

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter July 2024



Happy 4th of July!

**For to be free is not to merely cast off one's chains,
but to live in a way that respects and enhances the
freedom of others.** *Nelson Mandela*


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Darian Creech


Wolfe CEA FCS-4H

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

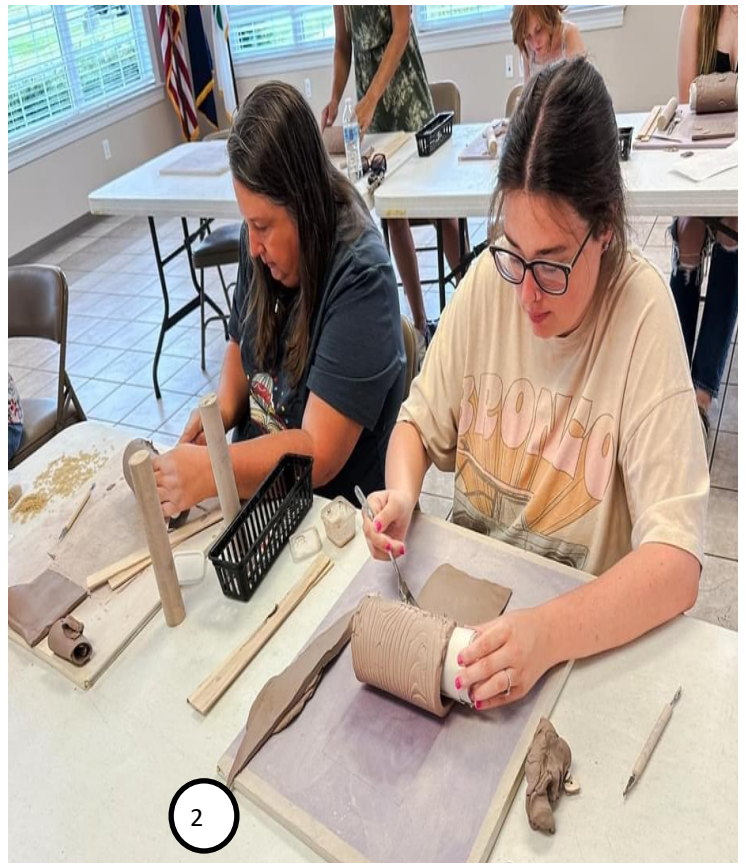
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.

UPDATES



Photos # 1 & 2 are from the FCS Pottery Workshop. Photos 3 & 4 are scenes from the annual 4-H Camp. Photo 5 is taken on the Small Ruminant Boot Camp.



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!

July 18th 5PM to 6PM

Wolfe County Extension Office

 606-668-3712





♥ 1,890

**Growing
for the
future.**

#kysuag

LEARN MORE

INFORMATION FROM
KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

Tomatoes

Dr. Leigh Whittinghill, Assistant Professor of Urban Agriculture

There are many varieties of tomatoes that come in many sizes. If you like to eat tomatoes in salad, consider a cherry variety. Larger varieties may be better for making sauces and salsa.

Planting

- Tomatoes are best planted from transplants. To start transplants, plant seeds at a depth of $\frac{1}{2}$ inch 4 to 7 weeks before planned planting date.
- If purchasing transplants, look for plants 6 to 10 inches tall.
- Tomato transplants should be planted between April 20 and July 1, May 5 and June 15, and May 15 and June 1 in western, central, and eastern Kentucky.
- Transplants should be spaced 24 inches apart.

Care and Harvest

- Indeterminate varieties, require staking, but can provide a continuous supply of fruit (up to 15 lbs) and are recommended for home gardens.
- Tomato cages, twine attached to a frame, or 6 foot stakes placed 1 foot into the ground can be used to support growing tomato plants.
- Indeterminate tomato plants should be pruned to 1 or 2 main stems. Determinate varieties will not require pruning.
- Water about 1 inch per week (including rain). Take special care to provide water after flowering starts.
- If using compost, add 0.17 cubic feet of compost per square foot of bed space.
- 2.5 lb/100 sq ft of a 5-10-10-10 fertilizer should be enough for a small garden.
- 5 Tbs of a high nitrogen fertilizer (eg. 33-0-0) is recommended 1 to 2 weeks before first picking and



- again 2 weeks after first picking. Too much nitrogen can cause plants to get very leafy and produce bland fruit.
- Tomatoes are ready for harvest 60-90 days after the seeds were planted, with cherry and smaller varieties producing sooner.
- Pick ripe tomatoes at maximum color, but before they get soft.

