

#### A Word from the Agent . . .



January of 2025 is upon us! I'm in disbelief to be honest. I know they say time moves faster the older you get, but no one prepared me for just how fast it can go sometimes! Either way, we're here in January already.

I got a lot of event information in this newsletter for you, and that's because there are some great opportunities coming up. Winter School this year has been expanded to 4 nights! We've added an "All Property Owners" night and it is literally for anyone. There will be things you can learn that night regardless of how much land you own or live on. So be sure to check out that flyer (it's a 2 pager!) for descriptions on all of the great topics we are bringing to you. There's also a flyer about a Beginner Beekeeper School. If you are just beginning or thinking about becoming a beekeeper, this series is for you!

As always, reach out with any questions or concerns...and call and register for Winter School today! See you around!

Carrie Spry (

Clark County Extension Agent for Horticulture <u>carrie.spry@uky.edu</u>

Extension Office will be CLOSED Monday, January 20th!

## Cooperative MARTI

**Extension Service** 

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

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Beginner Beekeeper School

2025 Winter School

(See flyers in this newsletter for details on both schools)



Clark / Powell Beekeepers Association Meeting

Monday, January 13 6:30 pm Clark County Extension Service 1400 Fortune Drive; Winchester, Kentucky

~ POT-LUCK MEAL ~

Zoom option available for those who cannot attend in person. Call 859-744-4682 to be added to the email list to receive the link.

KEEPING YOU

# **BEGINNER BEEKEEPER**

Le Cooperative Extension Service

## SCHOOL

### Every Thursday beginning January 30 thru February 27 6:30 pm to 8:30 pm Montgomery County Extension Office (106 E Locust Street: Mount Sterling)

#### ~Classes taught by Larry Young~

Larry Young is president of the Clark/Powell Beekeepers Association. In 2021, he was named Beekeeper of the Year by the Kentucky State Beekeepers Association.

To register:

Call Powell County Extension Service 606-663-6405

Beginner Beekeeper School is brought to you by: Montgomery County Extension; Powell County Extension; and Clark County Extension



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Lexington, XY 40506



## **Topics for 2025 Winter School:**

#### February 4: Beef Night Meal provided by Clark County Cattlemen's Association

- Different Nutritional Needs for Different Ages of Cattle Dr. Jeff Lehmkuhler. UK Extension Beef Specialist Not all cattle have the same nutritional needs depending on their age and use. Learn the nutritional differences needed between calves, cows, replacement heifers, bulls, and feeder cattle.
- Clark County Hay Contest Results and Understanding Forage Testing Levi Berg. Clark County Extension Agent for Agriculture and Natural Resources Not all hay is created equal. Learn about the best hays in Clark County and understand how to utilize a forage sample in making hay feeding decisions.
- Clark County Cattlemen's Association Update

#### February 6: Farm Night Meal provided by Clark County Farm Bureau

- Understanding the Carbon Credit Market
  Dr. Jordan Shockley, UK Extension Professor for Ag Economics
  More than ever, agricultural producers and landowners are hearing about carbon credits with little
  information about what carbon credits actually are. Learn the ins and outs of this growing industry.
- Animal Liability Laws in Kentucky Attorney John Hendricks, Rowady Hendricks Law

Laws about animal liabilities can be confusing whether the animals are yours or your neighbors'. Come learn from a local attorney on how to minimize potential animal liabilities with regards to accidents.

• Different Pesticide Certifications Levi Berg, Clark County Extension Agent for Agriculture and Natural Resources There are many different certifications for those looking to apply pesticides. Learn about the different certifications within the state of Kentucky.

#### February 11: Hort Night Meal provided by Clark County FFA Chapter

Growing Oyster Mushrooms

#### Adam Leonberger, Franklin County Extension Agent for Horticulture

Are you a mushroom connoisseur? Have you ever considered growing your own? Oyster mushrooms are one of the easiest to grow and we will cover the basics of the different ways to grown them.

#### Seed Starting

#### Carrie Spry, Clark County Extension Agent for Horticulture

Starting seeds and growing your own transplants can be very rewarding, and sometimes disheartening. Come learn the basics of seed starting and what factors go into the process of growing your own transplants.

Clark County FFA Update

#### February 13: All Property Owners Meal provided by Clark County Extension

#### Pollinator Support

#### Dr. Ric Bessin, UK Extension Entomologist

Learn about some of the top things you can do to support the important pollinators and their habits. Whether you are a livestock farm, homeowner, small landowner, or apartment dweller, everyone can do something.

#### Tree Assessment

#### Carrie Spry, Clark County Extension Agent for Horticulture

Putting up a new fence beside existing trees? Have a large tree beside a building, home, or barn? Learn the basics of properly assessing a trees health so that you can decide if the tree should stay or go before it potentially causes damage.

