

# *Carlisle County ANR Newsletter March 2025*

Cooperative Extension Service  
Carlisle County  
65 John Roberts Road  
Bardwell, KY 42023-0518  
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Fax: (270) 628-3722  
extension.ca.uky.edu

## **Dates to Remember:**

**WAVE Ag Day-July 31-Columbus Belmont Park  
Conference Center**

**Spring into Green Meeting- March 18, 2025-flyer attached**

**Annual Purchase Area Cattlemen Meeting-March 11-Graves Ext. Office**

**Garden Give Away-April 18-Ext. Office-Tomato and Green Peppers**

**UKY Wheat Field Day-May 13-Princeton**

**UKY Corn, Soybean, Tobacco Field Day- July 22-Princeton**

**Rinse and Return-July 23, 2025-as usual-plus see attached sheet**



## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

## **Rinse and Return Guidelines**

### **Pressure Rinsing**

- Remove the cover from container. Empty the pesticide into the spray tank and let the container drain for 30 seconds.
- Continue holding the container upside down over the sprayer tank opening so rinse will run into the sprayer tank.
- Insert the pressure-rinse nozzle by puncturing through the bottom of the pesticide container.
- Rinse for length of time recommended by the manufacturer (generally 30 seconds or more).

### **Triple Rinsing**

- Remove the cover from the container. Empty the pesticide into the spray tank and let the container drain for 30 seconds.
- Fill the container 10% to 20% full of water or rinse solution.
- Secure the cover on the container.
- Swirl the container to rinse all inside surfaces.

- Remove the cover from the container. Add the rinse solution from the container to sprayer tank and let drain for 30 seconds or more.
- Repeat steps 2 through 5 two more times.
- **Puncture container.**







## Creamy Cucumber and Chicken Salad

<b>½ pound</b> chicken breast	<b>½ teaspoon</b> sea salt
<b>1 tablespoon</b> fresh lemon juice	<b>1 tablespoon</b> ground black pepper
<b>1 cup</b> slivered almonds	<b>2 tablespoons</b> fresh chopped dill
<b>½ cup</b> nonfat plain Greek yogurt	<b>2 medium</b> cucumbers, chopped
<b>3 ounces</b> reduced fat cream cheese	<b>1 cup</b> dried cranberries
<b>2 tablespoons</b> Dijon mustard	<b>8</b> lettuce leaves

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

## Kentucky Cucumbers

**SEASON:** June to September

**NUTRITION FACTS:**

Cucumbers are naturally high in water. A ½ cup serving contains only 7 calories.

**SELECTION:** Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have black spines on the surface.

**STORAGE:** Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

**PREPARATION:** Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.

**PRESERVING:** Follow recipe instructions. Four pounds of cucumbers yield 5-6 pints of pickles.

**KENTUCKY CUCUMBERS**

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

**June 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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



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

Purchase Area FCS Agents present...



# SPRING INTO GREEN: SUSTAINABLE LIVING

Featuring..



Sarah Drysdale



John David Tucker



Rhonda Lamb

Session Topics will be:

## Repurposing Tips -- Composting -- Rain Barrels & Effects of Stormwater

Register at your local  
Extension Office  
by March 7.  
\$15 registration  
includes refreshments  
& buffet lunch from  
Magic Valley.

**March 17, 2025**  
**9:30-1:45**  
Marshall Co.  
Extension Office  
2081 Mayfield Hwy.  
Benton KY 42025

- Educational Resources
- New Ideas
- Fellowship
- Door Prizes
- Lots of Fun!

Cooperative  
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4-H Youth Development  
Entrepreneurship and Economic Development

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## Purchase Area Cattlemen's Association

70 Hickory Road, Hickory, KY 42051 – Shawn Harper, President (270) 856-2416

To: Purchase Area Beef Producers

From: Shawn Harper, PACA President

### Re: Annual Purchase Beef Production Meeting

The annual Purchase Area Cattlemen's Association beef production meeting will be on Tuesday, March 11, 2025. There will be a Trade Show from 5:00 pm to 6:30 pm. A ribeye steak dinner will be served at six thirty. Following the meal we will have a presentation by Ben Lloyd, facilitator for the Kentucky Beef Network. He will have a program about the Beef Network.

**The meeting will be held at the Graves Extension Office.** The meal cost and registration \$10.00 at the door. **To ensure your meal prior registration is required. Please call Graves County Extension Office (270) 247-2334 by Monday, March 1st!**

**WE ALMOST RAN OUT OF FOOD LAST YEAR! PLEASE CALL TO REGISTER**

#### Agenda

Meeting:	Tuesday March 11, 2025
Location:	<b><u>Graves County Extension Office</u></b>
Trade Show:	5:00 PM to 6:30 PM
Meal:	6:30 PM to 7:15 PM
Presentations:	7:15 PM to 8:15 PM
Announcements:	8:15 PM



# 4-H CAMP

# 2025

\$225

Stay in air-conditioned cabins  
with friends!  
Take fun classes every day!  
Afternoon recreation,  
GAGA BALL, pool time,  
Mega Relay, nightly dances,  
& more!

