

Powell County Extension News

March, 2024

This month at the Extension Office

Friday
1 **Homemakers Planning
Committee Mtg. at 10 a.m.**

Tuesday
5 **4-H Cooking Club at 4:30 p.m.**

4-H Poultry Club at 5:30 p.m.

Evening Homemakers at 6:30 p.m.

Thursday
7 **East-Central Ky. Turf
Professionals Training**

Powell CEC at 5:30 p.m.

Powell County District Board at 6:30 p.m.

Friday
8 **Plant Order Deadline at 4 p.m.**

Monday
11 **Quilt Club at 11 a.m.**

Powell/Clark Beekeepers

Tuesday
12 **Clay City Homemakers at 11 a.m.**

4-H Livestock Club at 5:30 p.m.

Monday
18 **Livestock Association at 6:30 p.m.**

Tuesday
19 **4-H Art Club at 5:30 p.m.**

Tuesday
26 **Farmers' Market Vendor
Training at 6 p.m.**

4-H Cloverbuds at 5:30 p.m.

Friday
29 **Date Night Cooking at 6 p.m.**

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.

Volunteer Spotlight



Linda Swango

What is your role in Extension?

Secretary of the Beekeepers Association, Powell County's Master Gardener, and I serve on the Extension District Board.

How did you first get involved with Extension?

Mike Reed's gardening classes.

Which quality do you most like in a person?

Energy and warmth

What do you enjoy most about volunteering?

Helping to spark an interest in gardening or beekeeping..

What are some of your hobbies?

Gardening, keeping chickens, beekeeping, and spending time with my grandbabies.

What is a fun fact about yourself?

I grew up as a city girl hating bugs and dirt.

As a child, what did you want to be when you grew up?

A teacher.

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 Powell County FCS Extension

 powell.ca.uky.edu/fcs

EXTENSION HOMEMAKERS

PLANNING COMMITTEE

will meet Friday, March 1st
at 10 a.m.

EVENING HOMEMAKERS

will meet Tuesday, March
5th at 6 p.m.

QUILT CLUB

Quilt Club will be meeting
March 11th at 11 a.m. at the
Extension Office

CLAY CITY HOMEMAKERS

will meet March 12th at 11
a.m. at the Extension Office.



Self-Care

What does it mean to take care of yourself?
Join us to learn how to extend the same time,
kindness, and consideration to yourself as
you do to those around you.

Powell County Extension Office
Tuesday, March 5th
6:00 pm



MARCH

DATE NIGHT COOKING

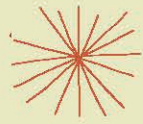
GRAB YOUR SPOUSE, PARTNER, FRIEND, OR OTHER LOVED ONE ON THE LAST FRIDAY OF EACH MONTH AND SPEND AN EVENING COOKING TOGETHER! LEARN WAYS TO MASTER THE KITCHEN, PREPARE HEALTHY, DELICIOUS DISHES FOR TWO.

FRIDAY, MARCH 29TH
POWELL COUNTY EXTENSION OFFICE
6:00 - 8:00 PM

REGISTRATION REQUIRED! SPACE IS LIMITED

REGISTER
NOW





HELP THE POWELL
COUNTY HOMEMAKERS SEW

Dresses for Africa

TUESDAY, APRIL 16TH

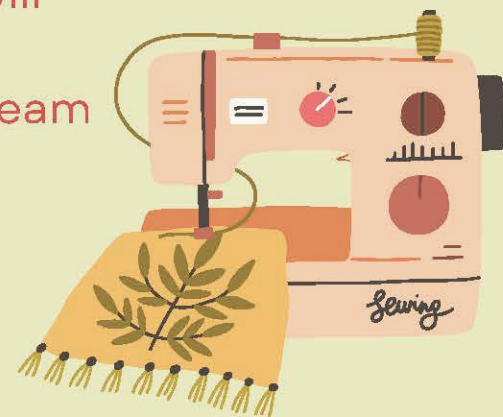
POWELL COUNTY EXTENSION OFFICE

9:30 A.M. - 2:30 P.M.

Rita Hardman, Fayette County Homemaker and Master Clothing Volunteer, will walk you through the new dress pattern specifications. The goal is to provide special, one of a kind dresses that any little girl would love to own and wear.