Storage and Use

- Green tomatoes can also be picked and ripened in a dark place covered with paper. The process may take up to 2 weeks, and tomatoes should be checked regularly for damage.
- A wide variety of recipes are also available for green tomatoes.
- Washed, ripe tomatoes will keep for a week at room temperature and up to two weeks in the refrigerator.
- Tomatoes produce ethylene, which may cause other vegetables or fruit to ripen faster if they are stored together.
- Tomatoes can be caned using either hot packed or fresh pack methods leaving $\frac{1}{4}$ inch of head space. Process in boiling water for 35-40 min for pints and 45-50 min for quarts depending on packing method and recipe.



References

Home Vegetable Gardening in Kentucky. ID-128. University of Kentucky Cooperative Extension Service

Markham, B.L. 2014. The MiniFarming™ Bible: The Complete Guide to Self-Sufficiency on $\frac{1}{4}$ Acre. SkyHorse Publishing. New York, New York.

Rombauer, I.S. M.R. Becker, and E. Becker. 2006. "Salsa Fresco". Joy of Cooking. Scribner. New York, New York. Pg 571.

RECIPE



Salsa Fresco, or Pico de Gallo

From The Joy of Cooking

Combine in a medium bowl:

- $\frac{1}{2}$ small onion, finely chopped, rinsed and drained
- 2 tablespoons fresh lime juice
- 2 large ripe tomatoes, seeded if desired and finely diced
- $\frac{1}{4}$ - $\frac{1}{2}$ cup chopped cilantro
- 3-5 serrano or jalapeno peppers or $\frac{1}{4}$ to 1 habanero pepper seeded and minced
- 6 radishes finely minced- optional
- 1 medium garlic clove, minced- optional

Stir together well. Season with salt to taste.

Makes 2 cups, serve immediately.

BINGOCIZE



BINGO + EXERCISE
= BINGOCIZE



Wednesday, July 3
Friday, July 5
Monday, July 8
Wednesday, July 10
Wednesday, July 17
Thursday, July 18
Wednesday, July 31
Friday, August 2

Wolfe Co. Senior
Citizens Center
10:00 AM



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.

A decorative border surrounds the central text, featuring various school supplies with smiling faces: a red pencil sharpener, a pink crayon, a green pencil, a yellow pencil, a blue marker, a blue paperclip, a yellow paperclip, a pink paperclip, a red pair of scissors, a yellow ruler, a blue glue stick, a green pencil, and a brown paper bag containing crayons. The background is a light beige color with horizontal lines, resembling notebook paper.

COUNTDOWN to KINDERGARTEN

JULY 23-25, 2024
10:00 AM - 2:00 PM

**WOLFE COUNTY
EXTENSION OFFICE**

Call (606) 668-3712 to Register

July 2024

Sun

Mon

Tue

Wed

	1	2	3 Bingocize 10AM Sr Citizens*	
7	8 Bingocize 10AM Sr Citizens*	9	10 Bingocize 10AM Sr Citizens* Walking Club at 11:00 AM	
14	15 Beekeepers Association 5:30 PM	16 Commodities for pre-approved Wolfe County residents over 60	17 Cooking Through the Calendar at 11:00 AM Bingocize 10AM Sr Citizens*	
21	22	23 Countdown to Kindergarten	24 Countdown to Kindergarten <i>Sewing Workshop 9 Am to 3 PM with Ashley Phipps, Instructor</i>	
28	29	30	31 Bingocize 10AM Sr Citizens* Walking Club at 11:00 AM	

