

**Harlan County
Agriculture & Natural
Resources News
February 2025**

Harlan County
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Calendar of Upcoming Programs

Freeze and rain has been the main topics of discussion so far this winter, but spring is just around the corner. As days warm up, we'll all be thinking of gardening, landscaping, farming or just being outdoors. We have scheduled some programming related to those topics and we hope you'll join us. If we can be of assistance in your planning, just contact us via phone, email, thru our Facebook page or even better, stop in and see us.

- March 7 2025 Plant Orders are due
- March 11 Harlan County Beekeepers – 6pm at the Harlan County Extension Depot
- March 25 Successful Gardening – 5:30pm at the Harlan County Extension Depot
- March 26 Successful Gardening – 11:00am at the Harlan County Extension Depot
- March 29 Cumberland Gap Cattle Conference – Ewing, VA (contact our office for more information)
- April 1 Basic and Beginning Beekeeping – 6pm at the Harlan County Extension Depot
- April 8 Chainsaw Safety Program at the Letcher County Extension Office (contact the Letcher County office at (606) 633-2352 for more information)
- April 22 Backyard Poultry – 5:30pm at the Harlan County Extension Depot



Safely Keep Your Home Free of Pests

Ric Bessin, UK Extension Entomologist

Our homes serve as tranquil havens, offering a space to retreat and relax. It's essential to safeguard our living spaces and maintain privacy diligently. As the weather continues to warm up, the emergence of insect pests within, and around, our homes can disrupt this privacy.

To address pest infestations, some may use pesticides to restore order to their gardens, landscapes and indoor spaces. When applying pesticides, employing smart, cautious approaches is crucial for the safety of your household.

Here are several strategies to mitigate these improper pesticides usage risks for you and your family:

- **Select the appropriate pesticide:** Identify the pest causing damage to ensure the ideal pesticide to use. Misusing a pesticide fails to resolve the issue, wasting resources and exposing your family to unnecessary risks. Extension offices are available to assist in accurately identifying pests and selecting the appropriate treatment.
- **Adhering to pesticide label instructions:** Pesticide labels carry legal authority, designed to ensure your safety. Applying a pesticide in a manner not specified could be unsafe or illegal. Additionally, certain pesticides may not be suitable for use in residential areas. You will ensure the safe and effective use of the product against pests by properly following the label's directions.

- **Avoiding combining pesticides with household items:** Use designated equipment for pesticide application, refraining from repurposing these items for household tasks. Mix only the amount of pesticide needed for the task. Properly dispose of any leftovers without using drains or toilets.
- **Wearing protective clothing:** Minimize exposure to pesticides by donning appropriate gear. While specific protective equipment may be recommended on the pesticide label, wearing plastic gloves, closed shoes, socks, long pants and long-sleeved shirts is a minimum safety standard.
- **Keep away from children and pets:** Ensure children and pets are not present in the area during pesticide application, adhering to label guidelines when it's safe to return. If timing is not specified, wait until the pesticide has completely dried is a good best practice
- **Thoroughly cleaning after application:** Clean reusable protective gear and wash application clothing separately from other laundry. Always cleanse your skin and hands thoroughly before consuming food, drinks or tobacco.
- **Storing pesticides safely:** Follow label instructions for proper storage, keeping pesticides out of reach of children and pets and in a temperature-controlled environment. Pesticides should be stored above 40 degrees Fahrenheit, while also avoiding extreme temperatures.

Adopting these practices can significantly reduce the risks associated with pesticide use, ensuring a safer environment for you and your family.

County Agriculture Initiatives Program

The Harlan County Conservation District is accepting applications for the 2025 CAIP and YAIP Cost Share beginning on February 18, 2025.

The County Agriculture Initiatives Program and Youth Agriculture Initiatives Program is available to landowners in Harlan County. Please contact the Conservation District office at (606) 573-2838 to schedule an appointment to apply for the CAIP and YAIP program. Office hours are 7:00am until 2:30pm, Monday thru Thursday.

2025 CAIP (County Agricultural Initiatives Program) cost-share categories include:

- Agricultural Diversification
- AgTech & Leadership Development
- Animal, Large
- Animal, Small
- Farm Infrastructure
- Fencing & On-Farm Water
- Forage & Grain Improvement
- Innovative Agricultural Systems
- On-Farm Energy
- Poultry & Other Fowl
- Value-Added & Marketing

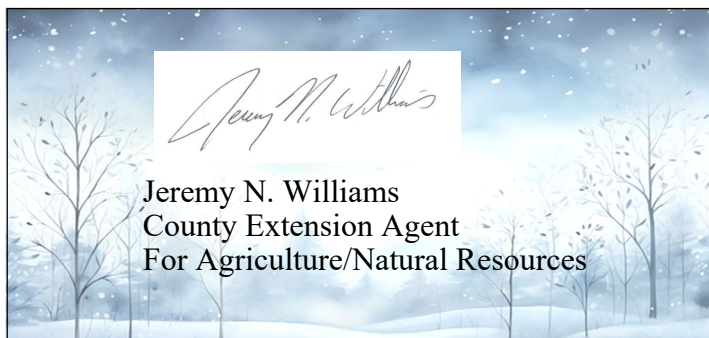
2025 YAIP (Youth Agriculture Initiatives Program) cost-share categories include:

- Agricultural Diversification
- Animal Production
- Forage and Grain Improvement
- Showmanship
- Country Ham Projects

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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.





Baked Apples and Sweet Potatoes

5 medium sweet potatoes	½ cup margarine	1 teaspoon nutmeg
4 medium apples	½ cup brown sugar	¼ cup hot water
	½ teaspoon salt	2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
 - 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
 - 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
 - 4. Layer** potatoes on the bottom of the dish.
 - 5. Add** a layer of apple slices.
 - 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
 - 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
 - 8. Sprinkle** top with nutmeg.
 - 9. Mix** the hot water and honey together.
 - 10. Pour** over top of casserole.
 - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

APPLES 1

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.
 Source: USDA

COOPERATIVE
EXTENSION
SERVICE



2025 Plant Order Form

**Harlan County
Cooperative
Extension**

519 S. Main Street
Harlan, KY 40831
(606) 573-4464

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)	
	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 **Friday, March 7,** for all plant orders.
Make checks payable to: Harlan County Extension Service

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 you know when the plants will be available for pickup.





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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519 South Main Street
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