Fabric and pattern will be provided. Sewers will only need to provide the following:

- Sewing machine and tools (scissors and seam ripper) please contact the office if you need a machine provided at 663-6405.
- Personal sack lunch and beverage



ADULT

HEALTH BULLETIN



MARCH 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page ➔



If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



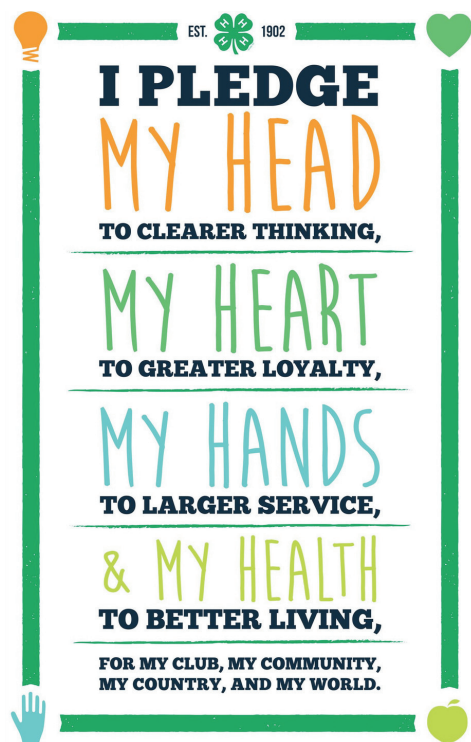
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



4-H Poultry Club

Meets the 1st Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office

Join us at our next meeting on
March 5th

Open to ages 5-18

4-H Cooking Club

OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month



- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

March 5th
4:30 to 5:30

169 Maple Street
Stanton Ky. 40380

For more information contact: 663-6405

An Equal Opportunity Organization



4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 5:30PM

Livestock Animal Not Required!

NEXT MEETING ON March 12th

169 Maple Street
Stanton Ky. 40380

- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405

An Equal Opportunity Organization

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

4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH
Opened to ages 5-18 years old

MARCH 19TH
5:30 to 6:30pm

169 Maple Street
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405

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

FUN & CREATIVE ACTIVITIES
4-H CLOVERBUD CLUB

OPEN TO YOUTH
Ages 5-8 years old

Tuesday, March 26th
5:30 to 6:30

EXTENSION OFFICE
169 MAPLE STREET
STANTON, KY

For more information contact Emilee at 663-6405

AN EQUAL OPPORTUNITY ORGANIZATION

Powell County 4-H Camp: July 15-19

Now is the time for young people and their parents to begin making plans for an annual summer ritual, attending 4-H Camp.

Regional 4-H camps are open to all Kentucky youth between the ages of 9 and 14 and provide opportunities for personal growth, gaining independence, fostering friendship skills, learning about Kentucky's natural resources and just having fun.



Many exciting activities and adventures await 4-H campers. Youth can spend their days participating in activities such as swimming, canoeing, high and low ropes, archery, games, dances, singing, nature hikes and much more. These activities are a fun way to help young people learn new skills and develop a greater appreciation for the environment and wildlife.

Camper safety is a priority at 4-H Camp. Each camp has been accredited by the American Camp Association since 2005, and all staff and volunteers are trained and undergo background checks prior to camp. Each camp will have an on-site health care provider at all times.

4-H'ers from Powell County will attend JM Feltner 4-H Camp from July 15-19. Registration forms will be available beginning FRIDAY MARCH 1st. Applications are due by June 7th. Please apply early, there are limited camp spots and scholarships available!

For more information about 4-H Camp, contact the Powell County office of the University of Kentucky Cooperative Extension Service or visit the 4-H Camp website at <http://4-h.ca.uky.edu/camp>.





Under the Big Top

BE THE STAR OF THE SHOW



4-H Camp 2024

July 15 - 19, 2024

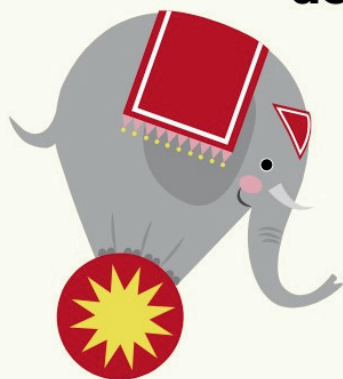
JM Feltner 4-H Camp London, KY

Cost: \$300

Includes lodging, food,
t-shirt, activities & class fees

Applications are now available

**Help send a child to camp by making a
donation any amount is appreciated!**



Scan the code to donate online
Or

Mail Checks to:

Powell Co. 4-H Council
169 Maple Street
Stanton, Ky. 40380



Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr

The Farmers' Market Annual Plant sale deadline to order is March 8th. Don't miss it!

