

# Estill County Farm Scoop

Agriculture & Natural Resources

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## Cooperative Extension Service

Estill County  
76 Golden Court  
Irvine, KY 40336  
(606) 723-4557  
Fax: (606) 723-5912  
Estill.EXT@uky.edu

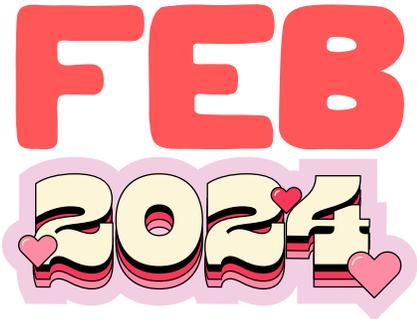


## Starting Seeds in Winter

When you consider how seeds germinate in nature, it makes sense to sow seeds the same way. In late summer, left to their own devices, seeds fall to the ground. They slowly get covered with leaves and other natural materials to begin their long winter in the soil. Exposure to cold temperatures and moist conditions breaks dormancy and the seeds germinate when temperatures increase in the spring. Winter sowing is the process of planting seeds outdoors in a container during the winter months. The container remains outdoors until the seedlings emerge in the spring. The container protects the seeds from animals and harsh weather, but the exposure to colder temperatures. The container protects the seeds from animals and harsh weather,

but the exposure to colder temperatures breaks dormancy and the seeds germinate. The container also provides an ideal environment for germination in the spring. Winter sowing is ideal for some annuals, perennials, and wildflowers. Check out a seed catalogue: most will have some sort of notation about a seed's germination requirements. Look for seeds that are described with the following terms: reseeds; colonizes; self-sows; hardy seeds; seedlings can withstand frost; sow outdoors in late autumn or early winter; sow outdoors in early spring while frosts may still occur; needs pre-chilling; requires stratification.

For more information, visit <https://extension.psu.edu/starting-seeds-in-winter> or call the Estill County Extension Office.



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Emma Lee, County  
Extension Agent  
for Agriculture & Natural  
Resources  
[Emma.lee@uky.edu](mailto:Emma.lee@uky.edu)



## Cooperative Extension Service

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Disabilities  
accommodated  
with prior notification.

# Estill County Beef Producers & Cattlemen's Meeting

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The next Estill County Beef Producers/Cattlemen's meeting will be on **Monday, February 12th, 2024 at 6:00 p.m.**

**Estill County Extension Office, 76 Golden Court, Irvine, KY 40336**

Meal will be served starting at 6:00 p.m. followed by the meeting.



**Kenny Burdine, UK Agriculture Economics Specialist, will be speaking about Livestock Risk Protection plans.**

**A meal will be provided.  
Let us know you will attending  
NO LATER THAN FEBRUARY 5th.  
Contact the Estill County Extension  
Office at 606-723-4557.**

**ATTENTION CATTLEMEN:  
If you are not getting the  
phone call reminders for  
meetings every month, or  
would like to update your  
contact information, please let  
us know as soon as possible.  
Call us at (606) 723-4557 to  
update your information.**

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# 2024 SPRING PLANT SALE

**PLANT ORDERS & PAYMENT ARE  
DUE NO LATER THAN MARCH 15, 2024**

## **STRAWBERRIES - \$6.50 (BUNDLE OF 25)**



Two varieties to chose from:

- Allstar (June bearing - larger berry)
- Earliglow (June bearing - smaller, sweeter berry)



## **BLACKBERRIES (NATCHEZ) - \$4/BRAMBLE**

## **BLUEBERRIES - \$9 EACH**

Two varieties to chose from:

- Duke
- Chandler



## **RASPBERRIES (PRELUDE) - \$4/BARE ROOT**

## **JEWEL BLACK RASPBERRIES - \$4 PLANT**

## **ASPARAGUS (MILLENNIUM) - \$1 EACH**

## **ONION PLANTS (CANDY) - \$5 (BUNDLE OF 60)**

**Mail order form and payment to:**

**Estill County Extension, 76 Golden Court, Irvine, KY 40336**

**Checks need to be made out to: ECESL**

**(Estill County Extension Soil Lab)**

**Estill County Extension Office accepts cash or check only - NO CARDS!**



**Plants are expected to ship from the nursery during the first full week of April.  
We will contact you when the plants will be available for pickup.**

### **Cooperative Extension Service**

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

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Lexington, KY 40506



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Receipt No. \_\_\_\_\_

# 2024 Plant Order Form

**Cooperative  
Extension Service**

**Purchaser Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Estill County  
76 Golden Court  
Irvine, KY 40336  
(606) 723-4557

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.50 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Jewel Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		Total Due	

Pre-payment is required by **Friday, March 15,** for all plant orders.

