

all about Extension



**YOUR NEED TO KNOW GUIDE FOR MUHLENBERG
COUNTY COOPERATIVE EXTENSION**



About Us

University of Kentucky Extension is the trusted, local resource for every Kentuckian. We engage with Kentuckians to connect them to resources, research and innovative solutions.

Muhlenberg County Cooperative Extension Service

3690 State Route 1380 Central City, KY 42330-5512

Phone: 270-338-3124 Fax: 270-338-3138

Office Hours: Monday - Friday, 8:00 am - 4:30 pm

Website: muhlenberg.ca.uky.edu

Office Staff

MACKENZIE POGUE

*County Extension Agent for
4-H Youth Development Education*

DARRELL SIMPSON

*County Extension Agent for
Agriculture & Natural Resources Education*

VI WOOD

NEP Program Assistant Senior

KRISTAN GROVES

Staff Assistant

BRIANNA MCCASLIN

Staff Assistant

GEORGE GRAY

Custodian

How do I sign up for upcoming events?

Pre-registration helps us prepare for you. Most classes we offer are free to the public. However, we need to know how many participants to expect in advance so that we can prepare our meeting space and have plenty of supplies on hand. Please note that some classes have a maximum number of participants they are able to take, age restrictions, sign up deadlines, etc.

For all classes with a registration fee: you must come by the Extension Office and register with your payment during office hours, Monday-Friday, 8:00 AM-4:30 PM. ***We accept cash or check only.*** For classes without a registration fee, you may contact us by phone at 270-338-3124 to sign up. A full list of upcoming events can be found on our website under the Upcoming Events tab.

Questions?

Feel free to call us at 270-338-3124 or email us at muhlenberg.ext@uky.edu.

Stay connected with happenings!

Stay in the loop with all Muhlenberg County Cooperative Extension events by following us on social media or visiting our website.



Like us on Facebook:

Muhlenberg County Cooperative Extension

Join our Facebook Groups:

Muhlenberg County 4-H

Muhlenberg County Homemakers



Visit our website:

muhlenberg.ca.uky.edu

What is 4-H?

4-H Youth Development is part of Kentucky Cooperative Extension. Kentucky 4-H believes in providing positive youth development experiences that allow all youth to experience **belonging, mastery, independence, and generosity**.

4-H is for you!

Youth ages five to 18 years old have a place in 4-H. In Muhlenberg County, we strive to provide opportunities to youth to build outstanding leaders. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. Muhlenberg County 4-H leaders visit each fourth, fifth and sixth grade classroom in the public school system once per month throughout the school year for an in-person leadership meeting. 4-H extends beyond classroom clubs by offering after-school clubs led by passionate 4-H volunteers. There is something for everyone!



CloverBud Club

Just like the 4-H program for older youth, the purpose of 4-H CloverBuds is to help young children learn life skills to become competent, caring and contributing citizens. Specifically, CloverBuds are youth who are five to eight years old or in kindergarten through second grade.

Cooking around the World

Do you have a child who loves cooking and baking? Youth ages 9+ are welcome to join us for our three month Cooking around the World series. Participants will become more confident in the kitchen as they prepare delicious recipes and enjoy them together.

Gardening Club

Do you have a child who enjoys getting their hands dirty? Are they eager to learn how to grow their own foods? The Gardening Club works together to plant, grow, harvest, and prepare fresh produce. Youth participate from start to finish learning to raise fruits and vegetables in a variety of spaces.

Homeschool Club

Our Homeschool Club is open to all Muhlenberg County homeschooled youth ages 5-18. This club meets once per month for educational lessons on topics like public speaking STEM, gardening, crafts, physical activity, food, nutrition, and environmental education.

Horse Club

This program is designed to reach youth that have a passion for horses, whether they own one or not. This program offers a variety of areas that 4-Hers can be involved in while

learning valuable skills and making friends for life. 4-Hers will be involved in horseback riding, trips, educational opportunities, and competitive events.