A Farmers' Market vendor training and meeting will be March 26th at 6 p.m. at the Extension Office. This training is for all current vendors or anyone interested in selling at this years market

Powell & Clark County Beekeepers

will meet Monday, March 11th
at 6:30 p.m. at the
Clark County Extension Office.

A potluck dinner will be served.

 Martin-Gatton
College of Agriculture,
Food and Environment





Spring Forward- Be Prepared

Brandon Peloquin- National Weather Service Wilmington, OH



As March begins and winter starts to wind down, now is the time to start thinking about being prepared for what the unpredictable spring weather can throw at us. March is a transitional month where we need to be prepared for anything and everything. In recent years, we've seen snow and cold snaps, but we've also experienced flooding and tornadoes as well. March tends to represent the battle between winter ending and spring beginning. Eventually, as we move into April and May, signs of winter disappear and spring develops in full force.

Spring can bring beautiful weather, with warm temperatures and sunny skies - great to get the flowers blooming. But it can also bring violent, dangerous weather. Do you or your family know what to do if severe weather strikes where you are? Preparation can be key for everyone's safety!

Always be weather aware! Make sure you know the weather risks of the day ahead of time. When severe thunderstorm, tornado, and flash flood warnings are issued, having multiple methods to receive these warnings and weather information is very important for you to be able to take the appropriate action. This could include a NOAA weather radio, a reverse call system, television/radio, or nearby sirens if you are outdoors. In addition, you should know what to do when these warnings are issued. Have a plan - and put that plan into action. Make sure you have a safety kit ready to go, as well as a point of contact who can make sure everyone is accounted for and safe.

A Severe Thunderstorm Warning means severe weather (damaging winds at least 60 mph and/or large hail of 1 inch or greater) has been reported by spotters or indicated by the National Weather Service's radar. Take shelter in a substantial building, away from windows. If the severe thunderstorm warning states winds in excess of 80 mph, treat it like a tornado warning.

A Tornado Warning means a tornado has been spotted or indicated by radar. There is imminent danger to life and property. Take action now! Move to the basement or an underground cellar if possible. If an underground shelter is not available, move to an interior room (multiple walls between you and the outside of the house) on the lowest floor of a sturdy building. You should be sheltered well away from windows or any outside doors. The smaller the interior room the better (closet, bathroom, hallway).

A Flash Flood Warning means a flash flood (rapid rise of water) is imminent or occurring and could infringe on property or threaten life. If you are in a flood prone area, move immediately to higher ground. Do NOT try to travel across flooded roadways. Know ahead of time which roads are likely to flood, and what other routes out are available (if any). If water is starting to rise, go ahead and evacuate before it's too late.

Make it a point to practice your severe weather plan. The month of March is a great time to pick a day to simulate that severe weather is happening and to practice your plan with family members and friends so that everyone knows what to do and where to go in an actual severe weather situation.

After a long winter, we all look forward to the warmer and sunnier days of spring. However, the risk for hazardous weather also increases, so being prepared now can help limit the impact.

ROBINSON CENTER 

RESEARCH FARM TOUR AND WOOD CENTER ACTIVITIES

FRIDAY, MARCH 22, 2024
10:00 AM - 2:00 PM EST
 130 Robinson Rd, Jackson, KY


TOPICS ON THE TOUR
 2024 Research Trial Planning for Hemp, Soybeans, Greenhouse, Beef Research Projects, etc.

WOOD CENTER ACTIVITIES
 Learn how to make a woodworking product while on site, learn about the history of the Wood Center and the impact that the Wood Industry has on Kentucky.




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

Robinson Center



Follow Powell County Livestock Association on Facebook!

POWELL COUNTY
 LIVESTOCK ASSOCIATION

BQCA Certification FREE in April & September 2024



The Kentucky Beef Network and University of Kentucky Extension are pleased to announce that they will be offering free Beef Quality and Care Assurance (BQCA) certifications in April 2024 and September 2024.

