

Harlan County Ag News Fall 2024

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Harlan County Beekeepers

Harlan County Beekeepers will be meeting on November 12 and December 10. The meetings begin at 6:00pm and are held at the Harlan County Extension Depot. If you have bees or have an interest in keeping bees, come join us.



Backyard Maple Production

Do you have a maple trees on your property? Would you like to learn how to utilize those trees to make maple syrup? We'll be hosting a Backyard Maple Syrup program on October 29 at the Harlan County Extension Depot. The program will begin at 6pm. Making maple syrup is a great way to get the entire family involved in a project. It doesn't matter if you have a few trees or many, you can make syrup. We plan to have some treats made with maple syrup. If you would like more information or to register, contact the office at 573-4464.



County Agriculture Investment Program

The Harlan County Conservation District will be accepting applications for the County Agriculture Investment Program (CAIP) in January/February 2025. Harlan County producers will be eligible to apply for up to \$5,000. If you have an interest in this cost share program, contact us here at the office for more information.

CAIP cost-share categories include:

- Agricultural Diversification
 - AgTech & Leadership Development
 - Animal, Large
 - Animal, Small
 - Farm Infrastructure
 - Fencing & On-Farm Water
 - Forage & Grain Improvement
- Note: lime is no longer eligible
- Innovative Agricultural Systems
 - On-Farm Energy
 - Poultry & Other Fowl
 - Value-Added & Marketing



Kentucky Forests Signal Season Change

Source: Billy Thomas, UK Extension Forester

If you've been waiting all year to see beautiful fall colors in Kentucky, it is almost time. Mid-October is usually the beginning of the state's brilliant fall tree color show. Actually, these brilliant colors have been there all along; they've been masked by a cloak of chlorophylls, green pigments vital to a tree's food-making process.

Trees use and replenish chlorophylls during the growing season. High replacement maintains green leaf color. As fall approaches, the green pigments are replaced at a slower rate due to complex environmental factors and the trees' genetic makeup. The dwindling supply of green pigments unmasks other pigments that were present all along, revealing the spectacular show of fall color.

We can enjoy a variety of fall colors because Kentucky's diverse climate and soil composition enable many diverse trees to grow here.

Black gum, pear, sumac, dogwood, maple, oak and sassafras trees produce various shades of red. Other trees give us a range of orange and yellow hues such as yellow-poplar, birch, hickory and beech.

Since black gum and sumac trees shut down chlorophyll production early, they are the first to reveal fall color. Both change from green to red, leaf by leaf. No leaf seems to be all green or red at the same time, giving a spotty appearance throughout the trees.

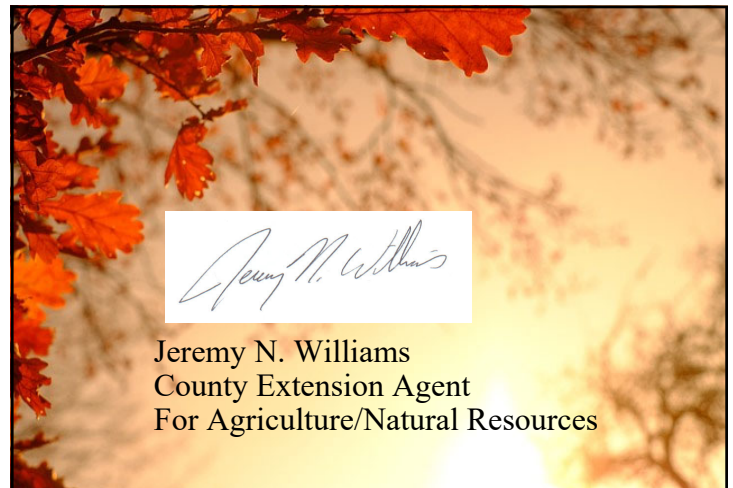
You might be surprised to know that what makes leaves change color has less to do with "Jack Frost" and more to do with shorter days activating a "chemical clock" that tells the trees to shut down chlorophyll production and prepare for winter.

When the tree completely shuts down chlorophyll production, a layer at the base of the leaf forms. This abscission layer causes the leaf to fall off the branch, leaving only the bud with next year's leaves and flowers to wait for the signal in the spring to bloom and grow.

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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

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 Source: USDA

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