

MARCH 2024

# MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER



## Get started with a spring garden

You don't need to wait for warm weather to start your vegetable garden. Did you know there are several types of vegetables you can start as early as March? Radishes, spinach, cabbage, broccoli, lettuce, onions and many more vegetables are all quite frost tolerant, and you can seed or transplant them in the garden from mid-March to early April.

If you want to get an even earlier start, you could try covering an area with clear plastic film to create a mini greenhouse where plants will thrive. To try this season-extending technique, first work up the soil for your plot and stretch some black plastic over the area for a couple of weeks. This will help warm the soil and give seeds and transplants an added boost.

After a few weeks under black plastic, the soil will have warmed a few degrees, and you can prepare the bed for planting and transplanting. Once planted, you should install a wooden or

## PLANT ORDER DEADLINE MARCH 8TH!

Strawberries  
\$6.50/bundle

Blackberries  
\$4 each

Blueberries  
\$9 each

Raspberries  
\$4 each

Asparagus  
\$1 each

Onion slips  
\$5/bundle

## FRUIT TREE ROOTSTOCK AVAILABLE NOW

APPLE- DWARF  
PEAR- SEMI DWARF

For more info, contact  
McCreary County Extension

606-376-2524



metal frame over the bed and cover it with clear polyethylene film. Anchor the film at the base with boards, bricks or soil, but remember that occasionally you will have to remove the poly to tend to the plants and to harvest the crop.

For this reason, it's best if you don't permanently attach the plastic to the frame. It will also be necessary to open sections of the covering for ventilation on warm sunny days. You can easily accomplish this by designing the ends of the covering so you can easily open or remove them during warm weather.

*ID-128 Home Vegetable Gardening in Kentucky* is a UK Extension publication that is packed with gardening information, from planting dates to storing vegetables (and everything in-between). Copies are available online, or pick one up at your local extension office.

For more information on early spring gardening techniques or other gardening topics, contact the McCreary County Cooperative Extension Service.



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## Upcoming Events McCreary Co. Extension

**Mar 2nd (Sat), 10:30am**  
**Backyard Poultry Workshop**  
**Scott Christian Care Center**

**Mar 7th, 5:30pm**  
**Fruit Tree Pruning & Grafting**  
**Stephens Farm- Strunk, Ky**

**Mar 12th, 12pm**  
**Library Lunch Program**  
**Seed Starting**

**Mar 12th, 6:30pm**  
**Cattlemen's Association Meeting**

**Mar 16th (Sat), 9am-12pm**  
**Living on a Few Acres-**  
**Multi County Conference**

**Mar 19th-21st**  
**Master Loggers 3-Day Training**  
**McCreary Hardwoods, Inc.**

**Mar 27th, 10am**  
**Get Healthy McCreary Hiking**  
**Markers Arch**

**Mar 28th, 5:30pm**  
**Grow Appalachia**  
**Methods & Styles**

Call 606-376-2524 for  
 registration info



## **BASIC STOVETOP BEANS**

Servings: Makes 12 (6-7 cups)

Serving Size: 1/2 cup



**UK** Cooperative  
Extension Service

### Directions:

1. First, rinse and sort, removing dirt, rocks, and other debris that might be present. Remove beans that are shriveled or look unusual compared to the others.
2. Next soak the beans or chickpeas (overnight, quick soak, or hot soak). Use a pot large enough to account for the beans doubling in size.
3. Drain soaked beans and rinse with cool running water.
4. Add beans and fresh water to the pan.
5. If using meat or bones to season beans, add them at this time.
6. Place pot on medium-high heat. Bring beans to boil then reduce to medium-low heat and allow beans to simmer until tender. As beans cook and water evaporates, adding water may be necessary.
7. Cook 1 to 2 hours depending on type of beans. Your cooking time might be slightly less or more, so check for doneness throughout the cooking process.
8. When beans are almost done, season with spices, herbs, or salt, if desired.
9. Store cooked beans in a covered container in the refrigerator for 3 to 4 days or in the freezer for up to 6 months.

### Ingredients:

- 1 pound dry beans or chickpeas
- 4 cups water for beans or 6 cups water for chickpeas
- Salt, meat, bones, seasonings, bouillon flavoring, herbs, and spices, optional

**Nutrition Facts Per Serving:** For info about a specific dry bean, please refer to the product's Nutrition Facts Label or ingredient list.

# VEGETABLE GARDENING PLANTING TIPS >>>

If you are preparing to plant a garden this year, you can utilize the [planeatmove.com](http://planeatmove.com) garden planning calendar to stay on track!

Make planting a garden a family affair, share your knowledge with your kids and grandkids, write notes to keep as a family heirloom...the gift of knowledge is the greatest gift you can give!

**Advice for March:** Clean garden space to get ready to plant—weed and remove old plants from last year. Prepare planting beds; clean containers for container gardening; turn compost weekly. Spread mulch; plant potatoes; plant asparagus crowns.





Kentucky Extension  
Master Gardener

After completing a full year of classes, 7 McCreary County Extension Master Gardeners graduated the program and earned their volunteer certifications.

These folks contributed over 400 volunteer hours to McCreary County Extension and completed 24 hours of educational training.

**Congratulations!**

# ***Volunteer Spotlight***



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