Shooting Sports

Youth development is the number one goal of the Shooting Sports Education Program. It is an introduction to the safe and responsible use of firearms and archery equipment which is a valuable life skill. While competition is not the main focus, this program does offer opportunities to participate in shooting events, competing in various disciplines and age groups.

Sewing Club

Learning to sew is a real life engineering and construction project for guys and girls. This project club fosters mastery by learning to operate a sewing machine/serger, sew a straight seam and smooth curves, construct casings, sleeves and buttonholes; belonging by being part of a group; independence by learning skills that can be used throughout life and generosity.

Teen Club

This group is comprised of teens in grades seven through 12 who are willing to go the extra mile. They contribute to their community by participating in service projects, volunteer their time to community events, and bring awareness to other organizations. Teen Club members show excellent leadership skills and work well with one another to promote 4-H and all the programs 4-H can offer.

Tot Time

Tot Time is a one hour play date for you and your child to engage in playful activities that are designed to prepare them for Kindergarten. Tot Time is open to youth ages 5 and under and meets once per month from 10 to 11 AM. Youth will enjoy a story, song, craft, and snack at each Tot Time.

Woodworking Project Club

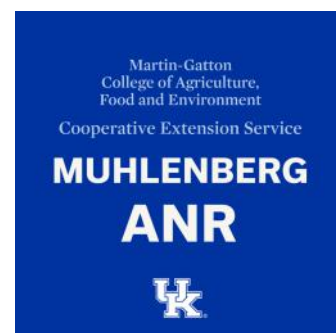
At 4-H Woodworking, youth ages 9-18 learn basic woodworking skills like measuring, drilling, and cutting. Our 4-H Woodworking Project Club is open to beginning and advanced woodworkers.

Follow Muhlenberg County 4-H on Facebook to keep up with upcoming 4-H project clubs and events.



What is ANR?

Agriculture and Natural Resources (ANR), a program of the Kentucky Cooperative Extension Service, provides informal education in agricultural production and environmental stewardship. Our programs make a difference in the lives of millions of Kentuckians through research-based education. Our County Extension Agent provides educational programs for the public through meetings and workshops, field days, etc. ANR offers programs in food production, farm business management, plant and soil sciences, horticulture, entomology, and plant pathology.



Soil Testing

Soil testing is a chemical analysis that provides a guidelines for lime and fertilizer needs of soils when considered in conjunction with post-fertilizer management and cropping history. All samples tested by the University of Kentucky labs are routinely analyzed for pH (water), pH (buffer), and extractable phosphorus, potassium, calcium, magnesium, and zinc. We provide soil testing services for agriculture crops, home lawns and gardens, greenhouses, and wildlife food plots.

Muhlenberg County Cattlemen's Association

The Kentucky Cattlemen's Association is a grassroots organization with 99 chapters in 120 counties and works to protect, advance and be strong voice for the state's 38,000+ cattle producers. The Muhlenberg County Association meets monthly, the first Monday of each month, at 6 PM at the Muhlenberg County Extension Office.

Muhlenberg County Beekeepers Association

Beekeeping is fun as a family activity or an engaging pastime for one. The bees you raise will help pollinate crops, flowers, and foods that will keep Kentucky agriculture thriving. The Muhlenberg County Beekeepers Association meets monthly, the third Monday of each month, at 6 PM at the Muhlenberg County Extension Office.

Muhlenberg County Farmers Market 2025 Dates

Saturdays: 8 AM to 12 PM (or sellout)

Tuesdays: 3 to 6 PM (or sellout)

Thursdays: 3 to 6 PM (or sellout)

Final day of the market for 2025: November 29

Did you know?

We also offer plant, tree, and shrub disease identification; insect identification; and weed identification.

Subscribe to our ANR newsletter mailing list to receive all the details about upcoming agriculture classes and events via email.



What is FCS?

Family and Consumer Sciences (FCS) Extension is committed to improving the quality of life for individuals and families resulting in strong families for Kentucky. FCS programs focus on making healthy lifestyle choices, nurturing families, embracing life as you age, securing financial stability, promoting healthy homes and communities, accessing nutritious foods, and empowering community leaders.



