

A man with a mustache and a woman with glasses are smiling in front of a wooden building. The man is wearing a grey polo shirt, and the woman is wearing a blue patterned shirt. The background is a wooden wall with a window.

# Thank a FARMER

**Farming with  
Hansen's  
Harvest**

***Also inside:***

Bays builds renowned brand with  
Moonlight Meat Processing... **PLUS MORE**



# Bays builds renowned brand with Moonlight Meat Processing



PHOTOS BY BRITTANY WHITEHEAD

Moonlight Meat Processing owner/operator Anne Bays shares her story and company values.

## BY BRITTANY WHITEHEAD

Staff Writer

In the heart of Kentucky's rich agricultural landscape, Anne Bays has forged an impressive path in the cattle industry, turning her initial curiosity into a thriving business.

Bays, the owner of Moonlight Meat Processing, shares her journey from city living to running a USDA-inspected meat processing plant, highlighting the intricacies of meat processing and the challenges faced by the cattle industry today.

Anne Bays was not born into farming life. Raised in the city and later living in Nashville, her entry into cattle raising was as unexpected as it was transformative.

"In my 30s, while living in Nashville, I had the income and the time and thought, 'You know, I want to try a cow,'" Bays recalled.

This whimsical thought led her to purchase first a Scottish Highland cow, then quickly expanding her herd to 25 cows. After renting land in Nashville to accom-

modate her growing herd, Bays moved her cattle around the country, eventually settling in Kentucky about 15 years ago to focus on selling grass-fed beef at Kentucky farmers markets.

Bays' move to Williamsburg was met with challenges, driven by the need for a closer processing facility.

"I was selling at farmers markets, but I had to drive to Monticello multiple times for processing," she explained.

Finding a USDA-inspected plant was essential, so when the opportunity arose to purchase a plant that had lost its USDA grant, Bays seized it.

"I approached the owner to ask if they were willing to sell, and he said, 'More than you even know.' One thing led to another, and I bought this plant," Bays shared.

Her contributions to the cattle industry have not gone unnoticed. Bays was named Agribusiness Woman of the Year by the Kentucky Women in Agriculture and is a certified farmers market vendor, selling Kentucky Proud products.

Bays is proud that Moonlight Meat is a USDA-inspected processing plant. Securing the USDA inspection grant was a meticulous process with Bays explaining that it took months of paperwork, inspections, and a 90-day verification period to ensure compliance with federal standards.

This rigorous oversight ensures that the meat processed at Moonlight meets stringent safety and quality standards, essential for legal trade.

Understanding the USDA's role is crucial to appreciating the complexities of meat processing. USDA inspection is vital for any meat sold commercially in the United States. The USDA ensures that meat is safe, wholesome, and correctly labeled and packaged. This involves continuous inspection of the slaughter process and regular checks during meat processing.

For consumers, USDA inspection provides confidence in the safety and quality of their meat.

At Moonlight Meats, an inspector is present during the entire slaughter process to ensure humane handling and

proper procedures. The plant must maintain detailed records of temperatures and processes to comply with USDA regulations. This thorough oversight is critical for tracking and ensuring meat safety from the farm to the consumer's table.

Meat processing involves several stages, starting with slaughter and continuing through to the final packaging. When a cow arrives at Moonlight Meats, it is first stunned to render it insensible to pain. This is followed by bleeding, skinning, and gutting. The carcass is then hung on a rail, with payment based on the hanging weight.

"A lot of people don't understand that, they believe they're going to be getting that hanging weight back but that's before it's cut," Bays explained.

Dry-aging is a standard practice at Moonlight Meats, where beef hangs in a cooler for 14 days. This process enhances flavor and tenderness, as enzymes break down muscle fibers. In contrast, most commercial beef undergoes wet-aging, where it is vacuum-sealed and aged in its own juices, a process that can occur during transportation to retailers.



Moonlight Meat Processing has a stock freezer for in-store products that are locally produced.



A significant concern in meat processing is humane treatment. Bays is unwavering in her commitment to humane practices. She ensures that her cattle are given the best possible life and are humanely slaughtered. This ethical approach resonates with consumers who value transparency and humane treatment in meat production.

