



Martin-Gatton
College of Agriculture,
Food and Environment



APRIL - JUNE 2024

AGRICULTURE/HORTICULTURE
WHITLEY COUNTY COOPERATIVE EXTENSION SERVICE



Important Dates

2024 Toolbox Garden Series

Basic Beekeeping

CAIP Program

Beginning Trappers Workshop

Small Farms Conference

Planting Dates

Continuing Education for Master Loggers

Whitley County Farmers Market (WCFM)

Chicken Basics

Outdoor Swarms

Lets go Hiking

10th Annual Earth Day

Coyotes

Community Equipment

HBMP (Homebased Microprocessing)

Beekeeping Series

Horses and Horsemen

Whitley County Small Farms

Cook Wild Kentucky

Small Animal Swap

Beekeeper of the Year & Homestead Series Awardee

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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.



Important Dates to Remember

-  *April 4 - Horticulture Hike (Blue Bend Loop)
-  *April 6 - Beginning Beekeeping @ 10am WD Bryants (Corbin)
-  *April 8 - Beekeepers Association @ 6pm (Jake Barker) Queen Problems
- *April 16 - Small Farms @ 7pm
- *April 22 - Earth Day 4-7pm Downtown Williamsburg
- *April 23 - Ky Master Logger Continuing Education 9am - 4pm (Log, Lumber & Tie Grading)
- *April 23 - Farmers Market Opening Day 5pm - 8pm (Downtown Corbin)
- *April 25 - Whitley County Cattlemen @ 7pm
- *April 25 - Horses and Horsemen Equine Program @6pm (London, see enclosed flyer)
- *April 26-27 -KSU Eastern Kentucky Small Farms Conference (Goldbug)

- *May 4 - Farmers Market Opening Day 10am -1pm (Goldbug)
- *May 10 - Beginning Trappers Workshop @9am
- *May 11- Trappers “Spring Fling”
- *May 12 - Mothers Day
-  *May 13 - Beekeepers Association @ 6pm (Jimmy Sizemore) Maximizing Honey Production
- *May 21 - Small Farms @7pm
-  *May 25 - Beekeepers Field Day (Edward )
- *May 27 - Memorial Day (Office Closed) 
-  *May 28 - Pollinator Habitat @6pm
- *May 30 - Whitley County Cattlemen @7pm
- *May 31 - Horticulture Hike (Dogslaughter Falls)

- *June 10 - CAIP Application Training
-  *June 10 - Beekeepers Association @6pm (Dr. Tammy Horn Potter) Honey Competitions
- *June 11-14 - 4H Camp
- *June 16 - Fathers Day
- *June 18 - Small Farms @7pm
- *June 19 - Juneteenth (Office Closed)
- *June 21 - Horticulture Hike (Yahoo Falls)
- *June 22 - Canning Program @10am (WD Bryant’s Corbin)
-  *June 25 - Honey Harvesting @6pm
- *June 27 - Whitley County Cattlemen @7pm

2024 Toolbox Garden Series

Low input Lawn Care
February 29th @ 6pm



Beginning Gardening (Goldbug)
March 7th @ 6pm



Beginning Gardening
March 9th @ 10am WD Bryants Corbin



Canning Food Preservation
Aug 17 @ 10am WD Bryants Corbin



Soil & Fertility
March 12th @ 6pm

Pesticides
Sept 3 @ 6PM

Canning
June 22 @ 10am WD Bryants Corbin

Wreath Making
Nov 22



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Learn to Keep Bees in 2024

(A Workshop for those looking to become Beekeepers in 2024)



This class, taught by a experienced beekeeper, will prepare you to keep and care for honey bees.

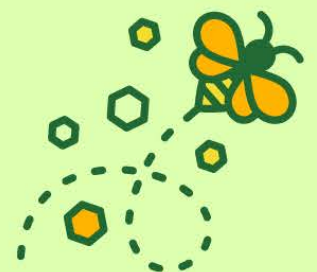
April 6th @ 10AM

Location:

**WD Bryant
1405 S. Main Street
Corbin, KY 40701**



606-549-1430



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Whitley County

County Agricultural Investment Program (CAIP)

**June 3-21 CAIP
Applications will be open**

**CAIP Application
Training**

June 10

1pm & 6pm

**you only need to attend
one of these sessions**

**Applications can be picked up at the
Whitley County Extension Office
4275 N. Hwy 25W
Williamsburg, KY 40769**

All applications are scored, based on the scoring criteria
set by The Kentucky Agricultural Development Board.