# JUNE 2-5, 2025

Camp with friends from Calloway, Carlisle, Christian, Graves, & Hickman Counties!

Overnight summer camp for youth ages 8-15\* at West Kentucky 4-H Camp in Dawson Springs, KY  
Pre-registration and \$50 deposit due ASAP. Spaces are limited and are first come, first serve.  
See back for more information and pre-registration form. Scholarships available.

### Sample Classes

- Canoeing
- Nature
- Archery
- Arts and Crafts
- Rifle
- Swimming
- Fishing
- Cooking
- Ropes and Rock Wall
- And so much more!

### For more information, please contact:

Brooke Hogancamp  
Carlisle Co. Extension Agent for  
Family & Consumer Sciences

Carlisle County Extension Office  
65 John Roberts Dr, (PO BOX 518)  
Bardwell, KY 42023

Phone: (w) 270-628-5458

email: [brooke.hogancamp@uky.edu](mailto:brooke.hogancamp@uky.edu)

\*8-year-old campers must be entering fourth grade in summer 2023. 15-year-old youth may go as campers or apply to be counselors-in-training. Age is determined by the first day of camp—June 12, 2023

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LEXINGTON, KY 40546



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# Garden Give Away-April 18-Carlisle County Extension



**Items given away in the past-items could be different but we will have tomato and green pepper plants!**



# Check the following table for Garden Planting Dates!

**Table 14.** Earliest and latest planting dates in the garden in Kentucky. (If producing your own transplants, begin two to 12 weeks earlier than these listed dates. See Table 5.)

Crops	Earliest Safe Planting Date			Latest Safe Planting Date <sup>1</sup>		
	Western	Central	Eastern	Eastern	Central	Western
Asparagus (crowns)	Mar 10	Mar 15	Mar 20	(Spring only)		
Beans (snap)	Apr 10	Apr 25	May 1	July 15	July 25	Aug 1
Beans (lima)	Apr 15	May 1	May 10	June 15	June 20	July 1
Beets	Mar 10	Mar 15	Mar 20	July 15	July 20	Aug 15
Broccoli (plants)	Mar 30	Apr 5	Apr 10	July 15	Aug 1	Aug 15
B. Sprouts (plants)	Mar 30	Apr 5	Apr 10	July 1	July 15	Aug 1
Cabbage	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Carrots	Mar 10	Mar 20	Apr 1	July 1	July 15	Aug 1
Cauliflower (plants)	Mar 30	Apr 5	Apr 10	July 15	July 20	Aug 5
Celery	Apr 1	Apr 5	Apr 10	June 15	July 1	July 15
Chard	Mar 15	Mar 20	Apr 1	June 15	July 15	Aug 1
Collards	Mar 1	Mar 10	Mar 15	July 15	Aug 1	Aug 15
Sweet Corn	Apr 10	Apr 20	May 1	June 15	July 10	July 20
Cucumbers	Apr 20	May 1	May 10	June 15	July 1	July 15
Eggplant (plants)	May 1	May 10	May 15	June 1	June 15	July 1
Kale	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Kohlrabi	Mar 15	Mar 20	Mar 25	July 15	Aug 1	Aug 15
Lettuce (leaf)	Mar 15	Mar 25	Apr 1	Aug 1	Aug 15	Sept 1
Lettuce (bibb plants)	Mar 15	Mar 25	Apr 1	July 15	Aug 1	Aug 15
Lettuce (head plants)	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Muskmelons	Apr 20	May 10	May 15	June 15	July 1	July 15
Okra	Apr 20	May 10	May 15	July 1	July 15	Aug 1
Onions (sets)	Mar 1	Mar 10	Mar 15	(Spring only)		
Onions (plants)	Mar 15	Mar 25	Apr 1	June 15	July 1	July 15
Onions (seed)	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Parsley	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Parsnips	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Peas	Feb 20	Mar 1	Mar 15	(Spring only)		
Peppers (plants)	May 1	May 10	May 20	June 15	July 1	July 15
Irish Potatoes	Mar 15	Mar 15	Mar 20	June 15	July 1	July 15
Sweet Potatoes	May 1	May 10	May 20	June 1	June 10	June 15
Pumpkins	Apr 20	May 5	May 10	June 1	June 15	July 1
Radishes	Mar 1	Mar 10	Mar 15	Sept 1	Sept 15	Oct 1
Rhubarb (crowns)	Mar 1	Mar 10	Mar 15	(Spring only)		
Rutabaga	Mar 1	Mar 10	Mar 15	July 1	July 10	July 15
Southern Peas	Apr 20	May 5	May 10	June 15	July 1	July 15
Snow Peas	Feb 20	Mar 1	Mar 15	July 20	Aug 1	Aug 8
Spinach	Feb 15	Mar 1	Mar 10	Aug 15	Sept 1	Sept 15
Summer Squash	Apr 20	May 10	May 15	July 15	Aug 1	Aug 15
Tomatoes (plants)	Apr 20	May 5	May 15	June 1	June 15	July 1
Turnips	Mar 1	Mar 10	Mar 15	July 15	Aug 1	Aug 15
Watermelons	Apr 20	May 5	May 15	June 15	July 1	July 15
Winter Squash	Apr 20	May 10	May 15	June 15	July 1	July 15