Humane slaughter practices are not just ethical but also required by law. The Humane Methods of Slaughter Act mandates that animals must be rendered insensible to pain before being slaughtered. This act ensures that the meat industry maintains high welfare standards, benefiting both animals and consumers.

Running a meat processing plant comes with its challenges. Labor market issues and fluctuating cattle markets significantly impact operations. Bays notes that the high cattle market allows farmers to make more money selling their products, but is reducing the number of farmers coming in for processing.

The cattle industry also faces broader challenges including market volatili-

ty, trade issues, and changing consumer preferences. Recently, the industry has seen increased demand for grass-fed and organic beef, driven by consumer awareness of health and environmental concerns.

Bays' involvement extends beyond her business. She serves on the Whitley County Farm Bureau board, the State Farm Bureau Advisory Committee, and the Kentucky Cattleman Association board. These roles allow her to influence industry practices and policies, ensuring that the interests of small farmers and processors are represented.

Bays' journey from a city girl to a key player in Kentucky's cattle industry is a testament to her passion and perseverance. Through Moonlight Meat Processing, she has not only provided high-quality, USDA-inspected meat but also championed humane practices and local agriculture. Her story gives emphasis to the complexities and rewards of the cattle industry, inspiring others to pursue their agricultural dreams with dedication and integrity.



Moonlight Meats Processing use a 14 day dry-aging method on their meats to tenderize and provide additional flavor.



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# A SHEPHERD IN APPALACHIA: A Young Man's Journey to Pasture



PHOTOS SUBMITTED

Trent Jones, a 16-year-old South Laurel High School student, is already pursuing a career in agriculture with his own herd of sheep.

**BY JARROD HURST**  
Correspondent

According to the United States Department of Agriculture's Census of Agriculture released in February, the average farmer in the United States is 58 years of age. It's something that USDA Secretary Tom Vilsack said requires a wake-up call.

One local teen and South Laurel FFA member has answered that call and begun a journey that will hopefully

change the trajectory of this statistical trend.

Trent Jones, 16, of London, was looking for summer work last year when he stumbled across a farm just a mile from his home that was in need of a farmhand. Jones had no idea this job would change his life forever. After working there for about three months the owner of the farm asked if he would be interested in a larger scale — open range sheep grazing operation in Perry

County, Kentucky. The farm sits on a 3,200-acre reclaimed surface mine, owned by Dr. Patrick Angel, president of Southeast Kentucky Sheep Producers Association (SEKSPA) and the perfect stranger that would aid Jones in this new endeavor.

SEKSPA is a non-profit organization that aids and teaches sheep farming to families in the Appalachian counties of Kentucky. Part of that outreach is to promote the use of reclaimed surface mines in the coal fields of eastern Kentucky for sheep grazing. As of this writing, SEKSPA has productivity potential of nearly a million acres of reclaimed surface mines.

That is where Jones comes in. After being introduced to Dr. Angel, Jones was given the opportunity to herd 500

sheep in one of these areas. The objective was to prove the concept of surface mines being the ideal grazing ground for sheep.

Jones would spend four months learning the ins and outs of a job completely foreign to him.

"I knew little about sheep, so it was definitely a big step. But I accepted the responsibility and went to Perry County," Jones said.

There he would find his living quarters in an off-the-grid type of situation. What once was an old box trailer had been converted into a sort of rustic apartment. Jones had access to a comfortable bed, heat, and air conditioning. He cooked meals over an open fire and used his alone time to ponder the direction of his newfound life.

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"Nobody else was around so I definitely had a lot of time to think about what my future was going to be. Is there any other occupation that I would like as my lifelong pursuit? The answer was definitely not!" Jones said.

His days in Perry County were spent herding sheep and watching for predators. When the fog lifted each morning, Jones would let the sheep out of their nightly corral and move them to green pasture. There they would remain until sundown when they would go back to their nightly, coyote-proof corral.

"I would watch for ewes who were lambing and assist as necessary. I was on constant alert for coyotes, bears, black vultures, and human rustlers," said Jones.

Jones took the four months of wages he earned in Perry County and purchased 12 sheep. Since then, his flock has grown to around 25 breeding ewes and he is now the manager of the farm that he was once the farm-hand. As of this writing, Jones has completed his first successful year of lambing and is about to enter year two.

