

# 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 MAY 2024



**“Don’t wait for someone to bring you flowers. Plant your own garden and decorate your own 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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  - 4-H Livestock Club
  - 4-H Garden Club
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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**

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



Scenes from April activities : (Photos 1-4) Kindergarten and 1st grade students from Wolfe County Schools enjoyed the Storybook Trail. Students moved from station to station with each location having a story, characters from the story and activities. A favorite story was "The Little Engine That Could" along with a train ride. Shown in photo 5 is a product of the monthly program "Cooking Through the Calendar". Photo 6 is attendees at the FCS Lunch and Learn entitled "Healthy Outdoor Cooking." The Home School Club enjoyed a trip to the Salato Wildlife Center in Frankfort, KY ; shown in photo # 7 are two of the 20 participants..

# IMPROVE REPRODUCTIVE EFFICIENCY *Utilizing Technology on the Herd*

*Hands on Learning Experience Series at the Robinson Center*



## *Estrus Synchronization*

Join us as Dr. Anderson and Dr. Lehmkuhler demonstrate and explain estrus synchronization as well as the Cow Manager system.

May  
**1**  
NOON



## *Artificial Insemination*

Join the specialist as they demonstrate and explain how to properly AI as well as the cost, discuss sexed semen benefits, and explore Stocket, the record keeping app.

May  
**9**  
NOON



## *Pregnancy Diagnosis*

Join for the final meeting of the series as chute side pregnancy test kits are demonstrated. Final discussion of how cow manager has aided in this process for these heifers.

June  
**10**  
8:30AM

130 Robinson Road | Jackson, KY

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**May 1  
2024**



**4-H LIVESTOCK CLUB**

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






**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!

**May 09, 2024 at 3:30 PM**

**Wolfe County Extension Office**

606-668-3712



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



Partners for Rural Impact



An Excerpt from :

## Vegetable Cultivars for Kentucky Gardens—2013 ID-133

Compiled by R. Durham, T. Coolong, J. Strang, and S. Wright, Horticulture, and K. Seebold, Plant Pathology

<https://www2.ca.uky.edu/agcomm/pubs/id/id133/id133.pdf>

Recommended Vegetable Cultivars		
Cultivar	Days to Maturity*	Resistance or Tolerance to Disease

**CAULIFLOWER—Spring Crop—Success is difficult, crop usually fails.**

Snow Crown	68	
Candid Charm	75	

**CAULIFLOWER—Fall Crop—Success more likely in fall**

Cheddar (orange)	58	
Violet Queen (purple)	65	
Majestic	66	BR, DM
Snow Crown	68	
Candid Charm	75	
Veronica (Romanesco)	78	

**COLLARD GREENS**

Champion	60	
Georgia/Southern	80	
Vates	80	B

**CORN, SWEET YELLOW—High Sugar Varieties**

Vision (sh2)	75	R, SCLB
Synergy (se)	76	R, SW, NCLB
Honey Select (sh2, se)	79	SW
Miracle (se)	82	NCLB, R, SW
Incredible (se)	85	NCLB, R, SW

**About high-sugar varieties of sweet corn:**

There are a number of types of high-sugar varieties of sweet corn. Supersweet (sh2) varieties have the highest sugar content, have crisp kernels, and require isolation (500 ft.) from normal-sugar (su), sugar-enhanced (se), field corn, and popcorn varieties. The sugar-enhanced varieties have tender kernels and higher sugar content than the normal-sugar varieties. They should be isolated from field corn and popcorn, and they taste a little better if they're isolated from normal sweet corn. Synergistic hybrid types are mixtures of two or all three of the sh2, se or su genes in order to incorporate the best qualities of these gene types. Synergistic hybrids include the Sweet Gene, Sweet Generation, Triple-Sweet and Sweet Breed trademark designations. Synergistic hybrids should be isolated from super sweet and field corn varieties. Isolation may be accomplished by a separation of 14 days or more in maturity dates as well as geographic separation.

Currently, these high-sugar corn varieties (se, sh2, synergistic) have both advantages and disadvantages. Advantages include improved ear and kernel quality, high sugar content, sweet flavor, and the capacity to hold sweetness longer on the stalk and in storage. Disadvantages include poor seed germination, pollination problems, less resistance to drought stress and in some cases increased disease susceptibility.

