

# Extension Edition

**Cooperative Extension Service**

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## Wolfe County Cooperative Extension Newsletter September 2024



September 22nd-first day of Fall!

"In September, every falling leaf is a reminder to let go of the past and welcome the future." — Unknown

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**Darian Creech**

*Darian Creech*  
Wolfe CEA FCS-4H

**Jessica Morris**

*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

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Disabilities accommodated with prior notification.



# UPDATES



Wolfe County Youth were invited to The Back to School Splash, with inflatables (shown above in photos 1 & 2), snow cones and hotdogs. The adults going back to school were not forgotten, they were invited to craft a door hanger as shown in photo 3. At the Homemade Jelly work shops both the AM and PM classes made jelly and took home a jar of their creations. Wolfe County 4-H was represented in the Country Ham entries and Speech Contest by Mackenzie Cannon and Kinsley Tyra. (Photo 5)





# 4-H Garden Club

**Next Meeting  
September 19th  
2024 at 3:30 PM**

## ROBINSON CENTER YOUTH SCIENCE DAY

A DAY OF FUN & EDUCATIONAL EVENTS  
FOR 3<sup>RD</sup>, 4<sup>TH</sup> AND 5<sup>TH</sup> GRADERS

**WEDNESDAY, OCTOBER 2, 2024**  
**9 AM-2:00 PM EST**  
**AT THE ROBINSON CENTER**  
130 ROBINSON RD, JACKSON, KY

FREE  
EVENT

LUNCH PROVIDED  
BY SCHOOLS

RSVP by  
SEPT. 13





## **Cleaning up gardens this fall helps control diseases in spring-by Ellen Brightwell** published 11-5-1998

Removing plant debris from gardening areas when the growing season ends, usually after the first hard frost, reduces the likelihood that a number of diseases will develop on flowers, vegetables or fruits next year.

"A thorough cleanup of vegetable and flower gardens and fruit plantings is an effective way to control many plant diseases because remains provide an abundant source of microbes that can cause problems next year. This is because fungi and bacteria that cause diseases can overwinter on infected or contaminated roots, stems, leaves, flowers, vegetables or fruits," said John Hartman, Extension plant pathologist for the University of Kentucky College of Agriculture.

Good garden sanitation reduces the possibility of such plant diseases as early blight, mildews, and gray mold fungus, as well as various root rot and wilt problems.

In the vegetable garden, remove all plants, except winter vegetables or cover crops. It is especially important to completely clean out and destroy all diseased plants from gardens and fruit plantings. Be sure to dig up roots carefully and remove them because decomposing roots can release disease-causing microbes that will survive in the soil. Also remove spent blooms from flower gardens and take mummied fruits left on or around trees and grapevines.

Gardeners who decide not to remove old plants should till the garden to break dead material into smaller pieces and turn this under. Buried plant debris decomposes faster than that left on the soil surface, reducing populations of organisms left in the garden to cause disease problems next year.

"Plant debris is a veritable gold mine for gardeners who have good compost piles," Hartman said. "A 'good compost pile' heats up and decomposes plant remains completely over the course of a few years. This will destroy most disease-causing organisms.

"If heat development isn't possible in the composting process, plants infected with root knot or Fusarium and Verticillium wilt diseases should be disposed of and put where they cannot be recycled back into the garden."

For more information, consult "Home Vegetable Gardening in Kentucky" (ID-128) and "Home Composting: A Guide To Managing Organic Wastes (HO-75) (<https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/ID128.pdf>)

These publications are available from your county Extension office





**WOLFE COUNTY EXTENSION OFFICE**  
**MONDAY September 16 AT 5:30**

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



**FREE!**  
HAY TESTING

# 2024 EAST KENTUCKY HAY CONTEST

**SIGN UP EVEN IF YOU THINK YOUR HAY ISN'T THAT GOOD!**

 **Cooperative  
Extension Service**

**TESTING PROVIDES: NUTRITIONAL VALUE OF HAY & HAYLAGE; RATIONS; & CAN RESULT IN: REDUCED FEED COSTS, INCREASED ANIMAL PERFORMANCE, & INFORMATION TO IMPROVE FORAGE STANDS**