The Kentucky BQCA program takes national BQA practices one step further to provide a holistic program for Kentucky producers, by adding cattle handling and animal care components to the training modules. Educational modules provide the best management practices for handling cattle and providing for their well-being, in addition to training on the core principles of BQA.

The cost of BQCA enrollment is \$5 for in person training through their local county extension office and \$10 for online training, however from April 1- 30, 2024 and September 1-30, 2024 the Kentucky Beef Network and University of Kentucky Extension will be sponsoring the enrollment costs, making it free for producers.

Producers interested in taking advantage of this opportunity can visit www.kybeefnetwork.com to access the online training platform or contact their county extension office for training opportunities. “We are very excited for this partnership for our Kentucky cattlemen to continue to tell their story to consumers through sound management practices,” says Kevin Laurent University of Kentucky Co-BQCA Coordinator.

Producers interested in taking advantage of this opportunity can visit www.kybeefnetwork.com for access to the online training platform or contact their County Extension Office for training opportunities.



POWELL COUNTY
LIVESTOCK ASSOCIATION

*For more information, contact Jason
Vaughn, Powell County ANR Agent
663-6405 or jason.vaughn@uky.edu*

The Powell County Livestock Association will meet
Monday, March 18th at
6:30 p.m. at the Powell County Extension Office.

Please call, if you plan to attend,
by Friday, March 15th, 663-6405.

CAIP
Educational
Approved!

Annual Plant Sale



Allstar or Earliglow Strawberry Plants

Plants come in bundles of 25 at \$7.50 per bundle.

Allstar Strawberries are June bearing and produce a larger berry.

Earliglow Strawberries are June bearing and producer a sweeter, smaller berry.



Chandler and Duke Blueberry Bushes

The plants are sold individually and cost \$10.00 per bush. Anyone ordering blueberry bushes will need to order at least one of each variety for cross pollination purposes.



Candy Onion sets

These jumbo onions are sweet and mild with lasting quality and good flavor

\$6 per bundle of 60 sets

Prelude Raspberry Plants

\$5.00 per plant

Jewel Black Raspberry Plants

\$5.00 per plant

Natchez Blackberry Plants

\$5.00 per plant

Millennium Asparagus

\$3.00 per plant

Deadline to order is March 8th

Pre-payment is required with all plant orders. Order will not be complete until payment is received. For more information, contact the Powell Co. Extension Office at 663-6405

Make checks payable to and mailed to:

Powell County Farmers' Market
169 Maple St., Stanton, 40380



Receipt No. _____

2024 Plant Order Form

Cooperative Extension Service

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Powell County

169 Maple St.

Stanton, KY 40380

(606) 663-6405

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7.50 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$10 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$10 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$3 each	
_____ bundles	Onion plants (Candy)	\$6 (bundle of 60)	
		Total Due	

**Pre-payment is required by Friday, March 8th for all plant orders.
Make checks payable to: Powell County Farmers' Market**

Payment Information:

Amount Paid: _____

Date: _____

Received by: _____

Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard to let you know when the plants will be available for pickup.

Cow-Calf Profitability Conference

Cow-Calf Profitability Conferences are one day, intensive seminars focusing on key topics for beef producers. Conferences are funded by the Kentucky Agricultural Development Fund through the Kentucky Beef Network and delivered by UK Agricultural Economics' Kenny Burdine, Greg Halich and Jonathan Shepherd.

Thursday,
March 14, 2024

9:00 am – 4:00 pm

Madison County
Extension Office
230 Duncannon Lane
Richmond, KY 40475



Topics

- Key Profit Drivers
- Managing Hay Production Costs
- Breeding Stock Depreciation
- Reducing Fertilizer Use
- Keys to Cow Herd Management
- Tax Management Strategies
- Bale Grazing & Stocking Rates

Call
859-623-4072
to RSVP

Doors open at
8:00 AM

Sponsored Lunch
provided by



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



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.

Garden Math 101

How big is your garden? Your answer might be small or large. But since size is subjective it is often important to know the actual size of your garden.

Knowing the size of your garden or lawn is important. That information dictates how many plants can be sustained in that area, how much total fertilizer you would need, the amount of mulch to purchase or even how to interpret a soil test report.