Recommended Vegetable Cultivars		
Cultivar	Days to Maturity*	Resistance or Tolerance to Disease

**CORN, SWEET BICOLOR—High Sugar Varieties**

Ambrosia	75	SW
Awesome (sh2)	76	SCLB
Obsession (sh2)	79	NCLB, R, SW
Peaches & Cream	83	SCLB, NCLB

**CORN, SWEET WHITE—High Sugar Varieties**

Sweet Ice (sweet breed)	74	Sm, SW
Silver Princess (se)	75	NCLB, SW, R
Gourmet Brand 378A (sh2)	78	NCLB, SCLB, SW, R
Silver King	82	NCLB, SW, R
Avalon (Triple Sweet)	84	
Argent (se)	86	NCLB, R, SW
Celestial (synergistic)	87	NCLB, R

**CORN, SWEET YELLOW—Normal Sugar Varieties**

Golden Queen	92	NCLB
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**CORN, SWEET WHITE—Normal Sugar Varieties**

Silver Queen	95	SW, NCLB, SCLB
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**CUCUMBER—Slicing Type**

Olympian	52	A, ALS, CMV, DM, PM, S
Tasty Green Hyb (10-in long fruit)	52	PM, DM
Sweet Success Hyb	55	CMV, S
Sweet Burpless Hyb	55	DM, PM, CMV, A, ALS, S
Amiga (Beit Alpha)	55	PRV, CMV, DM, PM, ZYMV
Dasher II	58	A, ALS, CMV, DM, PM, S
Diva	58	DM, PM, S
Indy	59	A, ALS, CMV, PM, WMV, ZYMV, S
Cobra	60	A, ALS, CMV, PM, PRV, WMV, ZYMV, S
General Lee	66	CMV, DM, PM, S
Turbo	67	A, ALS, CMV, DM, PM, S

**CUCUMBER—Pickling Type**

H-19 Little Leaf	52	A, ALS, BW, DM, CMV, PM, S
Calypso Hyb	56	A, ALS, CMV, DM, PM, S

\*Unless otherwise noted.

