Rowan County

Agriculture & Natural Resources



NEWSLETTER Spring 2025

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" Spring is quickly approaching, and we can all look forward to warmer weather in the coming days. Now is a great time to get your leafy greens and peas planted and to get some of your warmer weather seeds started indoors. Our office is currently doing a seed giveaway so be sure to stop and see us and pick up some free seeds for your own home garden!"



Mule Part

Amanda Potter County Extension Agent for Agriculture & Natural Resources/ 4-H Youth Development



Cooperative **Extension Service**

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

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Agriculture and Natural Resources Fall 2024

CCD-IG-08

Post-Harvest Handling

of Carrots



Harvest carrots into clean bins or crates. Avoid excessive bouncing and shaking during transport to reduce bruising and splitting.



Optimal storage temperature is 32°F with 98-100% relative humidity.

Do not freeze. Freezing injury will occur if stored at or below 29.5°F.



Carrots should be hydrocooled or room cooled after harvest to quickly manage temperature.



Do not store carrots with crops that produce ethylene such as tomatoes, melons, and apples.





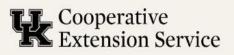


For long term storage, use a sanitized knife to remove green tops to avoid dehydration.



This document is intended as a guide. Always follow local, state, and federal food safety standards of produce for human consumption. Reviewers: Bryan Brady, UK Senior Extension Associate and Paul Vijayakumar, Associate Professor





Growing Kentucky Lettuce



PLANTING LETTUCE

Easy-to-grow, cool-season lettuce is a popular salad vegetable. Lettuce is a great crop to interplant with other crops.

FOUR TYPES OF LETTUCE

- Leaf (Grand Rapids, Green Star)
- Butterhead/ Bibb (Nancy, Buttercrunch)
- Romaine (Coastal Star, Green Towers)
- Crisphead (Iceberg, advised not to be grown in Kentucky due to climate)

SAFE PLANTING DATES

Western Kentucky: March 15-April 15 Central Kentucky: March 25- April 20 Eastern Kentucky: April 1- April 30

Source: UK Extension Publication ID-128 An Equal Opportunity Organization.

FREE BQCA Certification



Place: Rowan County Fiscal Courtroom

Time: 5:00 P.M.

April 21, 2025

April 7,

2025

and

For beef projects that will be receiving CAIP funds, a BQCA up-to-date Certification is required. BQCA Certification does not qualify for CAIP educational hours. Metal farm signs will be available to order for \$10.00.

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BENEFITS TO GROWING A GARDEN: Supplement grocery shopping; potentially lowering monthly cost Increases physical activity Improves self esteem **Reduces stress** Is known to increase happiness Helps increase good sleep FAMILY OF 4: 150 SQ. FEET: 5 tomato plants **3** pepper plants 20 potatoes 2 hills summer squash 15 inches of beans 10 feet of lettuce plants FAMILY OF 2: 150 SQ. FEET: bush beans: 2 plants tomato: 1 plant per 5 gallon per 2 gallon pepper: 1 plant zucchini: 1 plant per 2 gallon per 5 gallon lettuce: 4 plants per 2 gallon **TYPES OF CONTAINERS:** Pots: Terracotta pots, other clays, plastics, ceramic, wood, bamboo, rubber, cement, metal Recycle or Upcycle materials **TYPES OF RAISED BEDS:**

- Locally available and purchased woods slow to decay
- Recycled plastics, composite decking, vinyl
- Stone, bricks/blocks, poured concrete
- Mounded earth

WATER

Raised beds:

• at least 1 to $1\frac{1}{2}$ inch per week

Containers:

• every 1-2 days during summer

SOIL

Raised Beds:

• Good garden soil amended with 10-25% organic matter (compost, composted manure)

Containers:

- 1 part good garden soil
- 1 part organic matter (peat, compost, composted manure)
- 1 part porous material (vermiculite or perlite)

CCONTACT THE ROWAN COUNTY EXTENSION OFFICE FOR MORE INFORMATION(606)784-5457

www.planeatmove.com

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Whaťs Cooking?





Apple Spinach Salad

- 5 ounces fresh spinach
- 4 large Gala apples 2 ounces sharp white cheddar
- cheese, shredded
- ½ cup slivered almonds, toasted (see directions below)

Wash and dry fresh spinach. Tear into small pieces. Core and chop apples into bite sized pieces. Do not peel. Mix together spinach, apples, cheese, almonds and raisins. In a small bowl, stir together dressing ingredients and pour over salad mixture. Toss and serve. To toast almonds: Spread almonds evenly in a small saute pan, over medium high heat for about 30 seconds, stir. Continue to heat almonds for an additional



½ cup golden raisins
Dressing:
2 tablespoons honey

1 tablespoon olive oil 1 tablespoon cider vinegar ¼ teaspoon dry mustard ½ teaspoon ground cinnamon ¼ teaspoon finely chopped garlic

3-5 minutes, **stirring** often for even browning. **Remove** from heat when almonds are fragrant and turning golden brown around the edges. Immediately **pour** almonds into a dish to cool.

Yield: 10, 1 cup servings.

Nutritional Analysis: 150 calories, 6 g fat, 1.5 g saturated fat, 5 mg cholesterol, 50 mg sodium, 22 g carbohydrate, 3 g fiber, 17 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. http://plateitup.ca.uky.edu