"I will turn my ram in on August 15, hoping to have December lambs so I can grow them out in time for the Easter market," Jones said.

Jones attributes his newfound love for shepherding to Dr. Angel and Lester Brashear, Vice



Jones' herd has doubled in one season.

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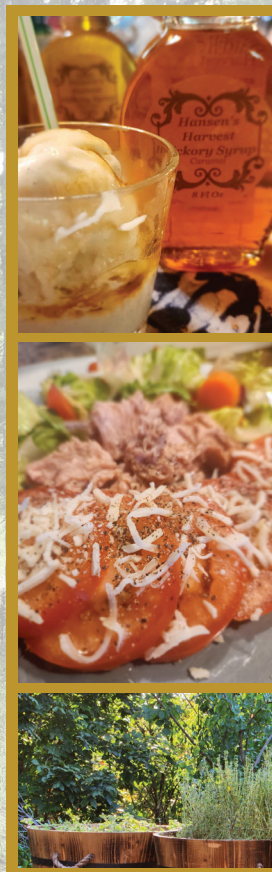
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Trent Jones checks on a newborn lamb.

PHOTO SUBMITTED

President of SEKSPA.

"No matter how silly the question sounded, they would always have an encouraging answer," he said. "If I were to call either of them to ask for help, they would be right there in a heartbeat. They are both very knowledgeable and the best mentors a young aspiring shepherd could possibly have."

Livestock agriculture, such as sheep farming, is the perfect gateway to young people interested in farming, Jones continued. The mountainous terrain of southeastern and south-central Kentucky does not offer much prime farmland. However, such mountains and coal fields are the perfect places for sheep and goats to graze — making easy the first steps for young people in this area to pursue such endeavors.

"The stocking rate for cattle is one head per acre. And the price of a good brood cow is very high," Jones said. "With sheep, the stocking rate is five ewes plus their lambs on one acre. A 100-pound ewe lamb that's ready to breed would cost only about

\$250-\$300. That ewe can potentially produce up to two lambs in the first year. If you put pencil to paper and do some very basic math, you can easily see that sheep make more sense than cattle for a young person with limited acreage.

"The advice that I would give to someone looking to create a more agriculturally specific lifestyle is to start off small and work your way up. Hook up with experienced sheep farmers and follow their advice and guidance. Ask questions of people who have been in the game for many years. Get involved in the educational workshops, clinics and farm visits that organizations like SEKSPA and Extension Agriculture Agents offer. Figure out what works the best and helps you be the most efficient and prosperous you can be and don't let one disappointment discourage you. There will be hard days, there will be mess-ups, and there will be failures. But if you work hard and stick with it, hopefully one day you will be running 500 to 1,000 sheep on your farm."

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# Farming with Hansen's Harvest KY



PHOTOS BY MADISON NANTZ

Meet the Hansens. Josh and Candy began Hansen's Harvest five years ago with goats but have since transitioned to sheep and more.



The Hansens grow many types of mushrooms, which are known for their health benefits.

BY MADISON NANTZ  
Staff Writer

London citizens and farmers Josh and Candy Hansen run a successful Kentucky Proud farm by the name of Hansen's Harvest.

The pair has lived in London for six years. During this time, Josh acted as the JROTC instructor at North Laurel High School for three years. Before this, he served in the Navy for 30 years. Josh had a "little bit of farming experience growing up," but farming like this has been new territory for him.

Though Candy did not have previous experience with farming, she fell in

love with the idea when living in Amish country within Northern Maryland. While deciding what to do with their time in retirement, Candy brought up this dream of farming and they made the move, committing to farm life.

Hansen's Harvest has only grown over the years, recently reaching 1,200 followers on Facebook.

"I love it. It is by far one of the most rewarding things I've done," Josh said of farm life, despite how demanding it can be.

The Hansens originally planned to focus their farming on goats, buying some around five years ago. They did this due to a desire to incorporate dairy products, such as milk and cheese. However, in order for the Hansens to get milk, the goats had to have kids.