When people hear the word math they tend to freeze up. But just knowing a few simple equations will make life so much easier! Below are some examples:

Calculating the size of your garden and lawn

- The size (area) of your garden is calculated by multiplying its length by its width. So if your garden is 20 feet long by 25 feet wide then the total area is 500 square feet.

- To calculate the area of a circle, such as around a tree, you first have to determine the radius. The radius is the distance from the center of the circle to any point on its edge. Let's say the radius of the circle around my tree is 3 feet. The next step is to multiply the radius by itself. You would calculate 3 feet by 3 feet which is 9 square feet. Now times that number by 3.14. That number is 28.26.

square feet.

- Sometimes an area isn't a square or a circle. In those cases, try breaking the area into smaller components, then adding them all together.

Calculating how much mulch you need

- To determine how much mulch is needed for a specific area, you will need to calculate cubic yards. Multiply the area times your depth of inches and divide by 324 square feet, which is one cubic yard, one inch deep. This will tell you how many cubic yards you will need. For example If you have 100 square feet and want to add 3 inches to the depth, multiply 100 by 3, and then divide by 324 to convert to cubic yards. You would need 0.93 yards of compost or round up to 1 yard.

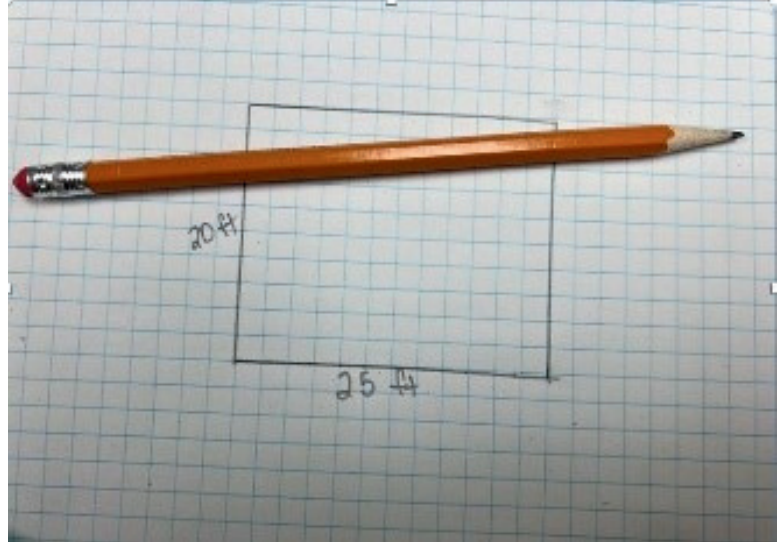
Determining size without measuring

- An acre is 43,560 square feet. If you know your lot is half of an acre then take 43,560 and divide by 2 which will give you 21,780 square feet. If you live on a quarter of an acre, then divide 43,560 square feet by 4 which will give you 10,890 square feet.

- What if your lot is 0.36 acres? Multiply 0.36 by 43,560 square feet. That tells us your acreage is 15,681.6 square feet.

- Remember that our properties are not usually entirely covered in lawn. You will need to subtract any areas that are not covered in grass, such as your house.

Yes, math can be frustrating. But in the long run knowing a few calculations can make not only your life easier, but also that of the person at the store where you buy your plants, fertilizer or mulch.



The size (area) of your garden is calculated by multiplying its length by its width

Winter is Here – What's your Action Plan?

Dr. Michelle Arnold, DVM – Ruminant Extension Veterinarian (UKVDL)

Winter presents multiple challenges for cattle and those who care for them including cold temperatures, wind, snow, freezing rain, and mud. Unfortunately, drought conditions in the spring and summer significantly reduced the quality and quantity of hay available to feed this winter, exacerbating the difficult conditions. It is important for beef cattle producers to devise a "winter weather action plan" with the goal of maintaining cattle health, comfort, and performance despite what Mother Nature sends to KY. Many telephone conversations with veterinarians and producers confirm cattle are losing body condition this winter and some are dying of malnutrition. The cloudy, wet weather with regular bouts of rain and temperatures hovering right above freezing has resulted in muddy conditions that require diets substantially higher in energy just to maintain normal body temperature. At the UKVDL, we are beginning to see cattle cases presented to the laboratory for necropsy (an animal "autopsy") with a total lack of fat stores and death is due to starvation. This indicates winter feeding programs on many farms this year are not adequate to support cattle in their environment, especially aged cattle, cows in late pregnancy or early lactation, or their newborn calves, even though bitter cold has not been much of a factor.

