



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

JANUARY 2025

# Agriculture & Natural Resources Newsletter

Magoffin County  
15 Rockhouse Fork Rd  
Salyersville, KY 41465  
(606) 349-1236  
magoffin.ca.uky.edu

## A Message From Your ANR Agent:

4-H camp will be held June 3-6, 2025, and will cost \$75 per camper. You can start making payments now! For more information or to register, call the Magoffin County Extension Office at 606-349-1236.

### Upcoming Events:

- If you purchased a Country Ham, we will be curing them on Jan. 20th at 3 pm at the Magoffin County Extension Office
- National Farm Machinery Show- Feb. 12-15 @ Kentucky Expo Center
- Eastern KY Farmer Conference- Feb. 21-22 @ London Community Center **REGISTER NOW!**
- Plant orders due by Monday, March 3rd.
- Grow Appalachia Applications Due Tuesday, March 4th.
- Magoffin County Honey Bee Association meetings will begin on Monday, March 24, 2025, at 6:00 PM



*Kristen Stumbo*  
Kristen Stumbo

County Extension Agent for  
Agriculture & Natural Resources

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**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

## Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

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.

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*Visit the [CES Program and Staff Development](#) website for additional guidance.*

*Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.*



## 2025 Plant Order Form

**Magoffin County  
Cooperative  
Extension**

15 Rockhouse Fork Road  
Salyersville, KY 41465  
606-349-1236

**Purchaser Information:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
<b><u>KY Sales tax of 6% is included in prices.</u></b>		Total Due	

Pre-payment is required by **Monday, March 3**, for all plant orders.  
**Make checks payable to: Magoffin County EXT Non-Tax Fund**

Payment Information:

Receipt number: \_\_\_\_\_  
 Paid:  YES  NO Date: \_\_\_\_\_  
 Entered in spreadsheet:  YES - By: \_\_\_\_\_

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

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# Beef Integrated Resource Management Calendar

The Beef Integrated Resource Management Calendars for 2025 are available for pick up at the Magoffin County Extension Office.



**2025 Eastern Kentucky Farmer Conference Registration Is OPEN!**

[tinyurl.com/2025EKFC](https://tinyurl.com/2025EKFC)

## 2025 EASTERN KENTUCKY FARMER CONFERENCE

February 21-22  
London, KY

The Eastern Kentucky Farmer Conference taking place on February 21-22, 2025, brings together eastern Kentucky farmers and technical assistance providers, giving Appalachian agriculture enthusiasts the opportunity to attend trainings, network, and learn about resources that are needed for region's farmers. Attendees will have the chance to connect with fellow farmers and technical assistance providers, as well as learn about important resources necessary for success in the industry. Don't miss out on this valuable opportunity to learn, network, and grow as a farmer in eastern Kentucky!

Register today at <https://tinyurl.com/2025EKFC>



# What is Grow Appalachia?

Grow Appalachia Garden Grants seeks to impact food insecurity in central Appalachia by helping as many Appalachian families grow as much of their own food as possible through grantmaking to non-profits throughout the region.

Grow Appalachia partners with non-profit organizations throughout central Appalachia to administer a Grow Appalachia gardening program at the local level—delivering organic production resources and technical assistance through a hired partner site coordinator so that families truly have all they need to grow their own food.

Since 2010, Grow Appalachia has partnered with more than 60 non-profits in central Appalachia who have worked with over 6,000 families to grow 4 million pounds of organic food for themselves and their families.

Last year, Magoffin County Grow Appalachia Participants harvested 53,721 pounds of produce and shared 2,281 pounds with the community.

This program is for new gardeners and seasoned gardeners alike. We invite you to apply for this program if you are interested in learning new gardening techniques and gaining the tools and knowledge needed to have a successful garden. We will meet once a month to discuss topics like how to plan your garden, pests, and even canning. Having a large garden is not required, we welcome you to this program if you are growing in five gallon buckets, square foot gardens, or even a few high tunnels.

Thank you to those who helped make last years program a success, and I am looking forward to another great growing season this year! **Please fill out the application on the next page and return it to the extension office by March 4th.**

**Please note that submitting an application for the Grow Appalachia program does not automatically enroll you. All applications are reviewed, and enrollment will depend on availability and eligibility.**

**Thank you for applying!**



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Magoffin County Extension Office

Grow Appalachia Application

**Due March 4th**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

How many people are in your household? \_\_\_\_\_ Adults and \_\_\_\_\_ Children

Why are you interested in applying with Grow Appalachia?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Garden Size in Square Feet (approximate): \_\_\_\_\_

Type of Garden: Home \_\_\_\_\_ Market \_\_\_\_\_ Community \_\_\_\_\_

What experience do you have gardening?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you like to sell produce at market? Yes \_\_\_\_\_ No \_\_\_\_\_

How many years (not counting this year) have you participated in the Grow Appalachia Program? \_\_\_\_\_

What do you hope to do with your produce in the coming year? (Circle all that Apply)

Eat / Sell / Preserve / Giveaway

Would you agree to attending at least 6 Grow Appalachia classes? \_\_\_\_\_

Grow Appalachia requires submission of a monthly harvest log, are you willing to track and submit your harvests if given the necessary tools? \_\_\_\_\_

What do you hope to learn from this gardening program? \_\_\_\_\_

\_\_\_\_\_







# Save The Date!



# 4-H



# CAMP

Call the Magoffin County Extension Office at 606-349-1236 to find out how you can begin your camp payment plan.



## JUNE 3-6, 2025

## \$75

### BEGIN MAKING PAYMENTS TODAY!

**OUTDOORS**

**SWIMMING**

**FUN & GAMES**

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Lexington, KY 40506



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## Tex Mex Spaghetti Squash Casserole

<b>1</b> small (about 2 pounds) spaghetti squash	<b>2 teaspoons</b> dried cumin	<b>1</b> (4 to 5 ounce) can chopped mild green chilies
<b>1 pound</b> lean ground beef	<b>¼ teaspoon ground</b> cayenne pepper	<b>1½ cups</b> low fat cheddar cheese
<b>½ cup</b> chopped onion	<b>½ teaspoon</b> salt	<b>1 tablespoon</b> chopped cilantro
<b>½ cup</b> chopped red bell pepper	<b>1 cup</b> chopped fresh tomatoes	
<b>1 teaspoon</b> minced garlic		

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

**combine** the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

**Yield:** 9 servings.

**Nutritional Analysis:** 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