The couple later decided this was not the route best suited to them, stating that male goats can be difficult to manage, between odor and mischievous acts such as jumping on their vehicle. The Hansens disliked the idea of confining of the goats, which would have been their only solution, so they ultimately decided to only keep two of them. Those two goats, Lily and Lola, are now

recognized as the mascots of Hansen's Harvest.

Other animals that can be seen trotting around at Hansen's Harvest include dogs Butch and Sundance, four pigs (three females and one male) which they breed, chickens, and several sheep.

The Hansens opted for lamb meat after their struggles with goats, as there is larger market for lamb. They now raise lambs from Spring to late October or early November. They then sell the meat, which Josh said is mild-tasting.

Additionally, the pair sells piglets to others so that the customer can then raise the pig for processing themselves. They also sell the piglets as breeding stock. They are registered Tamworth hogs, which is one of the oldest breeds.

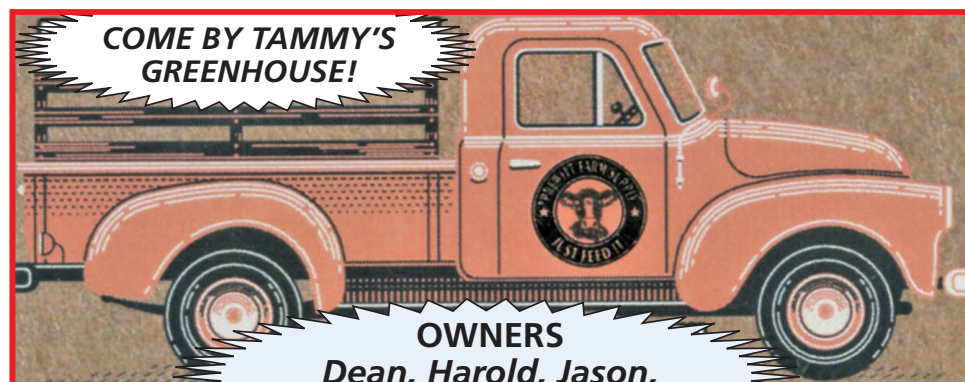
With both lamb and pork, the Hansens will do shares, meaning the customer would pay a deposit on the animal, then the Hansens would raise it for the appropriate amount of time according to



Lily, one of the goat mascots at Hansen's Harvest, never turns away a close-up!

the animal and deliver it for processing before delivering the cuts of meat to the customer.

"Our general philosophy on the farm is we want the animals to have their absolute best life possible," Candy stated. The Hansens try to keep the confinement of their farm animals to a



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PHOTOS BY MADISON NANTZ

Hansen's Harvest takes the hydroponics route when growing plants.

minimum while still keeping them safe, having a fence which surrounds the property.

As a result of the farm animals being free range, they do not smell poorly or struggle with disease. It additionally helps the Hansens with work around the farm, as the goats eat grass, the pigs till weeds, and the chickens eat flies.

Hansen's Harvest also abstains from using pesticides.

Candy shared that, while the farm is not technically certified organic, they do their farming in an organic matter.

"The only reason we're not certified is because of the expense and the time it takes," she stated.

The Hansens began selling commercial products only three years ago, beginning at the London-Laurel Farmers Market before realizing they wanted to grow their business beyond that.

In addition to their animal products, which are strictly pork and lamb at this time, Hansen's Harvest sells hickory syrup, blackberry syrups, olive oils, marinade, rosewater facial toner and body spray, mushroom tinctures, and more.

"We use mushrooms primarily for the health benefits," Candy stated, adding that mushrooms can have anti-inflammatory and anti-cancer properties.

Specifically, oyster mushrooms may lower cholesterol and blood sugar and Lion's Mane can improve brain and nervous system health. She added that they often use Reishi mushrooms to make tinctures. Some of Hansen's Harvest's mushroom tinctures can be found at the Hand Heart & Soul shop located on South Laurel Road in London.

The chamber where the Hansen's grow their mushrooms is temperature- and humidity- controlled.

"I start with a liquid culture, then I go to grain spawn, then I basically grow them on saw dust," Josh stated.

Candy and Josh both have a passion for cooking, so it was a natural progression for them to also take an interest in making syrups and oils.

"The Hickory syrup and Herb infused oils were two of the first things we played with, since they were things we could make with ingredients we had on the farm. We want to give people something simple, delicious, healthy, but different," Candy stated.