**Disease Resistance or Tolerance**

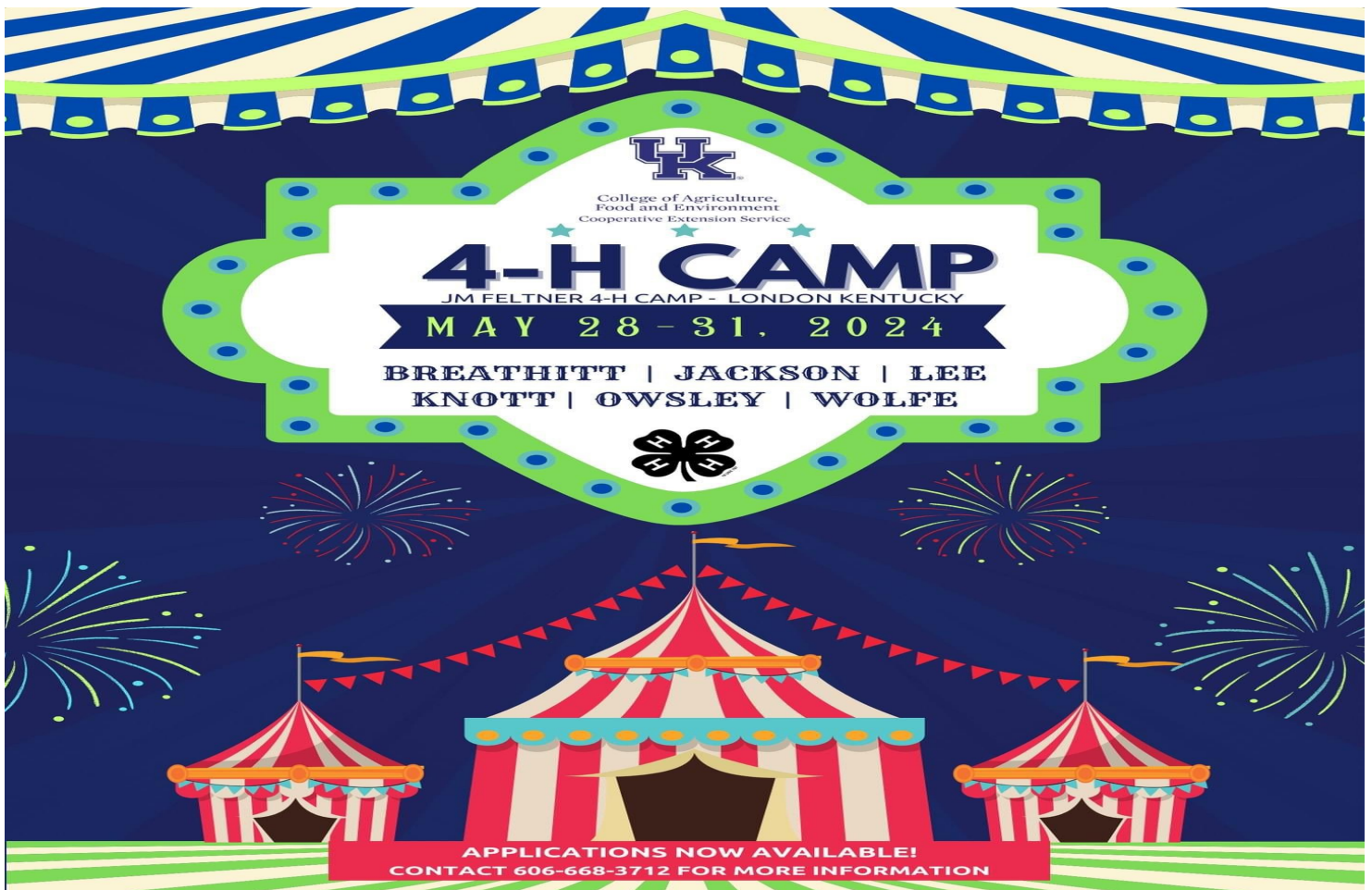
<b>A</b>	anthracnose
<b>ALS</b>	angular leaf spot
<b>B</b>	resists premature bolting
<b>BR</b>	black rot
<b>BW</b>	bacterial wilt
<b>CMV</b>	cucumber mosaic virus
<b>DM</b>	downy mildew

<b>NCLB</b>	northern corn leaf blight
<b>PM</b>	powdery mildew
<b>PRV</b>	papaya ringspot virus
<b>R</b>	rust
<b>S</b>	scab
<b>SCLB</b>	southern corn leaf blight
<b>Sm</b>	smut
<b>SW</b>	Stewart's wilt
<b>WMV</b>	watermelon mosaic virus
<b>ZYMV</b>	zucchini yellow mosaic virus



**WOLFE COUNTY EXTENSION OFFICE**  
**MONDAY MAY 20TH AT 5:30**

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



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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4-H Youth Development  
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LEXINGTON, KY 40546



 Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION




BY POPULAR REQUEST A WOLFE - BREATHITT

# HIGH TUNNEL FIELD DAY




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**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->

QUICKSAND AREA FCS AGENTS  
PRESENTS

# AREA HOMEMAKER

*Training*

QUICKSAND COMMUNITY  
CENTER  
JACKSON, KY

**WEDNESDAY, MAY 15**

**REGISTRATION BEGINING AT 9 AM  
TRAINING AT 10 AM**

**LUNCH PROVIDED**  
Let's get new excitement about  
our Homemaker Clubs!

**Register at your local office**

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Disabilities  
accommodated  
with prior notification.





# May 2024

Sun

Mon

Tue

Wed

		Adult Ed meets Tuesdays in our project room	1 Livestock Club <i>*Cattle Reproduction Series Part 1 at RCARS at noon</i>
5	6	7  *At Senior Citizens- Bingocize <b>Walking Club 11 AM</b>  High tunnel in person training *must have completed online training	8 Mother's Day Celebration & Craft 5:30 PM register 
12	13 Sweet Potato Slip <b>Small</b> bun- dle order due at Wolfe Co Ex- tension	14  *At Senior Citizens- Bingocize <b>Walking Club 11:00 AM</b> 	15 <b>Homemaker Training at RCARS</b> Cooking Through the Calendar 11 AM <b>Deadline-Come Sew With Us</b> Sweet Potato Slips due -Morgan Co
19	20  <b>Walking Club 11:00 AM</b> Wolfe Co Beekeepers 5:30 PM	21 Commodities for Wolfe residents over age 60 and pre-approved	22  *At Senior Citizens- Bingocize
26	27	28 4-H Camp Starts	29