FCS works closely with the Kentucky Extension Homemakers Association (KEHA). KEHA is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service and education. In Muhlenberg County, you have two options to participate in Homemakers; you can join one of our four Homemaker Clubs, or you can become a "Mailbox Member." Mailbox Members enjoy the privileges of regular Homemakers, including area and state affiliation, but don't have to commit to regular monthly meetings.

Upcoming Homemaker Lessons/Events for the 2025-2026 Year

- September lesson-Telling your KEHA Story
- September 12-Mother/Son Dance
- September 29-BBQ & Beans Supper
- October lesson-Sorghum: Spilling the Syrup on this Sweet KY Proud Product
- October 12-18-KEHA Week
- November lesson-Selecting Sheets
- December 9-Christmas Around the World
- January lesson-Yoga-ta Try This!
- February lesson-International Cooking
- March lesson-Making Friends with Food: The Power of Positive Food Talk
- April lesson-The Big Freeze: Food Preservation
- May lesson-Mental Health Matters
- May 30-Homemakers 101st Annual Day
- June lesson-Stretching your Dollar: What to do When the "Ends" Don't Meet

JOIN OUR FREE

SEWING COMMUNITY

STITCHED TOGETHER

Whether you are a complete beginner to sewing, or looking to brush up on your sewing techniques, these free sewing classes are perfect for adults of all skill levels.

**MEETINGS 1ST TUESDAY OF
EACH MONTH: 5-7 PM**

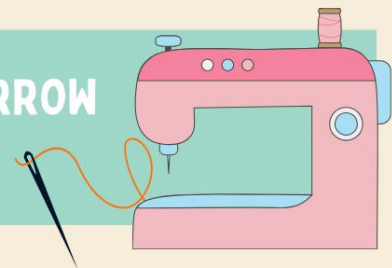


BLOCK OF THE MONTH

Monthly sewing group that sews various quilt tops throughout the year. Other sewing projects are completed as participants wish. Members can also free sew with the company of other sewists.

**MEETINGS 2ND THURSDAY OF
EACH MONTH: 9AM-3PM**

**BRING YOUR SEWING MACHINE (OR BORROW
ONE OF OURS) & JOIN IN THE FUN!**



MUHLENBERG COUNTY COOPERATIVE EXTENSION SERVICE
3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330 | (270) 338-3124



Muhlenberg County Homemakers

2nd Annual
MOTHER/SON
Dance

September 12
Doors open at 6 p.m.



\$5 entry fee per person

Food - Games - Photos - Dancing

Dress is casual!

Tickets can be paid for at the door, but please call and put your name on the list in advance! Call the Muhlenberg County Extension Office at 270-338-3124! Proceeds go to the 4-H Backpack Program!



CLOVERBUD CLUB

CLUB DUES
\$15 EACH
CASH OR CHECK ONLY

FOR YOUTH
AGES
5-8



MEETING DATES FOR 2025-2026

CLUB MEETS 2ND TUESDAY EACH MONTH SEPTEMBER-APRIL

SEPTEMBER 9, 2025 FEBRUARY 10, 2026

OCTOBER 14, 2025 MARCH 10, 2026

NOVEMBER 11, 2025 APRIL 14, 2026

JANUARY 13, 2026

ALL MEETINGS 5-6 PM

MUHLENBERG COUNTY COOPERATIVE
EXTENSION SERVICE
3690 State Route 1380 Central City, KY 42330



TO SIGN UP CALL 270-338-3124

OFFICE HOURS: MONDAY-FRIDAY, 8 AM-4:30 PM

TOT TIME



A one hour play date for you and
your child to engage in playful
activities that are designed to
prepare them for Kindergarten.

Stories • Songs • Crafts • Snacks
at every play date!

