete mineral mixes. Feeding these high-mag minerals can be discontinued once daily temperatures are consistently 60°F or above and grass is more mature. For more information on grass tetany, see the UK publication [Forage Related Cattle Disorders: Hypomagnesemic Tetany or Grass Tetany](#). <https://grazer.ca.uky.edu/four-things-to-think-about-grazing-season>

# December 2024

SUN	MON	TUE	WED
1	2 Orders due for Cattle Mineral Group	3 Carbon credits at 5:30 PM Breathitt Co. Extension	4
8	9	10	11 Cooking Through the Calendar 11:00 AM
15	16	17 Commodities for approved Wolfe Co Residents over age 60	18
22	23	24	25 Office Closed
29	30 Office Closed	31 Office Closed	



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

THU	FRI	SAT
5 Sit & Sew	6 Holiday Baking Bootcamp 11:00 AM to 3:30 PM	7
12	13 Last Day to Sign Up for Ham Curing	14
19 Sit & Sew <i>Last Day to mail Letters to Santa at our mailbox</i>	20	21
26 Office Closed	27 Office Closed	28



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**Mail Your...**

# Letters to Santa

At the Wolfe County Extension Office

**NO STAMP NEEDED**

**RETURN ADDRESS REQUIRED**

Santa is **BUSY** this time of year! He is sending his Head Elf to pick up the letters on Thursday, Dec 19, 2024!

Santa is going to write letters at the North Pole and will mail letters back out on or before December 23, 2024!



**MUST BE DROPPED OFF BY 4PM DECEMBER 19, 2024!**



# Sit & Sew

**BRING YOUR OWN PROJECTS TO COMPLETE**

***This month— December 5th  
& 19th***

***2:00-5:00 PM***

***Wolfe Co Extension***

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



## Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

### Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

**Quick soak:** Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

**Overnight soak:** Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

### Cooking:

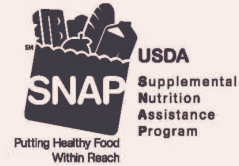
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$7.18**  
**Cost per serving: \$0.60**



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

### Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

**December 11th,  
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.

**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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Disabilities accommodated with prior notification.

# GROUP Mineral Order

## MINERAL OPTIONS

UK IRM High Mag *\$21/bag*

UK's formula that was developed for cow/calf producers in mind with high mag added to accommodate spring grass time.

UK IRM Basic *\$18/bag*

UK's formula that was developed for cow/calf producers in mind to meet the basic needs of those cattle.

UK IRM High Mag W/Fly Control *\$25/bag*

UK's formula that was developed for cow/calf producers in mind with high mag added to accommodate spring grass time with added protection to aide with flies.

KNS 631 Chelated *\$22/bag*

KNS Beef Mineral that has a few added chelated items to get a better bang for your buck. More than meeting minimums here.

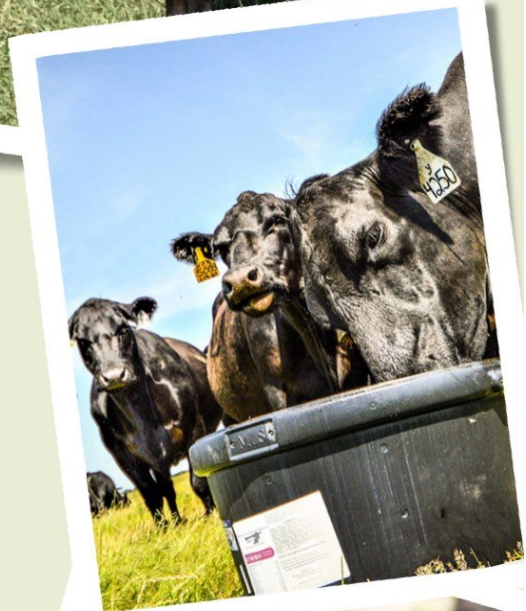
**ORDERS DUE:  
MONDAY DEC 2**

📍 WOLFE COUNTY EXTENSION OFFICE

☎ (606) 668-3712

**PAYMENT MUST BE RECEIVED BY DEC 2, 2024**

CHECKS PAYABLE TO:  
MOUNTAIN CATTLEMENS ASSOCIATION



**DECEMBER 3RD**  
**5:30PM AT THE BREATHITT COUNTY**  
**EXTENSION OFFICE**  
**DINNER PROVIDED**

# CARBON CREDITS FOR WOODLAND OWNERS



**Jordan M. Shockley, Ph.D.**  
Associate Extension Professor –  
University of Kentucky

- Topics to be covered:**
- \*What is driving carbon markets
  - \*Structure of carbon markets
  - \*Current carbon programs
  - \*How much I will get paid
  - \*Concerns from an economist

Please call your local  
extension office to  
register:  
**Breathitt**  
**Knott**  
**Lee**  
**Morgan**  
**Owsley**  
**Perry**  
**Wolfe**



**Jacob J. Muller, Ph.D.**  
Assistant Professor of  
Hardwood Silviculture and  
Forest Operations Extension

- Topics to be covered:**
- \*Why we are concerned about carbon
  - \*How carbon is stored in our woodlands
  - \*What wood landowners can do to increase their carbon-storing potential
  - \*And working with a forester



**SCAN QR CODE ABOVE TO REGISTER OR CALL 606-666-8812.**



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



## Broccoli Chowder

**2 tablespoons** canola oil  
**½ cup** chopped onion  
**3** cloves garlic, finely minced  
**½ cup** chopped carrots  
**2 cups** diced, unpeeled red potatoes

**3 cups** broccoli florets  
**½ teaspoon** dried Italian seasoning  
**½ teaspoon** salt  
**¼ teaspoon** pepper  
**3 tablespoons**

all-purpose flour  
**3½ cups** low sodium chicken broth  
**½ cup** half-and-half  
**½ cup** low-fat, shredded cheese

In a large heavy pot, **heat** the oil over medium heat. **Add** the onion and garlic and **sauté** 2-3 minutes. **Add** the carrots, red potatoes and broccoli one at a time; **sauté** each about 2 minutes. **Add** the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. **Cook** 1-2 minutes. **Add** the chicken broth and bring to a boil. **Reduce** heat to low, **cover** pot and **simmer** for 15

minutes. **Remove** lid and **stir** in the half-and-half. Bring back to a **simmer** and **remove** from heat. **Ladle** into bowls and top with cheese to serve.

**Yield:** 8,1cup servings

**Nutritional Analysis:** 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.