The "lower critical temperature" (LCT) is the threshold outside temperature below which the animal's metabolic rate must increase to maintain a stable internal body temperature. If temperatures fall below the LCT, the amount of energy necessary just to keep the animal in equilibrium, known as the "maintenance requirement", increases, leaving less nutrients available for growth and production. If maintenance requirements for energy and protein are not met through the diet, cattle will utilize body fat stores first to meet the need and will lose body condition. The LCT is not the same for all cattle; what an animal can tolerate depends on her body condition score, hair coat condition (wet/dry/muddy), and wind chill.

Cattle have two important defenses against cold, the hair coat and fat cover. The hair coat grows longer in winter and offers considerable insulation to conserve heat and repel cold. Fat cover serves as insulation beneath the skin. For an animal in average body condition with a fluffed up, dry, heavy winter coat in place, the LCT may go as low as 18° F in sunny conditions without wind. However, a thin cow with the same winter hair coat in the same weather conditions may experience cold stress at 32° F. Under wet conditions, especially if an animal's coat cover is muddy, the LCT rises dramatically, particularly if there is no protection from the wind. If the same average body condition cow with a dry hair coat and an LCT of 18° F gets wet, her hair coat no longer insulates but conducts warmth away from the body through evaporation, raising her LCT to 60° F or higher. Thinner cattle with less fat have less insulation under the skin so more heat is lost, especially when lying on wet, cold ground without bedding. If producers are not supplementing cattle with adequate energy AND protein sources, hay of poor nutritional quality will not provide sufficient nutrition to meet the animal's basic requirements. This will result in depletion of body fat stores, followed by breakdown of muscle protein, and finally death due to insufficient nutrition. The producer may first notice a cow getting weak in the rear end and may mistake this for lameness or sore hooves. Later she is found down, unable to stand and death follows shortly after. Multiple animals may die within a short period of time during extreme weather events.

At necropsy, the pathologist finds a thin animal with no body fat stores but the rumen is full of bulky, dry forage material (poor quality hay). Even the small seam of fat normally found on the surface of the heart is gone, indicating the last storage area in the body for fat has been used up. Despite having had access to free choice hay, these cattle have died from starvation. Although hay may look and smell good, unless a producer has had the hay tested for nutritional content, he or she does not know the true feed value of that harvested forage. It is often difficult for producers to bring themselves to the realization that cattle can starve to death while consuming all the hay they can eat. The answer to poor quality hay is not just to offer more of the same! There is a limit to rumen capacity; cattle are expected to eat roughly 2-2.5% of their body weight in dry matter but this may fall to 1.5% on poor quality hay. Inadequate crude protein in the hay (below 7-8%) means there is not enough nitrogen for the rumen microflora ("bugs") to do their job of breaking down fiber and starch for energy. Digestion slows down and cattle eat less hay because there is no room for more in the rumen. Many producers purchase "protein tubs" varying from 16-30% protein to make up for any potential protein deficiencies but fail to address the severe lack of energy in the diet. In the last 60 days of pregnancy, an adult cow requires feedstuffs testing at least 50-55% TDN (energy) and 8-9% available crude protein while an adult beef cow's needs in the first 60 days of lactation increase to 60-65% TDN and 10-12% available crude protein. Cold weather and mud will increase the energy requirements, especially when cattle are forced to walk in deep mud and lie on wet ground.

Winter is Here – What’s your Action Plan?

In addition to malnutrition in adult cattle, inadequate nutrition and weight loss severely affect the developing fetus in a pregnant cow. “Fetal programming” of the immune system of the developing calf during pregnancy will not progress correctly without sufficient nutrients and trace minerals. A weak cow may experience dystocia (a slow, difficult birth) resulting in lack of oxygen to the calf during delivery, leading to a dead or weak calf. Calves born to deficient dams have less “brown fat” so they are less able to generate body heat and are slower to stand and nurse compared to calves whose dams received adequate nutrition during the last 100 days of pregnancy. Poor colostrum quality and quantity from protein and energy-deficient dams will not support calf survival and performance. One study looking at diets during pregnancy found at weaning, 100% of the calves from the adequate energy dams were alive compared to 71% from the energy deficient dams. The major cause of death loss from birth to weaning was scours, with a death loss of 19% due to this factor.