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Hansen's Harvest uses solar power, majorly lowering their electricity bill.

Notably, Hansen's Harvest gardens hydroponically. Josh shared that he likely uses about a tenth of the water doing so than he would with a regular garden setup. He went on to estimate their use of 150 gallons of water during an entire growing season. They primarily grow tomatoes and peppers there.

"From not only a water conservation standpoint, but also from a work standpoint, doing things hydroponically was so much easier for us," Josh stated.

Furthermore, hydroponic gardening is convenient for those who need to relocate, those with disabilities, and those with poor soil for regular gardening. It also eliminates the need for weeding.

Maintaining their status of being as conservative with resources as currently possible, Hansen's Harvest uses solar power. Though they cannot entirely rely on the commercial solar panels at this time, Josh refers to the farm as "electricity neutral."

Their electricity bill has only cost \$28 per month since January.

"I did all the solar myself and it took me about five months to build everything. I just got the whole system com-

pleted and hooked up to Jackson Energy at the end of December 2023," Josh stated.

Within the next six months, the Hansens plan to begin building a farm shop, commercial kitchen, and mushroom production facility.

"I would say our goal is that by next Spring we'll have that completed," Candy stated.

At that time, the pair would like to teach classes educating others on how can grow their own mushrooms.

Hansen's Harvest often gives tours of their farm, which are free of charge. The Hansens welcome anyone interested in a tour to reach out, ideally with them being informed three days in advance.

Look for them at festivals such as Marion Company Country Ham Days in Lebanon, Mountain Mushroom Fest in Irvine, Wine & Vine Fest in Nicholasville, and more.

To purchase Hansen's Harvest products, visit [hansensharvestky.com](http://hansensharvestky.com). There, customers may also subscribe to receive news and updates concerning the farm. For further inquiries, email [HansensHarvestKY@gmail.com](mailto:HansensHarvestKY@gmail.com), or call or text 606-401-7155.

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# Southeastern Farm Supply & Equipment celebrating 50 years as staff look ahead to bright future



PHOTO BY JESSIE ELDREDGE

Martin's Equipment Group General Manager Brice Hicks, left, poses with former Southeastern Farm Supply owner Jack Bolton.

**BY JANIE SLAVEN**  
Editor

It's a year of milestones for Southeastern Farm Supply & Equipment.

The company is celebrating 50 years in the Bolton family even as

they transition to a new era as a division of Martin's Equipment Group.

The father-and-son team of Tip and Jack Bolton purchased what had been Southeastern Equipment in the Spring of 1974 — renaming it Southeastern Farm Supply that

October.

Over the years, the agricultural equipment dealership grew to serve producers beyond southeastern Kentucky and encompassed three generations of the Bolton family. Tip and his wife

Kathleen worked together at the dealership until his passing in 1990, with Kathleen continuing until her retirement a few years later. Jack and his wife, Jerrie Jones Bolton, had a one son, Jason, who worked at the store



PHOTO COURTESY SOUTHEASTERN KENTUCKY FARM SUPPLY & EQUIPMENT

Jack bought the dealership in the Spring of 1974 with his father Tip Bolton, above.



PHOTO SUBMITTED

Jack's mother Kathleen Bolton worked at Southeastern Farm Supply for some 20 years.

employees including the late Larry "Buck" Fowler, who worked with the dealership 43 years; Mike Bowling, 28 years; Johnny Caudill, 26 years; the late Terry Spurlock, 21 years; Angela Gambrel, 16 years; Donna

throughout high school and college — returning to the store full time upon his retirement from the Kentucky Department of Fish and Wildlife.

The family also included several loyal and trusted

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Southeastern Farm Supply & Equipment features a wide variety of agricultural equipment, parts and product service.

Lawson, 15 years; and Recil Jones, nine years.

"These individuals, along with my loyal customers, helped make the business what it is today, and I'm so thankful for their dedication," Jack said. "I've had ups and downs, but I am grateful for the grace that has sustained me through trials and tribulations. The Lord has provided resilience in helping me face challenges with courage and faith. Lt. General Robert Baden-Powell said he always wanted to leave it [the world] better than he found it. I think I did."