(Contact Roger Wilson, Administrator, at 606 261-0025
with any questions.)



United Trappers of Kentucky

**Beginning Trappers
Workshop
9am-4pm**



May 10, 2024

**Whitley County Extension
4275 N. Hwy 25W
Williamsburg, KY 40769**

**Contact Stacy White ANR Agent
office: 606-549-1430
cell: 606-521-1705**

**Education on:
Trapping regulations
Trapping Ethics / Social Media
Traps / Equipment
Trap preparation
Basic Sets
Dispatch Methods
Skinning
Fur Handling**



United Trappers of Kentucky "Spring Fling"

**May 11, 2024
8am - 4pm**

**Whitley County Extension
4275 N. Hwy 25W
Williamsburg, KY 40769**

**Contact Stacy White ANR Agent
office: 606-549-1430
cell: 606-521-1705**



SMALL FARMS CONFERENCE

Eastern Kentucky

Empowering small-scale farmers

APRIL 26-27, 2024
8 A.M. - 3:30 P.M.
REGISTRATION COMING SOON

**WHITLEY COUNTY
EXTENSION OFFICE**
4275 N. HWY 25W
Williamsburg, KY 40769



**KENTUCKY STATE
UNIVERSITY**

Land Grant Program

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Earliest and Latest Planting Dates

Cool season vegetables are the crops that thrive in the cooler temperatures of Kentucky's spring gardening season. These plants grow best with relatively cool air temperatures between 50 to 65 degrees Fahrenheit and are raised either for their leaves, stems, or flower buds. If you have produced transplants indoors, "harden off" vegetable transplants two weeks before planting by gently exposing them to the outside temperatures. To do so, take your transplants outside in the day time and bring them in at night. Here are some important planting dates to remember for planting cool season vegetables in Kentucky's spring vegetable gardening season. Please refer to Table 15 to know the earliest and latest safe planting dates.

Table 15. Earliest and latest planting dates in the garden in Kentucky. (If producing your own transplants, begin two to 12 weeks earlier than these listed dates. See Table 6.)

Crops	Earliest Safe Planting Date			Latest Safe Planting Date ¹		
	Western	Central	Eastern	Eastern	Central	Western
Asparagus (crowns)	Mar 10	Mar 15	Mar 20	(Spring only)		
Beans (snap)	Apr 10	Apr 25	May 1	July 15	July 25	Aug 1
Beans (lima)	Apr 15	May 1	May 10	June 15	June 20	July 1
Beets	Mar 10	Mar 15	Mar 20	Aug 1	Aug 10	Aug 15
Broccoli (plants)	Mar 30	Apr 5	Apr 10	July 15	Aug 1	Aug 15
B. Sprouts (plants)	Mar 30	Apr 5	Apr 10	July 1	July 15	Aug 1
Cabbage	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Carrots	Mar 10	Mar 20	Apr 1	July 1	July 15	Aug 1
Cauliflower (plants)	Mar 30	Apr 5	Apr 10	July 15	July 20	Aug 5
Celery	Apr 1	Apr 5	Apr 10	June 15	July 1	July 15
Chard	Mar 15	Mar 20	Apr 1	June 15	July 15	Aug 1
Collards	Mar 1	Mar 10	Mar 15	Aug 15	Aug 20	Aug 30
Sweet Corn	Apr 10	Apr 20	May 1	June 15	July 10	July 20
Cucumbers	Apr 20	May 1	May 10	June 15	July 1	July 15
Eggplant (plants)	May 1	May 10	May 15	June 1	June 15	July 1
Garlic	-	-	-	Nov 1	Nov 7	Nov 15
Kale	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Kohlrabi	Mar 15	Mar 20	Mar 25	July 15	Aug 1	Aug 15
Lettuce (leaf)	Mar 15	Mar 25	Apr 1	Aug 1	Aug 15	Sept 1
Lettuce (bibb plants)	Mar 15	Mar 25	Apr 1	July 15	Aug 1	Aug 15
Lettuce (head plants)	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Muskmelons	Apr 20	May 10	May 15	June 15	July 1	July 15
Okra	Apr 20	May 10	May 15	July 1	July 15	Aug 1
Onions (sets)	Mar 1	Mar 10	Mar 15	(Spring only)		
Onions (plants)	Mar 15	Mar 25	Apr 1	June 15	July 1	July 15
Onions (seed)	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Parsley	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Parsnips	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Peas	Feb 20	Mar 1	Mar 15	(Spring only)		
Peppers (plants)	May 1	May 10	May 20	June 15	July 1	July 15
Irish Potatoes	Mar 15	Mar 15	Mar 20	June 15	July 1	July 15
Sweet Potatoes	May 1	May 10	May 20	June 1	June 10	June 15
Pumpkins	Apr 20	May 5	May 10	June 1	June 15	July 1
Radishes	Mar 1	Mar 10	Mar 15	Sept 1	Sept 15	Oct 1
Rhubarb (crowns)	Mar 1	Mar 10	Mar 15	(Spring only)		
Rutabaga	Mar 1	Mar 10	Mar 15	July 1	July 10	July 15
Southern Peas	Apr 20	May 5	May 10	June 15	July 1	July 15
Snow Peas	Feb 20	Mar 1	Mar 15	July 20	Aug 1	Aug 8
Spinach	Feb 15	Mar 1	Mar 10	Aug 15	Sept 1	Sept 15
Summer Squash	Apr 20	May 10	May 15	July 15	Aug 1	Aug 15
Tomatoes (plants)	Apr 20	May 5	May 15	June 1	June 15	July 1
Turnips	Mar 1	Mar 10	Mar 15	Aug 1	Aug 10	Aug 20
Watermelons	Apr 20	May 5	May 15	June 15	July 1	July 15
Winter Squash	Apr 20	May 10	May 15	June 15	July 1	July 15

