

# IANUARY 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 (a) Kentucky Expo Center
- Eastern KY Farmer Conference- Feb. 21-22 (a) 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 County Extension Agent for Agriculture & Natural Resources

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 identivy, ender expression, pregnancy, marita lataus, genetic information, age, veteran statu physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disabili may be available with prior notice, reogram information may be made available in languages obser than English. University of Kentucky, Kentucky State University, US. Department of Agriculture, and Kentucky Counties, Cooperating



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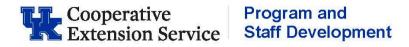
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 4-H Youth Development
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 Community and Economic Development
 Lexington, KY 40506

Extension Service

Cooperative



### 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.

Visit the CES Program and Staff Development website for additional guidance.

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

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



# 2025 Plant Order Form

#### Purchaser Information:

	Extension
Name:	
Address:	15 Rockhouse Fork Road Salyersville, KY 41465
City, State, Postal Code:	606-349-1236
Telephone:	
Email:	Ĺ

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)	
	KY Sales tax of 6% is included in prices.	Total Due	

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

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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Magoffin County

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> Disabilities accommodated with prior notification.

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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.



Conterence Registration Is OPEN!

tinyurl.com/2025EKFC

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

necessary for success in the industry. Don't miss

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

Kentucky!

out on this valuable opportunity to learn, network, and grow as a farmer in eastern

## 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!





Magoffin County Extension Office

Grow Appalachia Application

Due March 4th						
Name:		Phone Num	ber:			
Address:						
	s:					
How many pe	eople are in your hou	sehold?	Adults and	Children		
	nterested in applying		chia?			
Garden Size i	n Square Feet (appro	oximate):				
Type of Garde	en: Home Mar	ket Commu	nity			
What experie	nce do you have gard	dening?				
			No			
How many ye	ears (not counting thi	s year) have you pa	rticipated in the Grow Appalac	hia Program?		
V	Vhat do you hope to o	do with your produc	ce in the coming year? (Circle a	ll that Apply)		
		Eat / Sell / Pre	serve / Giveaway			
Would you agr	ee to attending at leas	st 6 Grow Appalachia	classes?			
	hia requires submissio on the necessary tools		st log, are you willing to track and	l submit your		
What do you h	ope to learn from this	gardening program	2			
	Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development	Educational programs of Kentucky Cooperative Extet and will not discriminate on the basis of race, color, et sexual orientation, gender identity, gender expression physical or mental disability or reprisal or retaliation may be available with prior notice. Program informat	on may be made available in languages other than English.			

ANR NEWSLETTER

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

Lexington, KY 40506

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### COOPERATIVE EXTENSION



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

he Date



# JUNE 3–6, 2025 \$75 BEGINI MAKENIG PAYMENTS TODAYA

# **OUTDOORS**

SWIMMING

## **FUN & GAMES**

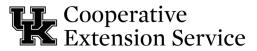
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Magoffin County P.O. Box 349 Salyersville, KY 41465 NONPROFIT ORG US POSTAGE PAID SALYERSVILLE, KY PERMIT #12



# Tex Mex Spaghetti Squash Casserole

- small (about 2 pounds) spaghetti squash
   pound lean ground beef
   cup chopped onion
   cup chopped red bell pepper
   teaspoon minced garlic
- 2 teaspoons dried cumin <sup>1</sup>⁄<sub>4</sub> teaspoon ground cayenne pepper <sup>1</sup>⁄<sub>2</sub> teaspoon salt 1 cup chopped fresh tomatoes

1 (4 to 5 ounce) can chopped mild green chilies
1½ cups low fat cheddar cheese
1 tablespoon chopped cilantro

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.