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

**Thu**

**Fri**

**Sat**

2	3	4
<b>9</b> <i>Walking Club 11:00 AM</i> Sit & Sew 2-5 PM <b>4-H Garden Club</b> *RCARS Cattle Reproduction #2 at noon	<b>10</b> *At Senior Citizens– Bingocize	<b>11</b>
<b>16</b>	<b>17</b> *At Senior Citizens– Bingocize  <i>Walking Club 11:00 AM</i>	<b>18</b>
<b>23</b> <i>Walking Club 11:00 AM</i>  Sit & Sew 2-5 PM	<b>24</b> *At Senior Citizens– Bingocize	<b>25</b>
<b>30</b>	<b>31</b>	Planning Ahead : <b>Come Sew Knott Co-June 6</b> Come Sew Breathitt Co- June 13 * <b>RCARS Cattle Reproduction #3 June 10 at 8:30 AM</b>



# Happy Mother's Day!



**Mothers, Grandmothers, and Caregivers bring  
the kids in your life to create a special craft to  
celebrate Mother's Day!**

**Wolfe County Extension Office**

**May 8, 2024**

**5:30 PM**

**CALL NOW TO REGISTER!  
SPACE IS LIMITED.**



# Sit & Sew

**BRING YOUR OWN PROJECTS TO COMPLETE**

*2nd and 4th Thursdays  
May 9th & 23rd, 2:00-5:00 PM*

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



## WALKING CLUB

May 2024 Dates:

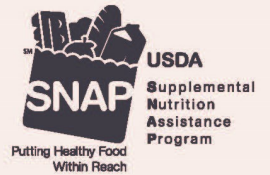
Tuesday, May 7th  
Thursday, May 9th  
Tuesday, May 14th  
Friday, May 17th  
Monday, May 20th  
Thursday, May 23rd

Meet at the Wolfe County  
Extension Office  
11:00 AM



## Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream



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

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. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same

amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/6th of pie**  
**Cost per recipe: \$10.20**  
**Cost per serving: \$1.70**

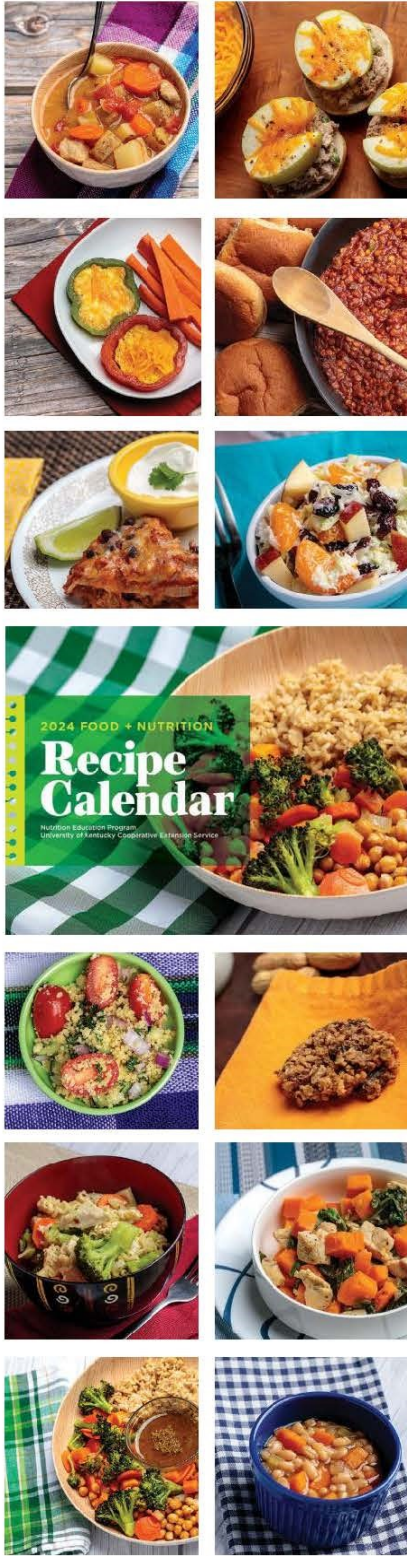
### Nutrition facts per serving:

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

### Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service





**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

**May 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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Disabilities accommodated with prior notification.