¹ Based on average of early maturing varieties. Mid-season and late-maturing varieties need to be planted 15 to 30 days earlier than latest date. Nearly all of the fall-planted garden crops will require irrigation during dry periods. Additional insect controls may be necessary for these tender young plants.

Continuing Education Required For Master Loggers April 23, 2024 9-4pm

Log, Lumber & Tie
Grading



Log, Lumber & Tie
Grading

THE KENTUCKY FOREST CONSERVATION ACT STATES THAT KENTUCKY MASTER LOGGERS MUST OBTAIN SIX HOURS OF CONTINUING EDUCATION (CE) EVERY THREE YEARS FROM THE DATE THEIR CARD WAS ISSUED, IN ORDER TO RENEW AND/OR MAINTAIN THEIR MASTER LOGGER STATUS. CONTINUING EDUCATION IS IMPORTANT BECAUSE IT ENABLES INDIVIDUALS TO STAY CURRENT ON NEW INNOVATIONS, LAWS AND REGULATIONS, BEST MANAGEMENT PRACTICES AND OTHER TOPICS RELATED TO TIMBER HARVESTING RESULTING IN MORE EFFICIENT AND ENVIRONMENTALLY SOUND LOGGING OPERATIONS.

IF YOUR MASTER LOGGER CARD EXPIRES AND YOU HAVE NOT ACHIEVED THE SIX HOURS OF CONTINUING EDUCATION, THEN YOUR NAME WILL BE REMOVED FROM THE ACTIVE MASTER LOGGER LIST AND YOU WILL BE OPERATING IN VIOLATION OF THE KENTUCKY FOREST CONSERVATION ACT. AT THIS POINT YOU WILL HAVE TO RE-ATTEND THE THREE DAY MASTER LOGGER PROGRAM IN ORDER TO REGAIN YOUR MASTER LOGGER STATUS. BE SURE TO CHECK YOUR CARD AND KEEP TRACK OF YOUR EXPIRATION DATE.

YOU MUST COMPLETE SIX HOURS OF CONTINUING EDUCATION BEFORE YOUR EXPIRATION DATE IN ORDER TO RENEW YOUR CARD FOR ANOTHER THREE-YEAR PERIOD. YOU CAN COMPLETE THE SIX HOURS ANYTIME IN YOUR THREE-YEAR ACTIVE PERIOD. DON'T WAIT UNTIL THE LAST FEW MONTHS TO TRY AND COMPLETE THE CE REQUIREMENT.