SEPTEMBER 19, 2025
OCTOBER 17, 2025
NOVEMBER 21, 2025
DECEMBER 19, 2025

ALL MEETINGS 10-11 AM

SIGN UP: (270) 338-3124

Muhlenberg County Extension Office
3690 State Route 1380
Central City, KY 42330

**FREE FOR YOUTH AGES
5 and
under**

Muhlenberg County Homemakers

BBQ & BEANS SUPPER



Includes pulled pork sandwich, baked beans, chips, dessert & drink!



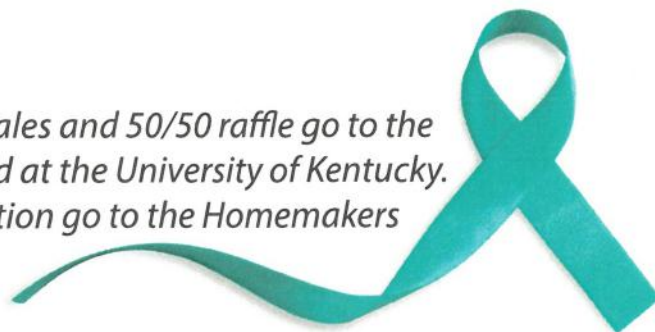
4-7 PM • SEPT 29

Muhlenberg County Extension Office
3690 State Route 1390, Central City



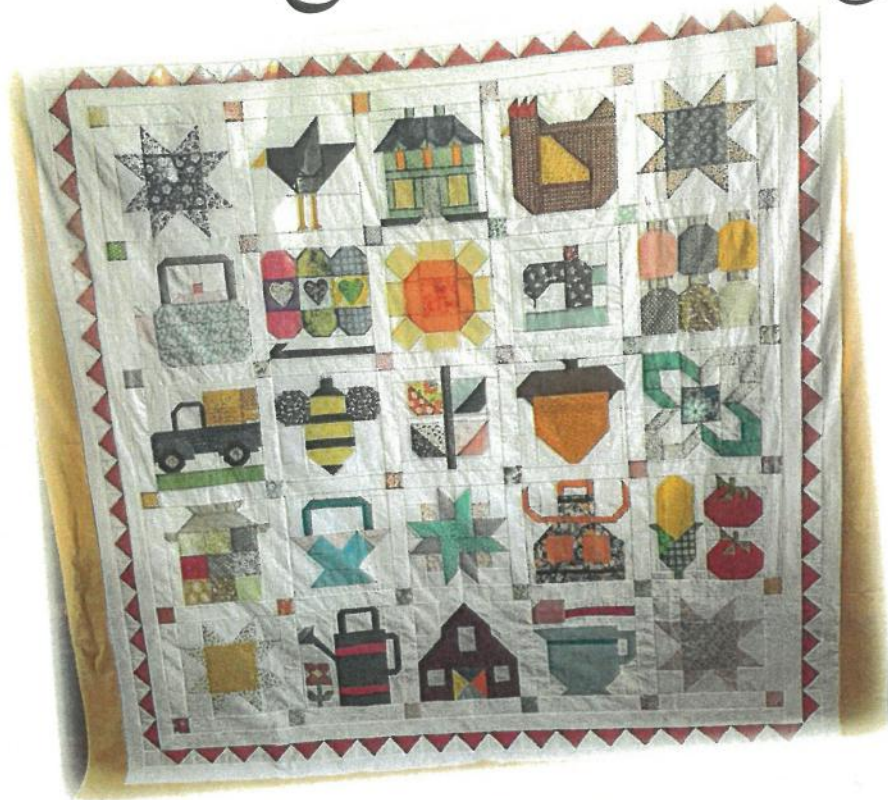
Scan to purchase
ticket online!

** All funds raised from ticket sales and 50/50 raffle go to the Ovarian Cancer Research Fund at the University of Kentucky.
* Proceeds from the silent auction go to the Homemakers Bean Supper Funds.*



Muhlenberg County Homemakers

Quilt Raffle



Visit a Muhlenberg County
Homemaker member, stop by
the Extension Office or scan
the QR code to purchase your
ticket today!

