



# 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!"



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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Disabilities accommodated with prior notification.



# Post-Harvest Handling of Carrots



**1**

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



**2**

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



**3**

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.



**4**

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



**5**

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



# FREE BQCA Certification



**April 7,  
2025**

and

**April 21,  
2025**

**Place: Rowan County  
Fiscal Courtroom**

**Time: 5:00 P.M.**

- 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

10 feet of lettuce plants



15 inches of beans



## FAMILY OF 2: 150 SQ. FEET:

**bush beans:** 2 plants  
per 2 gallon



**tomato:** 1 plant  
per 5 gallon



**pepper:** 1 plant  
per 2 gallon

**zucchini:** 1 plant  
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 1½ 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)

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

[www.planeatmove.com](http://www.planeatmove.com)

**RETURN SERVICE REQUESTED**

What's  
Cooking?



## Apple Spinach Salad

<b>5 ounces</b> fresh spinach	<b>½ cup</b> golden raisins	<b>1 tablespoon</b> olive oil
<b>4 large</b> Gala apples		<b>1 tablespoon</b> cider vinegar
<b>2 ounces</b> sharp white cheddar cheese, shredded		<b>¼ teaspoon</b> dry mustard
<b>½ cup</b> slivered almonds, toasted (see directions below)	<b>Dressing:</b> <b>2 tablespoons</b> honey	<b>½ teaspoon</b> ground cinnamon
		<b>¼ teaspoon</b> finely chopped garlic

**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

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>