Trace mineral supplementation is another area of concern, as copper and selenium levels in liver samples analyzed from many cases throughout KY are often far below acceptable levels. Additionally, grass tetany/hypomagnesemia cases will occur in late winter and early spring if lactating beef cattle are not offered a free-choice, high magnesium trace mineral continuously until spring. Primary copper deficiency can cause several disorders, including poor heart muscle function, sudden death, anemia, lameness, coarse hair coat, hair coat color changes, diarrhea, and fertility problems. Low selenium concentrations can be associated with a wide variety of problems including skeletal and heart muscle abnormalities, sudden death due to heart damage, suppression of the immune system, a variety of reproductive issues, and reduced growth. The absence of these vital nutrients is a major risk factor for disease development. Selenium deficiencies in adult cows will lead to later reproductive problems of delayed conception, cystic ovaries and retained placentas.

The best advice for producers is to be prepared for the inevitable winter weather rather than looking for answers while the snow is falling. Observe the current body condition of the herd and, if inadequate now, begin supplementing with grain to head off further weight loss. Know what you have to work with from an energy and protein perspective in your hay then supplement with enough feed to make up the deficits. Forage testing is simple, inexpensive and the results are easy to interpret. Contact your local cooperative extension service if you need assistance to get this accomplished. Providing shelter and windbreaks for cattle can help keep hair coats dry and limit the effects of wind chill. In times of extreme or prolonged cold, adjust feeding to provide additional energy.

Remember, energy AND protein are both crucial; protein supplements will not fulfill energy requirements. Adequate nutrition and body condition are not just important today but also down the road. Milk production, the return to estrus and rebreeding, and overall herd immunity are also impacted over the long term.

Cattle should also always have access to a complete mineral supplement and clean drinking water. A trace mineral mix high in magnesium is necessary, especially in lactating cattle, beginning in January or early February through mid-May to prevent hypomagnesemia or “grass tetany”.

If you have hay test results, check out the UK Beef Cow Forage Supplement Tool (Figure 1) at <http://forage-supplement-tool.ca.uky.edu/>. Enter the values from your hay test and stage of production of your cows (gestation or lactation) to find a supplement that will work for you. The UK Beef Cow Forage Supplement Tool was produced by faculty in the UK Department of Animal and Food Sciences and serves as a tool to estimate forage intake and supplementation rates. Remember actual feed/forage intake and body condition should be monitored throughout the winter and early spring and each cutting of hay must be tested as values will not be the same from one cutting to the next.

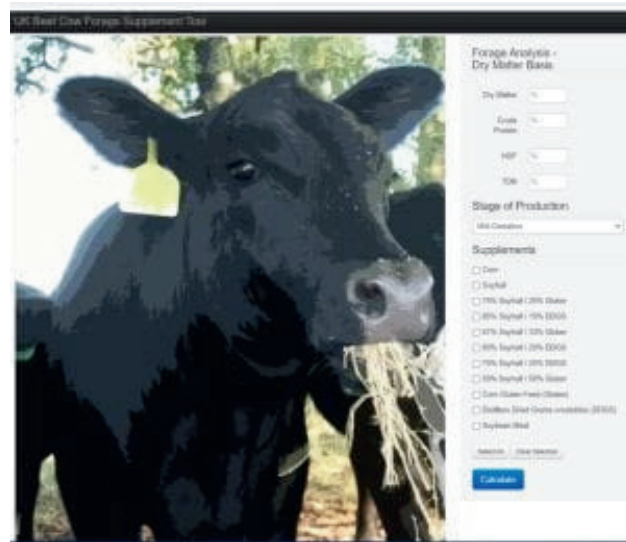


Figure 1: The UK Beef Cow Forage Supplement Tool homepage

Venison Sloppy Joes

Servings: 6 Serving Size: 1 cup, 1 bun

Ingredients:

1 pound ground venison
1 onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
2 tablespoons brown sugar
¼ cup water
¼ cup vinegar
2 tablespoons lemon juice
8 ounces tomato sauce, no-salt-added
1 tablespoon Worcestershire sauce
1 tablespoon prepared mustard



Directions:

Mix all ingredients in a medium saucepan. Cook over medium heat for approximately 30 minutes. Serve on whole grain bun.