**CALL: (606) 668-3712 TO SIGN-UP FOR A COLLECTION DATE**

**DEADLINE TO SIGN-UP IS 10/1/24**

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# ROBINSON CENTER FIELD DAY

**FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS**  
MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!

**THURSDAY, OCTOBER 3, 2024**  
**4 PM-7:00 PM EST.**

**AT THE ROBINSON CENTER**  
**130 ROBINSON RD, JACKSON, KY**

**FREE EVENT FOR ALL AGES | MEAL PROVIDED**

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment



# September 2024

Sun

Mon

Tue

Wed

1	2	3	4
	Office closed For Labor Day Holiday	Adult Education meets in the project room on Tuesdays enter at door # 5	Cooking Through the Calendar-11:00 AM
8 National grandparents day	9	10	11
15	16 Beekeepers Meeting 5:30 PM	17 Commodities for approved Wolfe County Residents over age 60	18
22 Autumn begins	23	24	25
29	30	Looking ahead:  Wolfe Co Farm & Home Safety Day Oct. 1 –5:30 PM	Youth Science day at RCARS - Oct 2 * RCARS Field Day Oct 3 *



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

**Thu**

**Fri**

**Sat**

	<b>5</b>	<b>6</b>	<b>7</b>
	<b>12</b> Sit & Sew 2:00 PM to 5:00 PM	<b>13</b> Brunch & Learn "Creating Welcoming Communities" 10:00 AM	<b>14</b>
	<b>19</b> Garden club meeting at 3:30 PM	<b>20</b>	<b>21</b>
	<b>26</b> Sit & Sew 2:00 PM to 5:00 PM	<b>27</b>	<b>28</b>
	<b>Hay Contest register by 10-1-2024</b> <i>Growing Your Farm &amp; Food Business Nov 19 at RCARS *</i>		

# BRUNCH & LEARN

## CREATING WELCOMING COMMUNITIES

To better prepare community leaders for service and community stewardship, Creating Welcoming Communities seeks to engage participants in better knowing their own culture and in gaining respect for culturally related strengths.



September 13, 2024



10:00 AM



Wolfe Co. Extension Office  
Call to Register



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Lexington, KY 40506



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# Sit & Sew

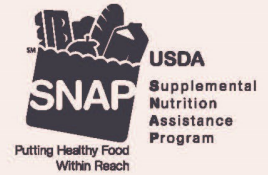
**BRING YOUR OWN PROJECTS TO COMPLETE**

*2nd and 4th Thursdays  
September 12th & 26th,  
2:00-5:00 PM*

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



## Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

1. Wash hands with warm water and soap 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. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 1/2 cups**  
**Cost per recipe: \$7.66**  
**Cost per serving: \$1.92**

**Nutrition facts per serving:**  
 280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

**Source:**  
 Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service







**UK** Cooperative Extension Service

# COOKING THROUGH THE Calendar

**September 4th**

**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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# FARM & HOME SAFETY FIELD DAY

October 1, 2024  
5:30 PM

Hazel Green Park  
202 Pet Lane  
Hazel Green, KY 41332

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe  
County Farm Bureau

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the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# 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  
20 N Washington Street  
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Campton, KY 41301-0146

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## Beefy Stuffed Peppers

**1 cup** uncooked, whole wheat couscous  
**1** small tomato, diced  
**½ cup** garbanzo beans  
**1 teaspoon** dried Italian seasoning

**¼ teaspoon** ground black pepper  
**1 teaspoon** salt  
**½ cup** low fat shredded mozzarella cheese

**4** large bell peppers  
**½ pound** lean ground beef  
**1 tablespoon** chopped green onion  
**1 tablespoon** minced garlic

**Cook** couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings

**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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