# COME SEW WITH US

June 6, 2024  
10 AM - 1:30 PM  
Knott County  
Extension Office

Or

June 13, 2024  
10 AM - 1:30 PM  
Breathitt County  
Robinson Center  
(RCARS)



\$5 Fee  
Transportation  
Available

Registration  
Deadline May  
15th!

Pick 3 Projects to Complete

## BINGOCIZE

Bingo + Exercise = Bingocize!

Tuesday, May 7  
Friday, May 10  
Tuesday, May 14  
Friday, May 17  
Wednesday, May 22  
Friday, May 24

Wolfe County Senior Citizens Center  
10:00 AM



# 2024 Sweet Potato ORDER FORM & PAYMENT

DUE MAY 15, 2024

**NAME** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_  
**CITY/ST/ZIP** \_\_\_\_\_  
**PHONE #** \_\_\_\_\_  
**CELL PHONE #** \_\_\_\_\_  
**EMAIL** \_\_\_\_\_

PLANT	Price	NUMBER ORDERED	Total
Beauregard, 90 days Red Variety	\$85.00/1,000 plants	_____ X \$85.00	\$ <input type="text"/>
Orleans, 90 days Beauregard replacement, more uniform	\$90.00/1,000 plants	_____ X \$90.00	\$ <input type="text"/>
White Bonita, 100 days White Variety, replaces O'Henry	\$85.00/1,000 plants	<i>GREAT FLAVOR!</i> _____ X \$85.00	\$ <input type="text"/>
Covington, 120 days Red Commercial type	\$85.00/1,000 plants	_____ X \$85.00	\$ <input type="text"/>
Murasaki, 120 days Purple skin, white flesh	\$90.00/1,000 plants LIMITED	_____ X \$90.00	\$ <input type="text"/>
<b>SUBTOTAL</b>			\$ <input type="text"/>
<b>TAXES : (IF TAX EXEMPT PLEASE PROVIDE COPY OF FORM) x .06</b>			<b>x 0.06</b>
<b>MEMBERSHIP FEE</b>	\$5.00/person		<b>5.00</b>

**Please note:\*\*\*\*ORDERS MUST BE PREPAID**

**Make checks payable to "EKSPGA."**

**Total Order: \$**

**For office use:**  
 Cash or Check# \_\_\_\_\_  
 Date paid: \_\_\_\_\_  
 Amount paid: \_\_\_\_\_  
 Date picked up: \_\_\_\_\_

Return form with payment to:

**Morgan Co. Extension Service**  
 Sarah Fannin, Ag Agent  
 P.O. Box 35  
 West Liberty, KY 41472

**\*Orders should arrive the last week of May.\***

**Plan on picking up plants at the Morgan County Extension Office**

We will order a limited amount of the Beauregard or White Bonita for those that would like a smaller amount of 50 slips. The charge will be \$5.00, plus .30 tax in exact amount or by check.

If you are interested in the smaller orders, you must pre-pay and order in person at the Wolfe County Extension instead. The small orders must be placed before May 13, 2024 or while supply lasts.

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



## New Potato and Asparagus Soup

<b>2 tablespoons</b> olive oil	<b>½ teaspoon</b> garlic powder	<b>1 pound</b> fresh asparagus
<b>2</b> medium size, boneless, skinless chicken breasts	zest and juice of 1 lemon	<b>½ cup</b> reduced fat sour cream
<b>1</b> medium diced onion	<b>2 cups</b> new potatoes	Fresh ground black pepper
<b>1 teaspoon</b> salt	<b>3 cups</b> vegetable broth	
	<b>1 cup</b> low fat milk	

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

**Yield:** 8, 1 cup servings.  
**Nutrition Analysis:** 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.

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

