

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter November 2024

May your Thanksgiving be beautiful
With many reasons to be grateful

"Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary." Margaret Cousins



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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.

Farm & Home Safety Field Day

was held at Hazel Green Park and brought to our area by Breathitt & Wolfe Extension and Breathitt & Wolfe Kentucky Farm Bureau. We were thankful to have our wonderful presenters.



JOIN US FOR THE
HOLIDAY ROADSHOW



NOVEMBER

6

10:00 AM



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



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Minerals for Cattle

Purchasing Group

If you own cattle in Wolfe County or the surrounding counties and would like to join our mineral purchasing group put your name on our call list, by calling 606-668-3712.

When group rates become available we will call you with the cost and offer you the choice to purchase with us at the group price.



An Excerpt from NEP 231 “Growing Your Own-Potatoes”

Storing Store potatoes at 40 degrees F, which is cooler than the home but warmer than a refrigerator. The space needs to stay dark and humid (not wet) but not closed; allow air to flow freely. Good places for storage include an unheated basement, crawl space, or root cellar. Potatoes can be stored for four to six months. Check them often to make sure they are not rotting from too much moisture or shriveling from too little moisture. If potatoes cannot be kept this cool, they can be stored in warmer areas (50 degrees F to 60 degrees F). These potatoes will not last as long. Potatoes should never be stored in the refrigerator.

Serving Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There are only 70 calories in a half-cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes, as they will hold their shape. For baking, frying, and mashing, choose drier varieties such as russet or Yukon Gold. Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common ways to prepare include boiling, baking, microwaving, mashing, frying, and grilling.

Clean up At the end of the season, compost any leftover vegetation. Make sure that all the potatoes have been harvested. Potatoes left in the ground will rot and may carry disease forward to next year’s crop.

A Quick Tip from the Nutrition Education Program Garden Calendar published by University of Kentucky :
“ Make plans for next year’s garden. Decide where crops should be located. Don’t plant related crops on the same area more than a couple of years in a row. Think about growing different crops or different varieties of crops you have already grown. Involve your children in the decision making process for next year’s garden. “



Fall Reminders for Grazing

Before a Frost

- Cool-season grasses, such as tall fescue and orchardgrass, are starting to regrow with the cooler fall temperatures. These grasses should be utilized, but not over grazed in the ground (leave 3-4" residue height after grazing). Evaluate pastures for clover content and assess the risk for bloat as fall regrowth occurs (when pastures are >65% clover). Continue to supply shade and plenty of cool water to reduce heat stress in herds while temperatures are above 70°F during the middle of the day.
- Winter annuals can be planted as a cover crop used for grazing, hay, or silage as well. Some of the more popular winter annuals are ryegrass, wheat, kale, turnips, winter and spring oats, and triticale. These are usually seeded during late August through mid-September.

After a Non-Killing Frost (when temperatures are between 28°F and 32°F)

- Do not graze summer annuals, such as sorghum-sudangrass or pastures with high populations of johnsongrass, for 2 weeks after a non-killing frost to reduce the threat of cyanide (prussic acid) poisoning. For more information on cyanide poisoning, refer to the UK publication ID-220: Cyanide Poisoning in Ruminants.

After a Killing Frost (when temperatures are below 28°F)

- Do not graze or cut alfalfa after September 15 to allow adequate time for plants to replenish root reserves. Animals can be turned back into an alfalfa stand for grazing after a killing frost.
- Cool-season grasses will not grow much until the next spring after a killing frost, so during this time either use that forage by grazing it down short, or lose it.
- Do not graze summer annuals, such as sorghum-sudangrass or pastures with high populations of johnsongrass after a killing frost until the plant material is completely dry (toxins usually dissipate in 72 hours).
- Continue to restrict access on tall fescue pastures that are being stockpiled. Cattle can be turned into the stockpiled pasture after November 1 after other pastures have been grazed. For best results, use the strip grazing method where temporary fence is used to provide a small portion of the pasture at a time. Ideally each strip should supply the herd enough forage for 2-3 days before being moved. Stockpiled fescue usually yields 1-1.5 tons/ac., which will carry a cow for 50-75 days.

General Reminders

- To reduce soil erosion and damage to forages, remove animals from wet pastures. Consider utilizing a sacrifice paddock during wet periods.
- Before pastures have been depleted and stored hay is fed, take forage samples to ensure quality meets the nutritional needs of the animals and supplement as needed.
- Follow up on soil test recommendations and apply phosphate, potash, and lime as needed.