With 50 years of operating it under his belt, Jack sold the dealership in April to Martin's Equipment Group.

The Martin family — primarily through Martin's Peterbilt — has served regions of Kentucky and West Virginia through parts and service in the heavy highway industry beginning in London dating back to 1964.

With the transition, the company is now known as Southeastern Farm Supply & Equipment — a nod to both prior owners that incorporates not only the dealership's entire his-

tory but looks ahead to future.

"We want the same customers Jack has established as we bring the opportunity for more growth," Brice Hicks, General Manager of Martin's Equipment Group, said.

Hicks also noted the maintaining of family ties, explaining that his wife Mackenzie is the daughter of Martin's owner as well as the niece of Jack Bolton.

"Our two-year-old son is named Jack," Hicks said. "This dealership is still in the family and rooted in London."

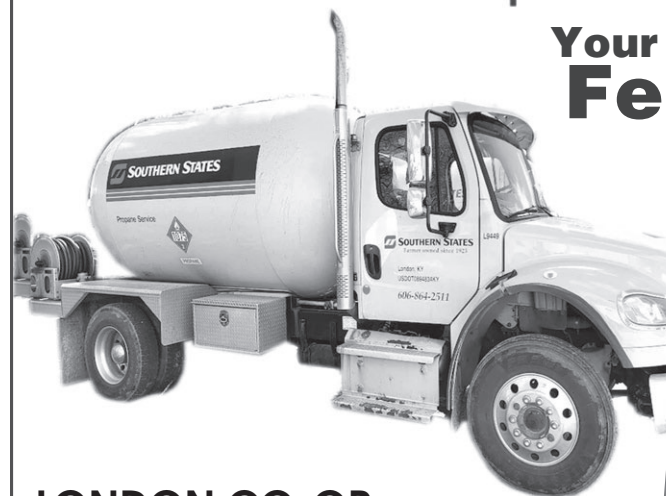
In addition to Jason Bolton staying with Southeastern Farm Supply & Equipment, Hicks said that Mike Bowling and Angela Gambrel also remain. "That's nearly 50 years of experience just between the two of them," he noted.

Located at 807 S. Dixie Street in London, Southeastern Farm Supply & Equipment is open Monday through Friday from 8 a.m. to 5 p.m. as well as Saturdays from 8 a.m. until 12 noon. Learn more by calling 606-864-6603 or visiting [southeasternfarmsupply.com](http://southeasternfarmsupply.com).

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## Produce Storage Tips

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### Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

#### Best Practice:

Use berries on the countertop within 1–2 days.  
If longer, store in the fridge.

### Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

#### Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops;  
use them in pesto, soups, and even salads.

### Chef Tips:

**01** Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

**02** Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

**03** Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



## Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

### Mar–May

## SPRING

Asparagus (Apr–Jun)  
Greens (Apr–Nov)  
Kohlrabi (May–Jun)  
Lettuce (May–Jun)  
Maple Syrup (Feb–Mar)  
Green Onions (May–Jun)  
White Onions (Jan–Mar)  
Peas (May–Jun)  
Potatoes (Jul–Oct)  
Radishes (Apr–Jun)  
Strawberries (May–Jun)  
Sweet Potatoes (Oct–Mar)  
Turnips (May–Jun)  
Winter Squash (Jan–Mar)

### Jun–Aug

## SUMMER

Apples (Jul–Dec)  
Beans (Jun–Sep)  
Beets (Jun–Nov)  
Blackberries (Jun–Oct)  
Blueberries (Jun–Jul)  
Broccoli (Jun–Jul)  
Brussels Sprouts (Jul–Nov)  
Cabbage (Jun–Jul)  
Cantaloupe (Jul–Sep)  
Carrots (Jun–Aug)  
Cauliflower (Jun–Jul)  
Sweet Corn (Jul–Sep)  
Cucumbers (Jun–Sep)  
Eggplant (Jun–Sep)  
Garlic (Jun–Aug)  
Grapes (Aug–Sep)  
Greens (Apr–Nov)  
Kohlrabi (May–Jun)  
Okra (Jun–Sep)  
White Onions (Jan–Mar)  
Peaches (Jun–Aug)  
Peppers (Jul–Sep)  
Plums (Jul–Sep)  
Potatoes (Jul–Oct)  
Raspberries (Jun–Sep)  
Rhubarb (Jun–Sep)  
Summer Squash (Jun–Oct)  
Tomatoes (Jul–Oct)  
Watermelons (Jul–Oct)  
Zucchini (Jun–Oct)