<sup>1</sup> Based on average of early maturing varieties. Mid-season and late-maturing varieties need to be planted 15 to 30 days earlier than latest date. Nearly all of the fall-planted garden crops will require irrigation during dry periods. Additional insect controls may be necessary for these tender young plants.

## This table can be used for Garden Planting Suggestions:

**Table 4.** Use this vegetable planting guide to plant vegetables the right way.

Vegetable	Number of Transplants or Seeds per Foot	Distance Between:		Planting Depth (in)
		Plants When Thinned or Transplanted (in)	Rows (in)	
Asparagus	1 crown	18	30	6-8
Beans, bush, lima	6-8 seeds	4-5	30	1-1 ½
Beans, bush, snap	8 seeds	2-3	30	1-1 ½
Beets	10 seeds	2-3	18	¼-½
Broccoli	1 transplant	14-18	30	
Brussels sprouts	1 transplant per 2 ft	24	36	
Cabbage	1 transplant	9-18	30	
Carrots	15-20 seeds	2-3	18	¼
Cauliflower	1 transplant	16-18	30	
Celery	2 transplants	6-8	30	
Chard	8-10 seeds	6-8	30	¼-½
Chinese cabbage	4-6 seeds	12-15	24-30	¼-½
Collards	8-10 seeds	2-4	24	¼-½
Cucumbers	4-5 seeds	24-36	30	½-1
Eggplant	1 transplant	18	30	
Endive	4-6 seeds	9-12	18-30	½
Garlic, from cloves	1 clove	6	12-18	1 ½
Horseradish	1 root	18	30	2
Kale	4-6 seeds	8-12	24-30	¼-½
Kohlrabi	6-8 seeds	3-6	18-30	¼-½
Leeks	10-15 seeds	3-4	20	½
Lettuce, head	1 transplant	12-18	20	¼
Lettuce, leaf	20-30 seeds	½	8-12	¼
Muskmelons	2-3 seeds	24-36	60	½-¾
Mustard	20 seeds	3	18	¼
New Zealand spinach	4-6 seeds	12	30	½
Okra	3 seeds	12	30	1
Onions, from seed	10-15 seeds	4	12-18	¼-½
Onions	3-6 sets	4	12-18	1-2
Parsley	10-15 seeds	4-6	12-18	¼-½
Parsnips	12 seeds	2-3	18	½-¾
Peas	15 seeds	Do not thin	30-48	1
Peppers	1 transplant	14-18	30-36	
Potatoes	1 seed piece	10-12	36	3-5
Pumpkins	1-2 seeds	4 ft	8-12 ft	1
Radishes, spring	10-15 seeds	2-3	12	¼
Radishes, winter	10-15 seeds	2-4	12	¼
Rhubarb	1 crown per 2 ft	36	4-5 ft	
Rutabaga	4-6 seeds	6-8	18-30	½
Southern pea	3-4 seeds	2-3	30	
Spinach	6 seeds	4-6	12-18	¼
Squash, summer	2-3 seeds in hill	24	48	1
Squash, winter	1-2 seeds	48	6-8 ft	1
Sweet corn	2 seeds	8-10	30	1-2
Sweet potatoes	1 slip	15	36	
Tomatoes	1 transplant per 2 ft	24	36	
Turnips (roots)	6-8 seeds	3-4	12-15	½
Turnips (greens)	10-12 seeds	2-3	12-15	½
Watermelons	2-3 seeds in hill	6-8 ft	72	1



# SAVE THE DATE

**Saturday, March 15th 2025**

## **KENTUCKY-TENNESSEE COWMANS KIND BULL SALE**



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**Sale Starts at 12 PM**

**KY-TN Livestock Market**

**9169 Russellville Rd Guthrie, KY**

### **To Consign Bulls**

Please contact:

David Fourqurean (270) 350-3210

or Matt Futrell (270) 839-6651

Trigg County  
Extension Office  
(270)522-3269  
Christian County  
Extension Office  
(270) 886-6328

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**Kentucky-Tennessee Cowmans Kind**



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RETURN SERVICE REQUESTED