DRAWING NOVEMBER 1!

(or as soon as all tickets are sold)



*All funds raised from ticket sales will be donated to the
Ovarian Cancer Research Fund at the University of Kentucky.*



Scan to purchase
ticket online!

**The quilt is on display at the Muhlenberg County Extension
Office, 3690 State Route 1390, Central City.**


Muhlenberg County Homemakers



**Visit a Muhlenberg County Homemaker member or stop by the Extension Office to purchase your ticket today!
Tickets are \$5.00 each!**

The person with the winning ticket will win half of the money! The other half will be donated to the Ovarian Cancer Research Fund at the University of Kentucky!

DRAWING NOVEMBER 1!

 Cooperative
Extension Service

4-H HORSE CLUB



AGES
9+



270-338-3124

Meetings first
Thursday @ 6 PM



animal care, horse riding, educational
opportunities, competitive events

Muhlenberg County Extension Office 3690 State Route 1380 Central City, KY 42330



Teen Club

FOR TEENS IN GRADES 7-12

**COMMUNITY
SERVICE**

**JOIN IN
THE FUN!**

LEADERSHIP

**MEET NEW PEOPLE, ATTEND
LEADERSHIP EVENTS, BECOME
A CAMP COUNSELOR & HELP
YOUR COMMUNITY!**

**MEETS FIRST
FRIDAY MONTHLY**

**7:15 AM AT THE
EXTENSION OFFICE**

**OUR CLUB BALANCES THE IMPORTANCE OF
COMMUNITY SERVICE WHILE HAVING FUN.**

MUHLENBERG COUNTY COOPERATIVE EXTENSION

3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

 Cooperative
Extension Service



MUHLENBERG COUNTY 4-H **Woodworking Project Club**

\$10
FEE PER MEETING

We will learn basic woodworking skills like measuring, drilling, and cutting. Open to beginning and advanced woodworkers ages 9-18.

CLUB MEETING DATES

OCTOBER 7, 2025

JANUARY 13, 2026

NOVEMBER 18, 2025

FEBRUARY 10, 2026

DECEMBER 16, 2025

MARCH 24, 2026

ALL MEETINGS 5:30-7 PM

SIGN UP:

Sign up month by month. Space is limited.

(270) 338-3124

Muhlenberg County Cooperative Extension Office 3690 State Route 1380 Central City, KY 42330



Cooperative
Extension Service

HOMESCHOOL CLUB

TO SIGN
UP CALL

(270) 338-3124

Open to Muhlenberg County
homeschooled youth ages 5-18.

CLUB MEETING DATES

OCTOBER 15, 2025

FEBRUARY 18, 2026

NOVEMBER 19, 2025

MARCH 18, 2026

DECEMBER 17, 2025

APRIL 15, 2026

JANUARY 21, 2026

ALL MEETINGS 1-3:30 PM

TOPICS:

FOOD + NUTRITION • GARDENING • HERITAGE CRAFT • PHYSICAL ACTIVITY
ENVIRONMENTAL EDUCATION • PUBLIC SPEAKING • STEM

Muhlenberg County Extension Office 3690 State Route 1380 Central City, KY 42330

QUILT JACKET CLASS

Repurpose your old quilt into a usable jacket, or piece your own fabric for your quilt jacket!



This is a great project to use up scrap pieces, leftover material, or quilt blocks from past projects.

Bring your quilt/ material, sewing supplies, and machine.



October 22, October 23
& October 24, 2025.
9 AM each day.