**Make checks payable to: E.C.E.S.L.**

Payment Information:

Amount Paid: \_\_\_\_\_

Date: \_\_\_\_\_

Received by: \_\_\_\_\_

Check No.: \_\_\_\_\_ or Cash \_\_\_\_\_

*Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard to let you know when the plants will be available for pickup.*

# Estill County Cooperative Extension

# 2024 ROOTSTOCK ORDER FORM

**NOTE: This is rootstock to be used for grafting purposes.**

**APPLE Malling 7:** Size 60 to 70% of standard, it performs best on deep, well-drained soil and is somewhat drought tolerant. While most trees on M.7 are self-supporting, staking for the first four to five years is suggested. M.7 should be used as a rootstock for Delicious and Idared on only the most favorable sites as it produces larger than desired trees. M.7 is prone to burr knots and suckers badly but is resistant to fire blight and crown rot. It has exceptional winter hardiness. Semi-dwarf rootstock.

**APPLE MM.111 :** Produces trees 80 to 90% of standard that are moderately slow to bear with medium productivity. More drought tolerant and better anchored than most other rootstocks, it is resistant to woolly apple aphid and has been an outstanding rootstock for Idared, spur-type Red Delicious, spur-type McIntosh, Jonathan, and Rome Beauty. Best adapted clonal stock for survival in Kentucky, particularly on heavy soil. Semi-dwarf rootstock.

**PEAR Pyrus Old Home X Farmingdale 87:** Hardwood cutting. Semi-dwarfing rootstock for fruiting pear. Reported 60% of seedling vigor. Very promising for higher density plantings. Resistant to fire blight.

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## 2024 Rootstock Order Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

Description	Qty	Price	Total
APPLE - MALLING 7A		\$2.25 EACH	
APPLE - MM.111		\$2.25 EACH	
PEAR		\$2.25 EACH	

**Sub Total     \$**

**Cash or check only. Deadline for rootstock orders is January 26, 2024**

Mail or drop off order form and payment to

**Estill County Extension Office, 76 Golden Court, Irvine, KY 40336**

Checks need to be made out to E.C.E.S.L. (Estill County Extension Soil Lab)

# WINTERIZE Your Home



*Your home isn't the only one that can be winterized.  
Your neighbors and those most vulnerable might need your help too!*

weather.gov



# Save the date

## March 7, 2024



## East-Central Kentucky Turf Professionals Training

Estill County Extension Service along with Powell County Extension will be offering the East-Central Kentucky Turf Professionals Training. The training location this year will be the Estill County Extension Office, 76 Golden Court, Irvine, KY. More information will be coming soon!

# Unveiling the secret garden: University of Kentucky researcher finds winter annuals can save honey bees



Plants often disregarded as weeds, such as this deadnettle, in fallow crop fields could actually provide honey bees with nutrition. Photo provided by Clare Rittschof.

Source: Jordan Strickler  
Lexington, Ky.—

Honey bees, vital pollinators in our ecosystem, are currently facing a significant decline. This drop is causing concern for beekeepers and the agriculture sector. Under the guidance of University of Kentucky Martin-Gatton College of Agriculture, Food and Environment Department of Entomology researcher Clare Rittschof, a team of scientists embarked on a study in understanding and potentially mitigate this issue. Their research, published in Agriculture, Ecosystems and Environment, focused on a critical time for honey bees — the late-winter and early-spring periods, when honey bee

colonies come out of their winter dormancy, and need for adequate nutrition is peaking. The hypothesis centered on winter annuals, plants often disregarded as mere weeds in fallow crop fields. The team postulated these could be an untapped resource, providing essential nutrition to honey bees during this vulnerable period. To test this hypothesis, the researchers established honeybee colonies near various fields, some abundant with winter annuals and others devoid. “Winter annuals, commonly dismissed as weeds, are actually a treasure trove of nutrition for honey bees during the critical late-winter and early-spring period,” Rittschof said. “This time is vital for the .... continued on next page

