

# Pike County Agriculture and Natural Resources

# 2025

HAPPY  
NEW YEAR

## A note from your ANR Agent

As we kick off the new year, it's the perfect time to start planning for your spring garden and preparing for the months ahead. In this edition, we've got a variety of tips and resources to help you through the winter season.

With the cold nights we've been having, even I've had pipes burst, so don't take the pipe freezing advice lightly—now is the time to ensure your home and farm are prepared.

We have a variety of 2025 calendars available at our office- including nutrition education recipe and Cook Wild calendars, beef resource management calendar, and growing your own garden calendar! Calendars are great for keeping records and planning; stop by our office and pick one up.

Stay safe, warm, and prepared as we head into the year. We're here to support you with all your agricultural and natural resource needs!

Warmest regards,



Emily Davis  
County Extension Agent  
Agriculture & Natural Resources  
emilydavis00@uky.edu  
(606) 432-2534



**Stay Connected with Pike County ANR and other Extension programs:**

**Website:** [pike.ca.uky.edu/anr](http://pike.ca.uky.edu/anr)

**Facebook:** UK Pike County Agriculture and Natural Resources

## Inside this issue:

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**Our office will be closed on  
January 20<sup>th</sup>**

\*\*\*\*\*  
**MARTIN LUTHER  
KING JR**  
*Day*



**Cooperative  
Extension Service**

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

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Disabilities  
accommodated  
with prior notification.

# Caring for houseplants in the winter

Source: Rick Durham, extension professor, UK Department of Horticulture

Inside or out, plants go through seasonal cycles in their growth and their needs. Whether your houseplants live inside year-round or just come in to overwinter, they can be undone by things like temperatures, dry air, too much water and limited light.

Many house plants slow their growth rate in the winter or even go dormant, so they need less water to stay hydrated. Providing them with too much water can cause root rot, which can end up killing them.



Drought-tolerant plants, such as succulents or cacti, will only need very occasional water depending on how much light they are receiving. Some water every two to three weeks may suffice.

Yellowing and dropping leaves are often a sign of overwatering. On the other hand, rapid leaf drop may be an indication that the plant needs water. You shouldn't rely on the top of the soil as an indicator about moisture content. The soil surface dries quickly. Instead, plunge your finger into the soil about 1 to 2 inches deep. If it's dry at that depth, water. If not, don't and check again a few days later.

Humidity levels in heated houses can be as much as 10% to 20% lower, and many houseplants suffer because of that. There are ways to improve the environment for your plants. First, group them together, because plants transpire moisture from their leaves. By clustering your plants, they can take advantage of that expelled moisture. If you have room and ample light, clustering them together in a bathroom or kitchen is a good idea, because those are the most humid areas of the house.

You could also place your plants next to or above a tray of water. You can elevate your pots above the water in the tray by placing them on stones, so that the bottom of the pots aren't resting in water. If you have a humidifier, plants will benefit from being placed close to it.

Sunlight, when it shows up at all, hits at a lower angle during the winter, so you may have to move your plants to find more light. Look for a south or west facing window for the best light, but don't move them too close to that window to avoid drafts.

Finally, don't worry about fertilizing your houseplants during the winter. In early spring, when new growth starts to appear or the green seems to brighten, resume fertilizing. Until then, let your plant rest and enjoy a long winter's nap.

For more information about caring for houseplants, contact the Pike County Cooperative Extension office of the University of Kentucky Cooperative Extension Service.

# Winter water reminders for livestock

Sources: Jeff Lehmkuhler, UK extension beef specialist

As temperatures get colder, most producers begin to focus their attention on getting stored forages to their animals. It's also a good time to remember available water for livestock in the winter is critical to health and survival.

Winter brings challenges of battling frozen waterers and frozen plumbing. Another factor is that animals may consume less water in the winter for a variety of reasons including environmental temperature, feed moisture, body size and level of milk production.

During cold weather, your animals' energy requirements will increase so they can maintain their body temperature. To meet that extra demand, you will likely increase their dry matter intake, if they can physically consume more feed. Water intake will affect their dry matter intake. If water sources are limited or frozen, animals won't be able to compensate for the colder temperatures.

You have several options to deliver clean, fresh water to livestock, even on the coldest days of the year. Think about your actual water source. Are you using natural surface water sources? Do you have waterers installed or are you thinking of installing them? Surface water presents challenges that will require more work. You have to make sure the water quality downstream is good and that streambank quality is preserved. You'll also have to check them often to make sure the surface is not frozen.