Muhlenberg County
Extension Office
3690 State Route 1380
Central City, KY 42330



Let us know you are coming: (270) 338-3124

 Cooperative
Extension Service



SEWING CLUB

FOR
YOUTH
AGES
9-18

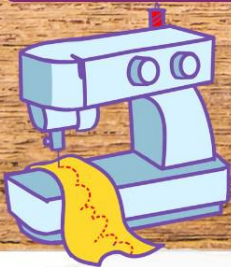
CLUB MEETING DATES

OCTOBER 28, 2025	JANUARY 27, 2026
NOVEMBER 18, 2025	FEBRUARY 3, 2026
DECEMBER 16, 2025	FEBRUARY 17, 2026
JANUARY 20, 2026	

ALL MEETINGS 5:30-7:00 PM

**MUHLENBERG COUNTY
COOPERATIVE EXTENSION**

3690 State Route 1380 Central City, KY



Sign up is easy! Give us a call

270-338-3124

IT'S A SMALL WORLD

Miniature Hobbies Project Club

7 WEEK SERIES
OPEN TO YOUTH
AGES 9-18

CLUB MEETING DATES

NOVEMBER 3, 2025	DECEMBER 1, 2025
NOVEMBER 10, 2025	DECEMBER 8, 2025
NOVEMBER 17, 2025	DECEMBER 15, 2025
NOVEMBER 24, 2025	

ALL MEETINGS 5-6 PM

This project club will provide a community to share knowledge, exchange techniques, and collaborate building and painting tiny objects; such as dollhouse furniture, model kits and miniature figures for dioramas.

All materials provided. Space is limited.

 **TO SIGN UP PLEASE CALL:**
(270) 338-3124



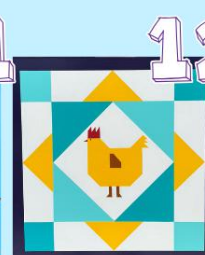
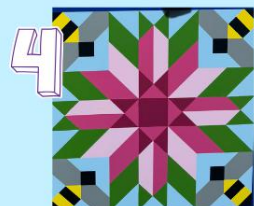
PROJECT CLUB LED BY
4-H TEEN, LANEY TRAVIS



MUHLENBERG COUNTY EXTENSION OFFICE 3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

BARN QUILT PAINT PARTY

**MONDAY,
DECEMBER 8, 2025
9AM-3PM
MUHLENBERG COUNTY
EXTENSION OFFICE**



PRICES INCLUDE

- All supplies (boards, brushes, paint, etc.)
Paint colors can be decided day of event.
- Boards primed and ready to paint
- Lunch
Please advise if you have special dietary needs.

SIGN SIZE OPTIONS

**2'X2' - \$130
3'X3' - \$190
4'X4' - \$270**

MUST REGISTER WITH FULL PAYMENT BY NOVEMBER 8.

(Checks payable to Liz's Barn Quilts.)

Sorry, **NO** refunds on missed event.
Alternate arrangements will be available.

**PLEASE BRING YOUR OWN DRINK, A HAIR
DRYER AND .94" FROG TAPE.**

SIGN UP AT THE MUHLENBERG COUNTY EXTENSION OFFICE WITH PAYMENT. SPACE IS LIMITED.

**MUHLENBERG COUNTY HOMEMAKERS
ARE SPONSORING**

CHRISTMAS AROUND THE WORLD



**DECEMBER 9, 2025
3:00-4:30 PM**



UK EXTENSION OFFICE



**Join us to learn about the
Christmas traditions of several
countries around the globe.**

Light refreshments will be provided.

Please contact the Extension Office at (270) 338-3124 to let us know you are coming!



SHOOTING SPORTS



The Shooting Sports Education Program began in Kentucky in 1988. It is open to all youth, 9 to 18 years of age. The program:

- Is an introduction to the safe and responsible use of firearms and archery equipment.
- Teaches leadership and responsibility in a non-formal environment while offering fun activities for youth and adults.

**CLUB MEETS THIRD
THURSDAY OF EACH
MONTH @5:30 PM**

**NEW MEMBERS
ACCEPTED IN
JANUARY 2026!**

JANUARY 15, 2026

**DISCIPLINES OFFERED: ARCHERY, MUZZLELOADER, PISTOL,
RIFLE, SHOTGUN, HUNTING AND OUTDOOR SKILLS.**

MUHLENBERG CO. EXTENSION OFFICE

3690 State Route 1380 Central City, KY 42330

Phone: (270) 338-3124



COOKING *around the* WORLD



CLUB MEETINGS

JANUARY 19 2026

FEBRUARY 16, 2026

MARCH 16 2026

ALL MEETINGS 9 AM-12 PM

*Become more confident in
the kitchen!*

Youth who love to bake and cook -
this club is for you! We'll prepare
delicious recipes and enjoy them
together!