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

Thu

Fri

Sat

<p style="text-align: center;">4</p> <p style="text-align: center;">Independence Day Holiday-Office Closed</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Bingocize 10AM Sr Citizens* Walking Club at 11:00 AM</p>	<p style="text-align: center;">6</p>
<p style="text-align: center;">11</p> <p style="text-align: center;">Sit & Sew- 2 PM to 5 PM</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Homeschool Club Field Trip Meet at location <i>Farmers' Market Lunchtime Activities</i></p>	<p style="text-align: center;">13</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">Bingocize 10AM Sr Citizens * 4-H Garden Club 5 PM to 6 PM</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Walking Club at 11:00 AM</p>	<p style="text-align: center;">20</p>
<p style="text-align: center;">25</p> <p style="text-align: center;">Countdown to Kindergarten <i>Sit & Sew 2 PM to 5 PM</i></p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p>
		<p style="text-align: center;">Looking Forward: Back to School Bash August 01, 2024 Bingocize 10AM Sr Citizens August 2*</p>



WALKING CLUB

Friday, July 5th
Wednesday, July 10th
Friday, July 19th
Wednesday, July 31st

Meet at the Wolfe County
Extension Office
11:00 AM



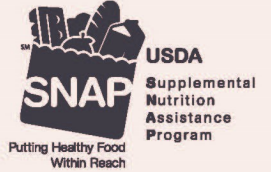
WOLFE COUNTY EXTENSION OFFICE

July 15th 2024 at 5:30

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



Quick Couscous Salad



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

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
 - 1 cup halved grape tomatoes or 1 large tomato, diced
 - 1/2 large cucumber or 2 small, diced
 - 1 small red onion, diced
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 cup grated parmesan cheese
 - 1/3 cup chopped fresh parsley (optional)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Prepare the couscous according to package directions. Set aside.

3. 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.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

Makes 7 servings
Serving size: 2/3 cup
Cost per recipe: \$6.27
Cost per serving: \$0.90

Nutrition facts

per serving:
160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% 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





UK Cooperative Extension Service

COOKING THROUGH THE Calendar

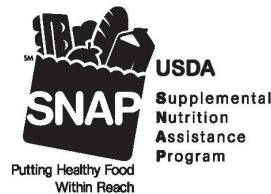
July 17th

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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Lexington, KY 40506



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Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

2nd and 4th Thursdays

July 11th & 25th

2:00 to 5:00 PM

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

SEWING WORKSHOP

Wednesday, July 24th
Wolfe Co. Extension Office
9:00 AM - 3:00 PM

Join Master Clothing Volunteer Ashley Phipps to construct
a Zip Up Tray Pouch

Call to Register - Space is Limited

Join the July Fun!

HOMESCHOOL CLUB

BOWLING • NACHO BAR • BASKETBALL

MORGAN COUNTY WELLNESS CENTER

**JULY 12, 2024
12:30 PM**

**CALL (606) 668-3712 TO
REGISTER BY JULY 5, 2024**



LUNCH AT THE FARMER'S MARKET



**JULY 12, 2024
11:00 AM - 12:00 PM**



- SAMPLES
- BUY PRODUCE
- MEET & GREET WITH VENDORS
- RECEIVE A MEAL TICKET AFTER MARKET PURCHASE



Non Profit
US Postage Paid
Permit # 4
Campton, KY

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

RETURN SERVICE REQUESTED



Zippy Zucchini Cakes

2 cups shredded zucchini	1 tablespoon olive oil	1 cup shredded Mozzarella cheese
2 large eggs	1/3 cup all-purpose flour	1/2 teaspoon salt
1 egg white	1/3 cup whole wheat flour	1/4 teaspoon dill
1/4 cup skim milk	2/3 cup corn meal	1/2 teaspoon black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
 - 2. Stir** until just mixed.
 - 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
 - 4. Stir** until moistened.
 - 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
 - 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
 - 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**
- Yield:** 10, 2 inch cakes.
Nutrition Analysis: 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

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