Whitley County Cooperative Extension

4275 N. Hwy 25W

Williamsburg, KY 40769

Questions call 606-549-1430

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Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506





WHITELY OPENING SOON FARMERS' MARKET



April 23rd, 5-8

Hometown Bank Pavillion
Corbin, KY

May 4th, 10-1

UK Extension Office
Williamsburg, KY

Also, join us for our annual
fundraiser at The Wrigley in
Downtown Corbin!

April 16th, 5-9



SCAN ME

Ten Backyard Chicken Basics

Source: Jacquie Jacob, extension poultry project manager

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances require a minimum amount of land and some subdivisions and homeowners' associations have their own rules.
2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.
3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.
4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.
5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.
6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.
7. The egg season will come to an end. Chickens stop producing eggs at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.
8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, nest boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.
9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.
10. Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.



Outdoor Swarms

Under certain conditions, a strong established honey bee colony will sub-divide and one or more swarms will leave the hive. A swarm may cluster for a while on an exposed tree limb or bush near the old hive while scout bees search for a suitable permanent place to establish a new home.



Some homeowners become concerned about these swarms of bees they find clustering on trees in their yards. Swarming bees usually are not aggressive and are not likely to sting unless disturbed. Bee swarms usually find a home within a day or so and the cluster will leave the tree limb on their own. Occasionally a small number of bees are left behind on the limb. They will not survive on their own and will die within a few days. Swarms of this type are often sought by beekeepers.



25 March 2024



**BEE
SWARM?**

DON'T KILL

**Call the Whitley
County Extension
Office at 606-549-
1430 and we will
send a trained
beekeeper to come
get it.**



Date: Friday, April 12

Location: Blue Bend Loop

Max students: 20

For ages: all ages

Time: 9:30a.m.

Registration Opens: March 4

Difficulty: Moderate 5-mile loop



COOPERATIVE EXTENSION



University of
Kentucky
College of Agriculture,
Food and Environment



10th Annual Earth Day Celebration!

Join us on April 22 at the Green Space on Main, Downtown Williamsburg, from 4-7pm. Free admission.

There will be a free tree giveaway, free books, environmental education, bounce house, reptile exhibit, art projects and more. Please register here:

<https://ukywhitley.pacecommunity.net/>

For more information or to be involved, call the Whitley County Extension Community Art Center at (606) 549-7373.

Community Partners:

- Whitley County Public Library
- London Children's Museum
- Whitley County Health Department
- Save the Children
- U.S. Forest Service
- UK Department of Forestry
- & much more!



Coyotes may be hunted year-round with no bag limit.



A person may take a coyote after daylight hours, except that:

1. It shall not be allowed in a county or area where a deer or elk firearm season is open;
2. A person shall not use artificial light or other means designed to make wildlife visible at night from April 1st through May 15th and July 1st through November 30;
3. Any artificial light or other means designed to make wildlife visible at night shall not be connected to or cast from a mechanized vehicle;
4. On public lands (if open to nighttime coyote hunting) a person shall not use any equipment other than a bow, crossbow, or shotgun loaded with a multiple projectile shell.
5. On private lands, coyote hunters may only use a bow, crossbow or shotgun loaded with pelleted shells. However, from Dec. 1 - March 31, and May 16 - June 30, hunters on private land at night may also use any breech-loading rifle or pistol of any caliber, a shotgun firing a single projectile or a muzzleloader of .54-caliber or less.

Ages 16 and Older:

Day Hunting License (1 or 7 Day)

- OR -

Annual Hunting License

- OR -

Sportsman's License

- OR -

Disability/Senior License

Youth (12-15):

Annual Youth Hunting License

- OR -

Youth Sportsman's License

Younger than 12:

License Exempt



TRAPPING

Ages 16 and Older:

Trapping License

Youth (12-15):

Youth Trapping License

Younger than 12:

License Exempt

For more information, check the current 2024 Hunting Guide.