Source: Adapted from Wild Game: From Field to Table, Sandra Bastin, PhD, RD, Extension Food and Nutrition Specialist. Revised July 2007. Revised February 2023.

Nutrition facts per serving: 180 calories; 2.5g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 180mg sodium; 17g carbohydrate; 2g fiber; 9g total sugars; 5g added sugars; 20g protein; 0% Daily Value of Vitamin D; 4% Daily Value of Calcium; 15% Daily Value of Iron; 10% Daily value of Potassium



Powell County **FARMERS** *Market*

Vendor Meeting & Training

Open to all vendors interested in selling in the 2024
Farmers' Market season

Join us March 26th at 6 p.m. at the
Powell County Extension Office, 169 Maple St., Stanton

We will be training and certifying for WIC and SFMNP Programs, please
bring your certification stamps with you.





Spring Garden Series

- **April 1st** at 6:30 p.m.- Sowing seeds indoors
- **April 8th** at 6:30 p.m.- Container Gardening
- **April 15th** at 6:30 p.m.- Indoor Mushrooms
- **April 22nd** at 6:30 p.m.- Growing Herbs- followed by lesson and dinner with Powell County FCS Agent, Kendyl Redding.

All classes are held at the Powell County Extension Service
169 Maple St., Stanton

Workshops are free but registration is required to ensure enough supplies. Contact the Powell County Extension Office at 663-6405 or register online by scanning the QR code.

Class sizes are limited register soon!

Workshops are free but registration is required to ensure enough supplies.



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.

SM



SNAP

Supplemental Nutrition Assistance Program



TIPS & TRICKS

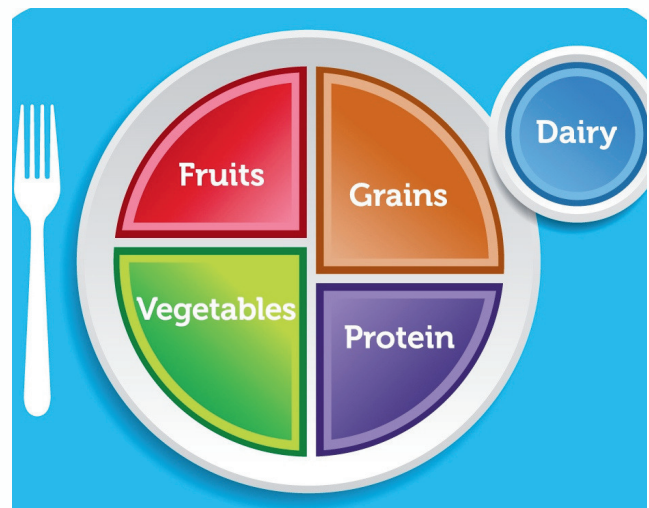
Veggie Egg Rings

Nutrition

- Eggs are a great way to start off the day. Eggs are a source of pantothenic acid, which helps convert food into energy, aids in hormone production, nervous system function, and red blood cell formation.
- Pair this recipe with whole-grain toast for a balanced MyPlate breakfast.

Cooking Tips

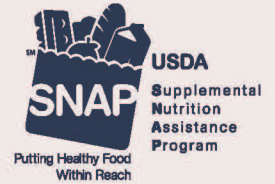
- Cracking an egg is a basic cooking skill. If children are helping in the kitchen, use this recipe as an opportunity to learn how to crack an egg.
- Be sure to wash hands after handling raw eggs.
- Flipping an egg can be tricky for the inexperienced cook. Once the egg is set, give the pan a quick back and forth jiggle to loosen the bottom, then slide the spatula at least halfway under the egg before making a quick flip. Using a nonstick pan will also help.



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



Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 Veggie Egg Ring
Cost per recipe: \$1.94
Cost per serving: \$0.49

Nutrition facts per serving:

serving: 60 calories;
 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant



Follow Us on Social Media



Let's Get Connected for Our Latest News & Updates



Powell County Extension Service
Powell County 4-H
Powell County Nutrition Education Program
Powell County Farmers' Market
Powell County Livestock Association



[powell.extension](https://www.instagram.com/powell.extension)



[Powell County FCS Extension](https://www.youtube.com/PowellCountyFCSExtension)



Powell.ca.uky.edu