Large storage tanks are an option, but they still require frequent checks for ice. You could install a continuous flow valve in a storage tank to prevent freezing, but you'll have to have an overflow directing water away from the tank to prevent excessive mud.

If you have electricity available at the winter feeding site, you have a great number of watering options. You can add an electric heater to almost any watering system.

If electricity is not available, you could research ways to harvest geothermal heat. A variety of watering systems on the market harvest geothermal heat from the ground below the tank, keeping water thawed and available to livestock even in the coldest of environments. Most of these waterers use heat tubes buried deep into the ground, allowing for geothermal heat to rise and keep water supply lines and the drinking trough thawed. While these systems do a good job of keeping pipes and floats from freezing they are not ice-free. Depending on the amount of animal traffic using the waterer and environmental temperature, you may still need to remove a thin layer of ice over the drinking area on very cold days.

Regardless of the method you choose, your animals need clean, fresh and available water this winter.

For more information on livestock water and nutrition requirements, contact the Pike County Cooperative Extension Service.



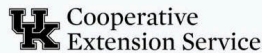
# Managing Foods without Power

Ready 

- Keep the refrigerator and freezer doors closed as much as possible.
- **The refrigerator will keep food cold for about four hours if it is unopened.**
- Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage.
- Use a refrigerator thermometer to check temperature.
- Refrigerated food should be safe as long as the power was out for no more than four hours.
- Discard any perishable food such as meat, poultry, fish, eggs or leftovers that have been above 40 degrees Fahrenheit for two hours or more.



SOURCE: [www.ready.gov](http://www.ready.gov)



UK Cooperative Extension Service

## Protect your pipes during winter weather

- Maintain a slow drip from faucets during extreme cold weather to prevent freezing.
- Leave cabinet doors open beneath sinks to allow warm air to circulate pipes.
- Know the location of your main water shutoff valve.
- If a pipe bursts, immediately shut off the water supply at the main valve to minimize water damage.

Learn more about Extension Disaster Preparedness by visiting [anr.ca.uky.edu/extensionhelps](http://anr.ca.uky.edu/extensionhelps)

Source: UK Extension Disaster Preparedness An Equal Opportunity Organization.

# UK EXTENSION DISASTER PREPAREDNESS CAR SURVIVAL KIT



JUMPER CABLES



FLASHLIGHT



EXTRA CLOTHES



RADIO



FIRST AID KIT



NON-PERISHABLE FOODS



WATER



SNOW SHOVEL



PHONE CHARGER



BLANKET OR SLEEPING BAG



CAT LITTER/ SAND  
(Could be used for tire traction)



ICE SCRAPER

An Equal Opportunity Organization.

# Avoid Winter Health Risks

Research has shown that illnesses increase in the winter, as do injuries related to the cold.

Here's how you can protect yourself from extra germs:

Wash your hands when you get home

Bring some hand sanitizer with you everywhere

Cough or sneeze into the crook of your elbow, instead of your hands



Source: UK FCS Health Bulletin  
An Equal Opportunity Organization.

# Protect People, Pets, Pipes, & Plants from cold weather



## People

- Minimize time outdoors.
- Prepare for power outages.
- Check on elderly & other vulnerable people to make sure they're ok.



## Pets

- Keep your pets warm, dry & indoors as much as possible.
- Ensure their food & water doesn't freeze.
- Limit outside time & keep them bundled up.



## Pipes

- Insulate pipes if possible.
- Open up sink cabinets to expose pipes to heated air.
- Disconnect hoses & turn off water to sprinklers.



## Plants

- Know their temperature thresholds.
- If possible, cover them before the cold weather sets in to help retain some heat.



**Martin-Gatton**  
College of Agriculture,  
Food and Environment



**Applications due  
February 1**

# KY Farm Launch Beginning Farmer Training Program

**Launch into your farming journey with accelerated, hands-on farm training, business planning, and customized mentorship**

Our 9-month, in-person program provides customized training to prepare beginning farmers for sustainable, commercial production. Weekly workshops on production, business and market planning, and more are complemented by an individualized mentoring plan tailored to your farming goals.