Available Equipment

Please Call to reserve Equipment 606-549-1430



Manure Spreader



Tiller Raised Bed Tiller



Chicken Plucker



Scalder



Small Mulch Layer



Mini Layer w/ Mulch Lift & Trailer (KSU)



Large Mulch Layer w/ Trailer



Potato Planter



Potato Hiller & Sprayer



Potato Harvester



Vegetable Planter



Lime Spreader



Vegetable Planter

*Lessee pays a refundable deposit of \$100, which will be refunded when equipment is returned clean



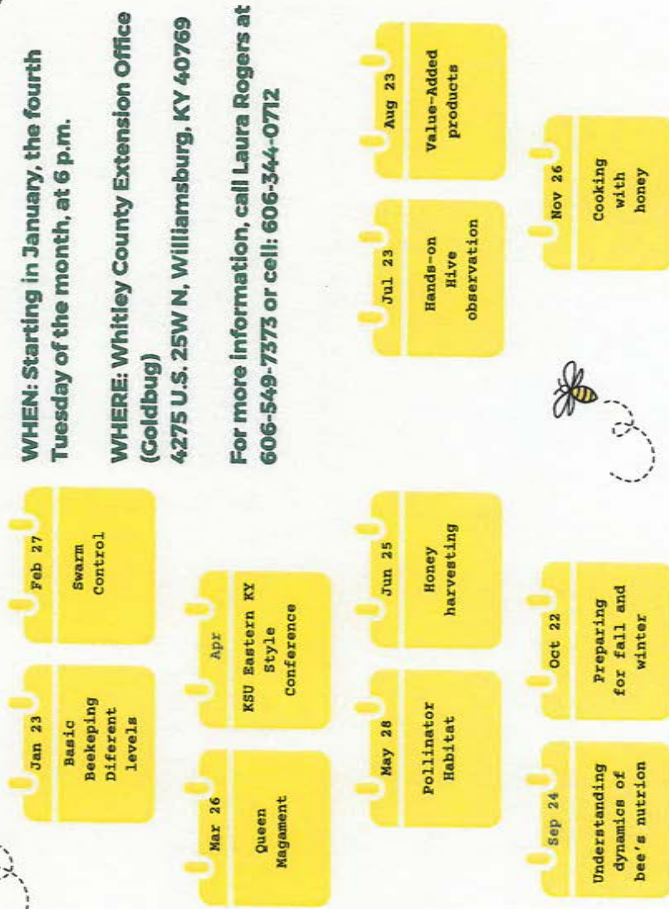
**INTERESTED IN HOMEBASED PROCESSING OR
HOMEBASED MICROPROCESSING -- MAKING
FOOD ITEMS AT YOUR HOME TO SELL AT
FARMER'S MARKETS?**

WAYNE COUNTY EXTENSION OFFICE, MONTICELLO
APRIL 2, 2024 - 9:30AM TO 2:30PM
TAYLOR COUNTY EXTENSION OFFICE, CAMPBELLSVILLE
APRIL 3, 2024 - 9:30AM TO 2:30PM
**LAUREL COUNTY EXTENSION OFFICE, LONDON
APRIL 4, 2024 - 9:30AM TO 2:30PM**
PENDLETON COUNTY EXTENSION OFFICE, FALMOUTH
APRIL 9, 2024 - 9:30AM TO 2:30PM
MADISON COUNTY EXTENSION OFFICE, RICHMOND
APRIL 10, 2024 - 9:30AM TO 2:30PM
MERCER COUNTY EXTENSION OFFICE, HARRODSBURG
APRIL 12, 2024 - 9:30AM TO 2:30PM
BOYD COUNTY EXTENSION OFFICE, CATLETTSBURG
APRIL 15, 2024 - 9:30AM TO 2:30PM
FRANKLIN COUNTY EXTENSION OFFICE, FRANKFORT
APRIL 17, 2024 - 9:30AM TO 2:30PM
OHIO COUNTY EXTENSION OFFICE, HARTFORD
APRIL 22, 2024 - 9:30AM TO 2:30PM
ROWAN COUNTY COURTHOUSE, MOREHEAD
APRIL 24, 2024 - 9:30AM TO 2:30PM
HARDIN COUNTY EXTENSION OFFICE, ELIZABETHTOWN
APRIL 26, 2024 - 9:30AM TO 2:30PM



Questions Give us a call 606-549-1430

Whitley County Extension Beginning Bee Keeping 1 - 2 Series 2024



WHEN: Starting in January, the fourth Tuesday of the month, at 6 p.m.

