

Metcalfe County

AGRICULTURE & NATURAL RESOURCES

Metcalfe County
P.O. Box 55
422 East St
Edmonton, KY 42129
(270) 432-3561
Fax: (270)432-5087
www.ca.uky.edu/ces

Summer 2023 Newsletter

Metcalfe County Extension Service

Office Hours
Monday-Friday
8am-4pm

Upcoming Events

Sheep Field Day
June 3rd
(see attached flyer)

Metcalfe Co. Fair
June 9-17 (see page 6)

Metcalfe Co. Farmers Market
Tuesdays & Fridays (see page 5)

Kentucky State Fair
August 17-27

For more info call the Extension Office
@ 270-432-3561

Like us on Facebook at:
www.facebook.com/Metcalfe-Co-Extension-Ag-Natural-Resources

Visit our website at:
<http://metcalfe.ca.uky.edu/>

Burton Bell



Spinach & Strawberry Salad
with Jam Dressing
(Recipe on page 2)

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Spinach & Strawberry Salad

with Jam Dressing

Servings: 6 Serving Size: 2 cups, including dressing



Ingredients:

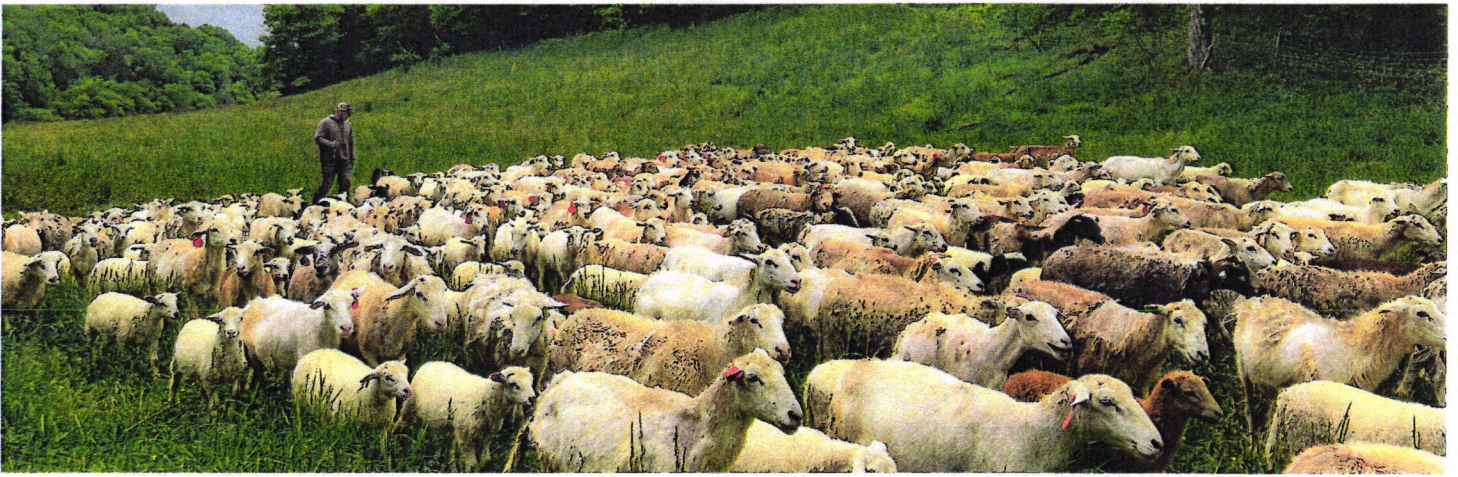
- 10 ounces fresh baby spinach, cleaned and washed
- 16 ounces fresh strawberries, trimmed and sliced
- ¼ cup olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons strawberry jam
- 2 tablespoons orange juice
- Salt and pepper to taste

Directions:

1. In a large bowl, combine spinach and strawberries.
2. In a small bowl, combine olive oil and remaining ingredients. Whisk until well combined to create salad dressing.
3. Pour salad dressing over spinach and strawberries and toss to coat evenly. Serve immediately.
4. Add chicken and/or nuts to make this salad a main course.

Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service

150 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 75mg sodium; 16g carbohydrate; 4g fiber; 8g sugar; 2g protein; 35% Daily Value of vitamin A; 90% Daily Value of vitamin C; 4% Daily Value of calcium; 10% Daily Value of iron.



June 3, 2023

Sponsored by:

CPC

Four Hills Farm

Brewer Livestock

Kalmbach Feeds

Creekside Vet Clinic

Tarter

SEKSPA

Monroe County Extension

Hosted by Winding Creek Farms



KY Sheep and Wool Producers Field Day

Location: Winding Creek Farms,
801 Muse Hollow Rd, Tompkinsville
(Monroe Co), KY 42167

Fee: FREE!

Enjoy Monroe Co. lamb bbq!

- Working dog demo
- Farm tour
- Sheep handling basics
- Sheep marketing panel
- Emergency vet care tips
- Networking with producers

Check-in 9:30am CT

Program starts at 10am CT

Register at

<https://www.kysheepandgoat.org/kswpa-field-day>

Replacing or Rescuing Damaged Shrubs

Source: Rick Durham, UK extension horticulture specialist

The extreme cold spell at the end of December 2022 caused severe damage to many shrubs and bushes around Kentucky homes. With plants greening up this spring, you may be wondering what to remove and what to attempt to rescue in your landscape.