FREE FOR YOUTH AGES 9+

SIGN UP:

CALL 270-338-3124

Space is limited.

MUHLENBERG COUNTY COOPERATIVE EXTENSION SERVICE

HUMMINGBIRDS

An Attractive Asset to Your Garden

What to Plant to Attract Hummingbirds

Shrubs

- red, Ohio, or yellow buckeye (*Aesculus pavia*, *A. glabra*, *A. octandra*).
- sweet or mountain pepperbush (*Clethra alnifolia* and *C. acuminata*).
- rose mallow (*Hibiscus moscheutos*).
- Carolina silverbell (*Halesia carolina*).
- native deciduous azaleas (*Rhododendron nudiflorum*, *R. roseum*, *R. calendulaceum*, *R. cumberlandense*, *R. arborescens*).
- rhododendrons (*R. maximum* and *R. catawbiense*).
- weigela.

Perennials

Think about using native wildflowers. The very best hummingbird flower is the cardinal flower, native to Kentucky. Others include:

Spring woodland species:

- alumroot (*Heuchera* spp.).
- copper or red iris.
- fire pink.
- round-leaved and Carolina pink.
- columbine.
- various species of phlox, skullcap and beardtongue.

Native vines

- trumpet creeper (*Campis radicans*).
- crossvine (*Bignonia capreolata*).
- coral or trumpet honeysuckle (*Lonicera sempivirens*).
- passionflower (*Passiflora incarnata*).

Annuals

- flowering tobacco (*Nicotiana* spp.).
- scarlet sage (*Salvia coccinea*).
- dianthus.
- zinnia.
- Mexican sunflower (*Tithonia* spp.).
- snapdragon.

Summer perennials:

- Indian pink (*Spigelia marilandica*).
- wild bergamot (*Monarda fistulosa*).
- bee balm, or Oswego tea (*Monarda didyma*).
- royal catchfly.
- false dragonhead, or obedient plant.
- cardinal flower.
- monkey flower.
- foxglove.
- gayfeather or blazingstar.



◀ Cardinal flower

One native annual that is a good self-seeder in the garden is jewelweed (*Impatiens capensis*).

Do not forget to add flowers that attract lots of insects for the hummingbirds, such as purple coneflowers.

If your local nursery does not carry these wildflowers, contact your local Extension office or the Kentucky Department of Fish and Wildlife Resources for a listing of native plant nurseries that carry trees, shrubs, vines, and wildflowers native to Kentucky.



Scan the QR Code or visit the Muhlenberg County Cooperative Extension Office for more information on attracting hummingbirds to your garden.

Planning Your Home Garden

Before You Begin

Every aspiring gardener should follow seven steps to have a successful gardening season:

1. Plan your garden on paper before you begin.
2. Select a good gardening site that is:
 - a. in full sun for at least eight hours each day,
 - b. relatively level,
 - c. well-drained,
 - d. close to a water source,
 - e. dries quickly from morning dew.
3. Prepare the soil properly, conduct a soil test, and add fertilizer and lime according to U.K. test result recommendations.
4. Plan only as large a garden as you can easily maintain. Beginning gardeners often overplant, and then they fail because they cannot keep up with the tasks required. Weeds and pests must be managed, water applied when needed and harvesting done on time.
5. Grow vegetables that will produce the maximum amount of food in the space available.
6. Plant during the correct season for the crop.
7. Choose varieties recommended for Kentucky.
8. Harvest vegetables at their proper stage of maturity. Store them promptly and properly if you do not use them immediately.

Planning Your Garden

A garden plan helps you grow the greatest amount of produce with the least amount of effort. To use your plan you must expect to harvest each crop as soon as it matures. Then put old plants in the compost pile and plant a new crop. This approach is called succession planting.