WHERE: Whitley County Extension Office (Goldbug)
4275 U.S. 25W N, Williamsburg, KY 40769

For more information, call Laura Rogers at 606-549-7373 or cell: 606-344-0712

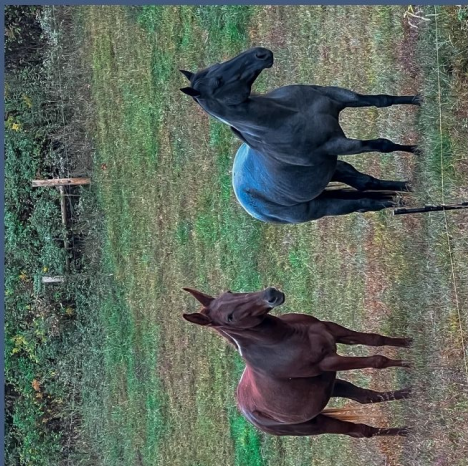
Reasonable accommodations for individuals with disabilities will be provided free of charge upon request. Language access services for limited English proficient individuals will be provided free of charge upon request please contact Laura Rogers at 606-549-7373 no later than January 16, 2023.



This institution is an equal opportunity provider.

HORSES AND HORSEMEN

April 25
6 PM



WTA Marketing Alliance
3610 Slate Lick Church Rd,
London, KY 40741

This equine course will be covering the following topics:

- Body Condition and Weights
- Vaccines and Deworming
- Tack and Saddle Fitment

A free meal will be provided. Please call us to let us know you plan on attending at (606) 256-2403

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

WHITLEY COUNTY SMALL FARMS

Comprised of roughly forty-five local families, the Whitley County Small Farm group is designed to help beginner and seasoned farmers alike. From backyard hobby farms to cattle farms, WCSF is a group of individuals with an alike spirit as such: a desire to help others, a passion for farming, and a love for God. Farming is often viewed as a dated practice, and much of the heritage associated with the skill is rapidly fading away in today's fast-paced society. A hard day's work tilling, sowing, planting, and harvesting would soon be forgotten if not for organizations such as ours. The WCSF community believes in working together, supporting each other, and sharing blessings with those around.

Anyone is welcome to become a member of WCSF after attending two meetings and paying the once-annual membership fee. This fee includes membership for your entire household family and gives access to various equipment our group shares. In efforts to promote farming and start next-generation farmers, WCSF has a special livestock program that comes at no cost for members.

STEP 1: WCSF places bred animals on farms with the intent of growing a new herd or improving an existing one.

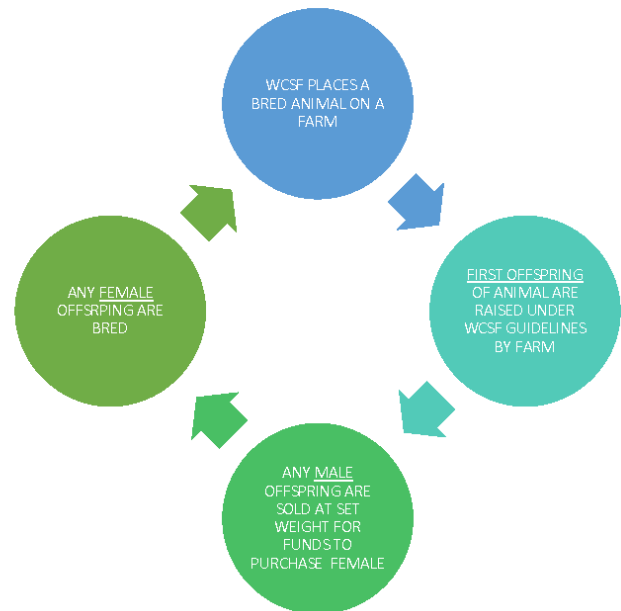
*** Members may receive as many as five head of livestock per species. (Ex. Five cows, five pigs, five sheep, etc.)***

STEP 2: Once the offspring are born, and raised under group guidelines, they are passed off to another farm to start the process again. (As for the original animals provided, they are for the members to keep.)

STEP 3: Any females born, when at age, are bred back to be placed with another home.

-OR-

Any males born are raised to a specific weight and sold to provide funds to purchase more donor livestock (female) for the group.