## **Interested?**

Visit our website for more details & apply:  
<https://bfrdp.ca.uky.edu/>

## **Highlights:**

- Program 'tracks' provide hands on production experience in:
  - Vegetable + small fruits
  - Livestock including beef cattle, sheep, goats, + poultry
- 1:1 business + market planning
- Classroom and hands-on learning at UK's Central Kentucky Farms
- Field trips + training at mentor farms
- Learning in community with your KY Farm Launch cohort
- There is no cost for the program, but space is limited
- Ability to attend weekly workshops from March – Nov is required





# 2025 Eastern Kentucky Farmer Conference

February 21 - 22  
London Community Center



Join us for a two-day conference for farmers and agriculture enthusiasts to network, attend trainings, and access essential resources for success in Appalachian farming.

**REGISTRATION IS OPEN UNTIL FEBRUARY 6**

**Registration is \$45**



[tinyurl.com/2025EKFC](https://tinyurl.com/2025EKFC)

**Topics include marketing your products, sustainable agriculture, farm resources and funding, production tips, and more!**



# BEEKEEPING

## State Apiarist Office Hours!

Starting in January, Dr. Amanda Skidmore – the Kentucky Department of Agriculture State Apiarist, will be hosting a monthly zoom meeting open to anyone that would like to participate. This will be a way for her to communicate important beekeeping related information and an opportunity for you to ask her questions! The first meeting will be Thursday, January 23, 2025 from 12pm EST/11am CT. If you would like to participate, please fill out the google form linked here and she will add you to her email list where you will be able to sign up for the meetings!

Sign up here: <https://forms.gle/hwpyX1giH1Wd2Gmv9>

Or scan the QR code with your phone camera



For more information, contact the Pike County Extension Office



Source: [planeatmove.com](http://planeatmove.com)  
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 Cooperative  
Extension Service

## Vegetable Barley Soup

### INGREDIENTS

- 1 medium onion, diced
- 1 tablespoon garlic powder
- 2 tablespoons olive oil
- ½ lb. carrots (about 4)
- 1 (28-ounce) can unsalted diced tomatoes
- 1 cup pearled barley
- 1 tablespoon dried Italian seasoning
- 6 cups low-sodium vegetable broth
- 1 potato, diced
- 1 cup frozen green beans
- ½ cup frozen corn
- ½ cup frozen peas

### DIRECTIONS

- Heat a large pot over medium heat and add the onion, garlic powder, and olive oil. Cook for 2 to 3 minutes.
- Add carrots, tomatoes, barley, Italian seasoning, and vegetable broth. Stir to combine. Cover with a lid and let the soup simmer for 30 minutes.
- Add diced potato. Cook for 10 minutes, or until potato pieces are tender.
- Add frozen green beans, corn, and peas. Stir and let cook for another 5 to 10 minutes.



# Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**9:30 a.m. - 2:30 p.m.**

**To register & for additional  
dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)**

**\$50**  
Fee

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
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with prior notification.



# Cabbage Jambalaya

<b>1 pound</b> lean ground beef	<b>1</b> (13 ounces) package turkey smoked sausage, sliced	<b>1</b> (14.5 ounces) can diced tomatoes
<b>1 ½ cups</b> chopped celery		<b>2 cups</b> water
<b>1 ½ cups</b> chopped onion	<b>1</b> medium head cabbage, chopped (about 10 cups)	<b>1 cup</b> brown rice
<b>2 cloves</b> garlic, minced		<b>1 teaspoon</b> garlic powder
		<b>1 tablespoon</b> Cajun seasoning

**Heat** a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings

**Nutritional Analysis:**  
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

## Pike County Extension Service

148 Trivette Drive  
Pikeville, KY 41501  
(606) 432-2534  
Fax: (606) 432-2536  
[www.uky.edu](http://www.uky.edu)

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Lexington, KY 40506



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## 2025 Plant Order Form

**Pike  
Cooperative  
Extension**

148 Trivette Drive,  
Pikeville, KY 41501

606-432-2534

**Purchaser Information:**

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

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

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

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

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

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
	<b>KY Sales tax of 6% is included in prices.</b>	Total Due	

Pre-payment is required by **Wednesday, March 5**, for all plant orders.  
**Make checks payable to: Pike County Extension**

Payment Information:

Receipt number: \_\_\_\_\_

Paid:  YES  NO Date: \_\_\_\_\_

Entered in spreadsheet:  YES -By: \_\_\_\_\_

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



Please note that plant availability is limited. All orders will be processed on a first-come, first-served basis. Should you have any questions, feel free to contact our office at 606-432-2534.

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