Grow only those vegetables that your family will eat. A well-planned and properly kept garden should produce 600 to 700 pounds of produce per 1,000 square feet (Table 20.1) and may include many different crops. Consult *Vegetable Cultivars for Kentucky Gardens* (ID-133) for the latest recommendations on home vegetable varieties.

Draw a scale model of your garden space when planning where to plant. There are also a number of computer programs that can be used to plan your garden. Plant perennials like asparagus, rhubarb, chives and horseradish along one side of the garden since they may produce for six to 12 years. Tall plants such as sweet corn, tomatoes and pole beans should be planted on the north or west side of the garden where they will not shade smaller vegetable crops. However, summer lettuce should be grown in a partially shaded area if possible.

Table 20.1. Average vegetable yields and amounts to plant per person.

Vegetable	Yield per 10 ft of row	Planting	
		Fresh	Store/Can/Freeze
Asparagus	3 lb	10-15 ft	10-15 plants
Beans, snap bush	12 lb	15-16 ft	15-20 ft
Beans, snap pole	15 lb	5-6 ft	8-10 ft
Beans, lima bush	2.5 lb, shelled	10-15 ft	15-20 ft
Beans, lima pole	5 lb, shelled	5-6 ft	8-10 ft
Beets	15 lb	5-10 ft	10-20 ft
Broccoli	10 lb	3-5 plants	5-6 plants
Brussels sprouts	7.5 lb	2-5 plants	5-8 plants
Cabbage	15 lb	3-4 plants	5-10 plants
Cabbage, Chinese	8 heads	3-10 ft	---
Carrots	10 lb	5-10 ft	10-15 ft
Cauliflower	10 lb	3-5 plants	8-12 plants
Celeriac	6 lb	5 ft	5 ft
Celery	18 stalks	10 stalks	---
Chard, Swiss	7.5 lb	3-5 plants	8-12 plants
Collards and Kale	10 lb	5-10 ft	5-10 ft
Corn, sweet	1 dozen	10-15 ft	30-50 ft
Cucumbers	12 lb	1-2 hills	3-5 hills
Eggplant	10 lb	2-3 plants	2-3 plants
Garlic	4 lb	---	1-5 ft
Kohlrabi	7.5 lb	3-5 ft	5-10 ft
Lettuce, head	10 heads	10 ft	---
Lettuce, leaf	5 lb	10 ft	---
Muskmelons (cantaloupe)	10 fruits	3-5 hills	---
Mustard	10 lb	5-10 ft	10-15 ft
Okra	10 lb	4-6 ft	6-10 ft
Onions (plants or sets)	10 lb	3-5 ft	30-50 ft
Onions (seed)	10 lb	3-5 ft	30-50 ft
Parsley	3 lb	1-3 ft	1-3 ft
Parsnips	10 lb	10 ft	10 ft
Peas, English	2 lb	15-20 ft	40-60 ft
Peas, Snow	2 lb	10-15 ft	30-40 ft
Peas, Southern	4 lb	10-15 ft	20-50 ft
Peppers	6 lb	3-5 plants	3-5 plants
Potatoes, Irish	10 lb	50-100 ft	---
Potatoes, Sweet	10 lb	5-10 plants	10-20 plants
Pumpkins	10 lb	1-2 hills	1-2 hills
Radishes	10 bunches	3-5 ft	---
Salsify	10 lb	5 ft	5 ft
Soybeans	2 lb	50 ft	50 ft
Spinach	4-5 lb	5-10 ft	10-15 ft
Squash, summer	15 lb	2-3 hills	2-3 hills
Squash, winter	10 lb	1-3 hills	1-3 hills
Tomatoes	10 lb	3-5 plants	5-10 plants
Turnip greens	5-10 lb	5-10 ft	---
Turnip roots	5-10 lb	5-10 ft	5-10 ft
Watermelons	4 fruits	2-4 hills	---

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy

Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.