## **Top Three New Year's Resolutions for Gardeners**

Submitted by: Andrew Rideout, Agent for Horticulture, Henderson County Cooperative Extension Service

Many people enjoy making New Year's Resolutions, so I would like to encourage you to make some gardening resolutions. Even those of you who do not typically grow anything can reap benefits from planting something, nurturing it, and watching it grow. It doesn't have to be a large vegetable garden. A small container garden or raised bed garden will be just fine.

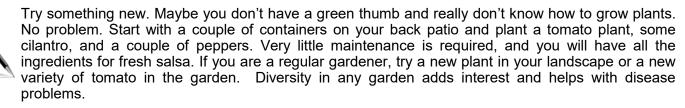


According to many sources, regular gardening activities increases a sense of wellness and was found to decrease a person's health complaints, equivalent to someone five years younger. Recent research has shown that gardens and green spaces in general, provide "accelerated recovery" for hospital patients. (Ulrich, Roger; Simons, Robert; Losito, Barbara; Fiorito, Evelyn; Miles, Mark; Zelson, Michael. Stress Recovery During Exposure to Natural and Urban Environments. Volume 11, Issue 3, September 1991, pg. 201-230) The Centers for Disease Control and Prevention agrees, stating that gardening

is great exercise and motivates people to stay active longer than other activities. (CDC (April 22nd, 2014). Gardening Health and Safety Tips.

So, with all the research showing physical as well as mental health benefits of gardening, I would like to encourage you to adopt one of my suggested gardening resolutions.

#### **Resolution #1:**



#### **Resolution #2:**



Make a garden plan and stick to it. The more seasoned gardeners can relate to this resolution. Proper planning will help reduce weed, insect, and disease pressures. Rotating crops, mulching, or even row covers will reduce dependence on pesticides and most likely will increase yields. Start now selecting good varieties that are resistant to disease and insect pressures. Keep notes on how well the plants performed for reference next season. Plan now and stick to it.

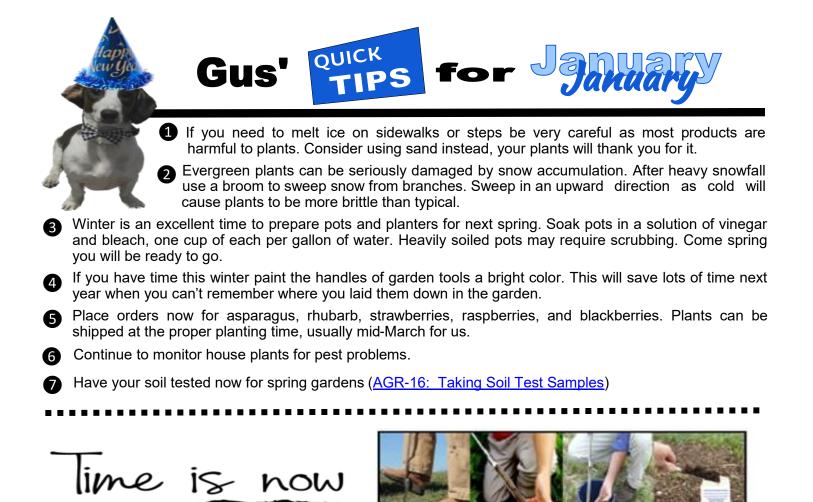
#### **Resolution #3:**



Get children involved with gardening. According to the Journal of Public Health, just being outside in the fresh air will help prevent Attention Deficit Hyperactivity Disorder (ADHD) and result in higher test scores with students. (Kuo FE, Faber Taylor A. A Potential Natural Treatment for Attention-Deficit/ Hyperactivity Disorder: Evidence From a National Study. American Journal of Public Health. 2004;94 (9):1580-1586). Several studies show that children will eat more vegetables and try new foods more readily if they grow the food themselves.

Losing weight, increasing exercise, and eating better are all common New Year's resolutions. Gardening can provide a path to all three and who doesn't enjoy fresh vegetables and showy flowers on a regular basis? Consider making some resolutions to get out, plant, and grow something and talk with your local Cooperative Extension Service if you need some advice on getting started.

Historically, I am not a fan of resolutions... and, if truth be told, I have not followed through with the few New Year's resolutions that I have made in the past. I prefer a different label — intentions. I intend to get out, plant, and grow more this year!



Prepare for spring planting by getting your soil tested. Nutrient and acidity levels in soil are analyzed so adequate fertilizer and lime recommendations can be made. Your report for a routine soil test will show the amount of Phosphorus, Potassium, Calcium, Magnesium, Zinc, pH and buffer PH.

You may stop by the Extension Office between the hours of 8:00 am to 4:30 pm, Monday thru Friday, to pick up a soil probe and soil bags. There is NO CHARGE for soil testing!