WCSF often participates in community service opportunities and has various seasonal celebration dinners/meetings. Our board of directors are non-paid, volunteer positions, reserved for those who have the primary goal of seeing the growth and continuation of WCSF. WCSF joins together on the third Tuesday of every month at the Whitley County Cooperative Extension office located at 4275 N. Hwy 25W Williamsburg, KY 40769. Meetings begin at 7:00 p.m. (NOTE: Due to the fall time change, starting in November, the group will begin to meet at 6:00 p.m. until the spring time change.)

Cook Wild Kentucky



Wild Turkey & Broccoli Casserole

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

USDA
Supplemental
Nutrition Assistance
Program

This work is supported
by the Expanded Food
and Nutrition Education
Program from the USDA,
National Institute of
Food and Agriculture.

Wild Turkey & Broccoli Casserole

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- 1/2 cup grated cheddar cheese
- 1/2 cup panko breadcrumbs
- 1 tablespoon melted butter

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to a roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum

foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 1/2 to 3 1/2 hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom, and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Pour over broccoli. Combine cheese, breadcrumbs, and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Yield: 8 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott, 2013.

Nutrition Facts	
8 servings per recipe	
Serving size (243g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	19%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 660mg	28%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 355mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fireside Turtle Pocket

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

USDA
Supplemental
Nutrition Assistance
Program

This work is supported
by the Expanded Food
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Food and Agriculture.

Fireside Turtle Pocket

- 4 large turtle legs, about 2 1/2 pounds
- 2 tablespoons dried minced onion
- 1 teaspoon black pepper
- Water to cover
- 4 tablespoons butter
- 4 large potatoes, peeled and diced
- 4 carrots, peeled and cut into 1-inch lengths
- 1 onion, chopped
- 3/4 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

Place turtle legs, dried onion, and black pepper in a slow cooker. Add enough water to cover. Cook on high for 1 hour, reduce heat to low, and cook an additional 8 hours until meat is tender and falls off the bones.

Pick out the meat and discard the bones and cartilage. Place a long sheet of heavy-duty foil on a large cookie sheet. The ends of the foil will hang off the pan. Slice butter into pats onto the foil. Place potatoes, carrots, and onion in center of foil. Place turtle meat on top of vegetables, and sprinkle with salt, pepper and garlic powder. Bring ends of foil to center and fold to seal in juices. Bake at 450 degrees F for 40 minutes or until potatoes are tender.

Yield: 6 servings

Adapted from: Clifton Hardy's Sorgho Creek Turtle recipe.

Nutrition Facts	
8 servings per recipe	
Serving size 12 ounces (475g)	
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 16mg	32%
Sodium 400mg	21%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	28%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 282mg	20%
Iron 4mg	20%
Potassium 1508mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cajun Beaver Gumbo

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Cajun Beaver Gumbo

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Wash peppers, celery, and onion under running water before cutting.
3. Season beaver meat with pepper and 1/2 teaspoon garlic powder.
4. Heat 1/4 cup oil in a 6-quart nonstick or well-seasoned cast iron pot over medium-high heat. Brown the beaver meat in batches, turning to brown all sides. Add the remaining oil as needed to prevent the meat from sticking to the pot.
5. Remove beaver from the pot and set aside. Leave any remaining oil in the pot.
6. Reduce heat to medium. Add any remaining oil and the flour to the pot, stirring well with a wooden spoon. Cook and stir until the mixture is about the color of peanut butter, about 10 to 15 minutes. Reduce heat if

7. Add peppers, celery, and onion to the pot, and stir until the vegetables begin to soften.
8. Return cooked beaver to the pot.
9. Add remaining ingredients. Cover and simmer for 2 hours.
10. Serve immediately. Store leftovers in the refrigerator or freezer within 2 hours. Divide leftovers into smaller containers to allow quick cooling.

Serving suggestion: Serve over cooked rice.

Yield: 15 servings

Serving Size: 1 1/2 cups

Nutrition facts per serving:	
270 calories	14g total fat; 1 1/2g saturated fat; 0g trans fat; 20mg cholesterol; 260mg sodium; 17g total carbohydrates; 2g dietary fiber; 4g sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 18% Daily Value of iron; 10% Daily Value of potassium.

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