Winter Reminders for Grazing

- Evaluate grazing program for the past grazing season. Start planning for changes in forages or management that will be implemented in the spring or late winter.
- Apply phosphate, potash, and lime according to soil test recommendations.
- Frost seeding of clovers should be performed between February 1 and March 1.
- Nitrogen fertilizer can be applied in late February to promote early grass growth if clover percentage is low.
- Inventory standing forage and develop a plan to utilize remaining forage. Alfalfa can be grazed after November 1 or the first killing frost with no negative effects on spring growth as long as the ground is firm. Do not allow animals to spend more time in the field than necessary to graze forage.
- Inspect and prepare water systems for freezing temperatures. Be sure that livestock have access to water at all times.
- Reduce damage to pastures by removing animals or reducing traffic during extremely wet conditions.
- Consider using a sacrifice area, permanent feed pad, or dry lot. If a sacrifice area is not used, rotating feeding areas frequently will help reduce soil erosion, compaction, and distribute manure nutrients more evenly.
- Sample hay and obtain forage analysis prior to feeding or sale. Develop a plan for when and to which livestock hay will be fed



November

Sun

Mon

Tue

Wed

Sun	Mon	Tue	Wed
3 Time “Falls” back	4	5 Election Day Office closed	6 Holiday Roadshow
10	11 Veterans Day Cooking Through the Calendar Workshop	12 Adult Ed	13
17	18 Wolfe Co Beekeepers	19 Adult Ed <i>Commodities for pre-approved over age 60</i>	20
24	25	26 Mt Cattlemens at RCARS 5:30 PM*	27

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

Thu

Fri

Sat

	1	
7 Sit & Sew	8	9
14	15	16
21 Sit & Sew	22	23
28 Thanksgiving Office closed	29 Office closed	30

Looking Ahead: Carbon Credits Dec. 3 at 5:30 at Breathitt Co Extension*

GROWING YOUR FARM AND FOOD BUSINESS WORKSHOPS

Unlock new opportunities for your agribusiness with
KCARD staff and partners at our comprehensive
workshops on funding, business planning, and more!

October 23rd
Grand Rivers
Community Center
Grand Rivers, KY

November 13th
Washington County
Extension Office
Springfield, KY

November 19th
UK Robinson Center
(RCARS)
Jackson, KY



Kentucky Center for Agriculture
and Rural Development





WOLFE COUNTY EXTENSION OFFICE

November 18, 2024 at 5:30 PM

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

Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

1st and 3rd Thursdays for October, November & December

This month— November 7th & 21st

2:00-5:00 PM

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



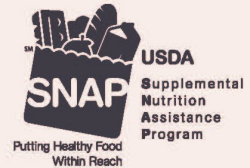
Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

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 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



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

Don't overcrowd the pan or the veggies will steam instead of roast.

6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$7.71

Cost per serving: \$1.29

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

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





UK Cooperative Extension Service

COOKING THROUGH THE Calendar

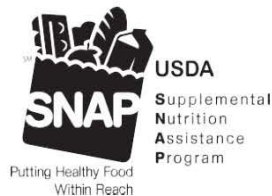
November 11th,

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.

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Disabilities accommodated with prior notification.



Mountain Cattlemen's Association

Fall Meeting

NOVEMBER 26, 2024

5:30 PM

Distinguished Speakers:

Dr. Jeff Lehmkuhler

Dr. Jimmy Henning

DINNER PROVIDED

MUST REGISTER

Topics:

Finishing Beef Cattle

East KY Hay Contest Results Ceremony

[HTTPS://WWW.EVENTBRITE.COM/E/MOUNTAIN-CATTELEMENS-ASSOCIATION-FALL-MEETING-TICKETS-1037862614017?AFF=ODDTDCREATOR](https://www.eventbrite.com/e/mountain-cattlemens-association-fall-meeting-tickets-1037862614017?aff=ODDTDCREATOR)

OR CALL 606-666-8812

Location

Robinson Center for Appalachian Resource Sustainability
130 Robinson Road
Jackson, KY 41301



Scan
to
register

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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.



Disabilities accommodated with prior notification.

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

Thanksgiving is November 28, 2024



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.

8 ounces reduced fat cream cheese, softened

1 cup brown sugar, divided

1 teaspoon vanilla

1 tablespoon ground cinnamon

2 medium apples, chopped

½ cup all-purpose flour

⅔ cup quick cooking oats

3 tablespoons butter

¼ cup chopped pecans

1. Preheat oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.

2. Mash sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.

3. Spread sweet potato mixture evenly into pan.

4. Top sweet potatoes

with chopped apples.

5. In a small bowl, combine flour, oats, and ⅓ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.

6. Sprinkle mixture over apples.

7. Bake uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

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