Continued from previous page... health and growth of bee colonies. "The methodology involved close measures of colony growth, health and productivity. Rittschof scrutinized key factors such as colony size, honey quantity and immune-system strength. In parallel, the team conducted an in-depth field analysis of the winter annuals. They aimed to quantify the plant abundance in predicting colony growth. Rittschof said the results were both revealing and encouraging. The honeybee colonies, positioned near fields rich in winter annuals, displayed more robust growth and stronger immune responses than those near fields lacking these plants. This finding was a significant indicator of winter annuals' positive impact on honeybee colonies. "Winter annuals presence in fallow croplands significantly boosted honeybee colonies' growth and immune response," Rittschof said. "It's a clear indication that what we consider weeds can actually be beneficial for these crucial pollinators." Rittschof elucidated that an interesting facet was the variation in benefits across different "Fallow croplands, particularly those previously used for cultivating crops like corn and soybeans, were identified as the most beneficial for the bees," she said. "These fields typically exhibited a higher density of winter annuals, providing a richer and more diverse food source for the honeybee colonies." The implications extend into the broader spectrum of agricultural practices.

Farmers can play a pivotal role in supporting honeybee populations by allowing winter annuals to grow in their fallow fields during winter. This practice supports the conservation of bees, contributing positively to soil health and erosion control.

Moreover, the research highlights the potential for adjusting agricultural practices to be more bee-friendly. For instance, cropland weed-control timing measures could be optimized to benefit honeybee populations. Such adjustments could represent a step towards more sustainable and environmentally conscious farming practices. While offering valuable insights, the study also opens avenues for further research. "There's still much to explore," Rittschof said. "We need to delve deeper into which winter annuals are most beneficial for bees and how we can incorporate the growth of these plants into modern farming practices without affecting crop yield. It's an exciting and crucial field of study that has the potential in reshaping our agricultural landscape." This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2017-0817-1406. Any opinions, findings, conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the Department of Agriculture.





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Food and Environment  
University of Kentucky.



# LUNCH AND LEARN: FEEDING BIRDS IN WINTER

**JANUARY 30TH AT 12 PM**

**Estill County Extension Office  
76 Golden Court, Irvine**

Join ANR agent, Emma Lee, to learn more about feeding backyard birds during the winter season. This class will include catered lunch from McAlister's. Call (606) 723-4557 and sign up by January 26th if you would like to attend!



*Emma Lee*

Emma Lee, County  
Extension Agent  
for Agriculture & Natural  
Resources  
Emma.lee@uky.edu

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RETURN SERVICE REQUESTED

# Kale and Cauliflower Salad

**Dressing:**

- 1 clove garlic, minced
- 4 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons sugar
- ½ teaspoon ground black pepper

- 1 15-ounce can chickpeas, drained and patted dry
- 1 tablespoon olive oil
- 4 cups finely chopped kale
- 4 cups (1 large head) finely chopped cauliflower
- 2 tablespoons diced red onion
- ½ cup roasted sunflower seeds
- ½ cup dried cranberries

Pour dressing over salad ingredients and toss to combine.  
Yield: 10, 1-cup servings  
Nutritional Analysis: 200 calories, 11g total fat, 1.5g saturated fat, 0mg cholesterol, 200mg sodium, 22g total carbohydrate, 5g fiber, 9g total sugars, 1g added sugars, 6g protein

Pre-heat oven to 400 degrees F. Toss chickpeas with olive oil and spread on baking sheet. Roast 20 minutes, stirring once and then let cool. Combine kale, cauliflower, onion, sunflower seeds, cranberries, and cooled chickpeas in a large bowl. In a small bowl whisk together dressing ingredients until combined.



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>