The cold is just one part of the puzzle when shrub health declines. Other factors include soil pH, soil volume, too much or too little water and light availability.

Some shrubs may just need a good pruning and time to recover from the winter stress. If you want to try to revive the shrub through pruning, you'll need to trim it down with sturdy pruning shears. Don't remove more than one-third of the plant in a season. If the plant is healthy, it will soon produce new green shoots. If your shrub has more brown branches than green at the core, it may be time for you to remove it. When shrubs become too woody in the middle, start over with another plant.

Well-established shrubs may have large, complex root structures. Make sure to completely remove them before planting something new. Use the transition time to do a soil test so you know what amendments it will need before you bring home new plants.

If you must replace landscape shrubs and plants, Kentucky has more than 1,200 nurseries and retailers selling hundreds of types of trees, shrubs, groundcovers and perennials. With 120 counties of resources, you can buy locally without driving very far. The Kentucky Department of Agriculture's Kentucky Proud program allows individuals locate local retail garden centers that market Kentucky-grown trees and shrubs. Search the garden center database at <https://www.kyagr.com/agbus/products.aspx?group=19&category=112>.

Retailers looking to stock their garden centers with Kentucky-grown trees and shrubs may use the Landscape Plant Availability Guide <https://www.kyagr.com/marketing/plant/common-name-search.aspx>.

Kentucky also has many qualified nursery growers, retailers, landscapers and arborists. The Cooperative Extension Service offers many green-industry classes throughout the year.

Kentucky nursery growers and retailers are a very well-trained group of horticulturists. They are familiar with Kentucky soil types, weather and other factors playing a role in plant performance. When you visit a local nursery to choose new plants, make sure and read the tags and note the light, water and soil requirements. Ensure the new plants fit your landscape.

To learn more about transplanting container plants, check out the University of Kentucky Cooperative Extension publication *Planting Container-Grown Trees and Shrubs in Your Landscape*, HO-114. You can find it online here: <https://tinyurl.com/24fx9j9p>.

For more information about horticultural topics or classes near you, contact the Metcalfe County Cooperative Extension Service.

Metcalfe Co. Farmers Market



**Farmers Market @ the MCEC Pavilion
Tuesdays from 3-6 PM**



**Farmers Market @ 422 East Street
Fridays from 8-1 PM**



2023 Metcalfe County Fair

| Date | Event | Gate Fee | Contact Info: |
|---|--|---------------|---|
| Friday, June 9 | Open Floral Hall - Adult and Youth | | Lynn Blankenship 270/432-3561 |
| Saturday, June 10 9 a.m. | Open and Youth Dairy Show | | Bart Branstetter 270/646-0365 |
| Saturday, June 10 7 p.m. Instructional 6 pm | Western Horse Show | \$5 | Betsy Smith 270/432-3561 Lisa Upchurch 270/590-2851 |
| Monday, June 12 7 p.m. | ATV Rodeo Youth | \$10 | Brent Pennington 270/590-9359 |
| Monday, June 12 9:30 a.m. | 4-H Tractor Driving Contest | | Amy Branstetter 270/432-3561 |
| Monday, June 12 Tuesday, June 13 | 4-H Floral Hall Entries Due 8-3:00 p.m. Pick up Tuesday after 1:00 | | Amy Branstetter 270/432-3561 |
| Tuesday, June 13 7 p.m. | ATV Rodeo Adult | \$10 | Brent Pennington 270/590-9359 |
| Tuesday, June 13 9 am - 12 p.m. | FFA Floral Hall MCHS Agriculture Shop | | Josh Jones 270/432-2131 John Allen 270/432-2481 |
| Wednesday, June 14 7 p.m. Arena | Wrestling | \$10 | Chris Huffman 270/590-8943 |
| Wednesday, June 14 6 p.m. Barn | Talent Contest & Hornet Nest Pickers (Winners qualify for state fair per posted rules) | \$10 | Bobby Edwards 270/432-7991 |
| Thursday, June 15 7 p.m. | Demolition Derby | \$10 | Shawn McCollum 859/553-0951 |
| Friday, June 16 | Bull Whip Rodeo | \$10 | Steven Dubree 270/590-3597 |
| Friday, June 16 10 a.m. | 4-H Pet Show Youth with animal enter free. | Adults \$1 | Amy Branstetter 270/432-3561 |
| Saturday, June 17 10 a.m. Registration Begins 9 a.m. | Baby Show Princess & Prince Little Miss & Mister | \$5 | Contact: Kyla Beger 270/646-0858 Held at Metcalfe Co. Middle School Auditorium |
| Saturday, June 17 2 p.m. Registration Begins 1 p.m. | Special Needs Pageant Pre-Teen Miss Teen Metcalfe County Fair Miss Metcalfe County & Fair | \$5 | Contact: Kyla Beger 270/646-0858 Held at Metcalfe Co. Middle School Auditorium |
| Saturday, June 17 7 p.m. Weigh in 5 p.m. | KOTTPA Truck and Tractor Pull Sponsored by Carhartt | \$10 | Contact: Doug Harris 270/646-0747 |
| June 13-15 Daily 4:30 p.m. Building | Peach Cobbler, Fried Pies and BBQ See inside for details | | Contact: Chris Huffman 270/590-8943 |