### Sep–Nov

## FALL

Apples (Jul–Dec)  
Beans (Jun–Sep)  
Beets (Jun–Nov)  
Blackberries (Jun–Oct)  
Blueberries (Oct–Nov)  
Bok Choy (Aug–Nov)  
Brussels Sprouts (Jul–Nov)  
Cabbage (Oct–Nov)  
Carrots (Oct–Nov)  
Cauliflower (Oct–Nov)  
Greens (Apr–Nov)  
Kohlrabi (Sep–Oct)  
Lettuce (Sep–Oct)  
Nut Crops (Sep–Nov)  
Okra (Jun–Sep)  
Green Onions (Oct–Nov)  
White Onions (Jul–Sep)  
Pawpaws (Aug–Oct)  
Pears (Aug–Nov)  
Peppers (Jul–Sep)  
Plums (Jul–Sep)  
Potatoes (Jan–Mar)  
Pumpkins (Sep–Nov)  
Radishes (Sep–Nov)  
Raspberries (Jun–Sep)  
Rhubarb (Jun–Sep)  
Sorghum (Sep–Nov)  
Summer Squash (Jun–Oct)  
Sweet Potatoes (Oct–Mar)  
Tomatoes (Jul–Oct)  
Watermelons (Jul–Oct)  
Winter Squash (Aug–Nov)  
Zucchini (Jun–Oct)



### Dec–Feb

## WINTER

Apples (Jul–Dec)  
Maple Syrup (Feb–Mar)  
White Onions (Jan–Mar)  
Potatoes (Jan–Mar)  
Sweet Potatoes (Oct–Mar)  
Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.



# Asparagus Ham Quiche

<b>1 pound</b> fresh asparagus, trimmed and cut into ½ inch pieces	<b>1</b> egg white, slightly beaten	<b>⅓ cup</b> 1% milk
<b>1 cup</b> , finely chopped ham	<b>2 cups</b> shredded reduced fat cheddar cheese	<b>¼ teaspoon</b> ground nutmeg
<b>1</b> small finely chopped onion	<b>4</b> large eggs	<b>¼ teaspoon</b> salt
<b>2</b> (8 inch) unbaked pie shells	<b>1 container</b> (5.3 ounces) plain Greek yogurt	<b>¼ teaspoon</b> pepper

**Preheat** oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

**Yield:** 16 slices

**Nutritional Analysis:** 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Apple Sage Pork Chops

- 1 tablespoon** flour
  - 1 teaspoon** dried sage
  - 2 tablespoons** garlic powder
  - 1/2 teaspoon** ground thyme
  - 1 teaspoon** salt
  - 4** boneless center cut pork chops
  - 2 tablespoons** oil
  - 1/2** large onion, thinly sliced
  - 2** thinly sliced red apples
  - 1 cup** unsweetened apple juice
  - 2 tablespoons** brown sugar (optional)
- Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

**Yield:** 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

RECIPE COURTESY KENTUCKY PROUD

# Kentucky Asparagus

**SEASON:** April through May.

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

**STORAGE:** Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

**PREPARATION:** One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

## KENTUCKY ASPARAGUS

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

**March 2015**

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# Cheese Biscuits (Gluten-Free)

**By Dawn Ballou from Dade City, FL**

*I am eating low carb and I find that a lot of the gluten-free recipes can fit nicely into my meal planning!*

**Ingredients:**

1/4 c butter, melted  
4 eggs  
1/3 c coconut flour, sifted  
1/4 tsp salt  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/4 tsp baking powder

3/4 c cheddar cheese, shredded

**Directions:**

1. Blend together eggs, butter, salt, garlic powder, and onion powder.
2. Combine coconut flour with baking powder.
3. Whisk into batter until there are no lumps.
4. Fold in cheese.
5. Drop batter by the spoonful onto a greased cookie sheet.
6. Bake at 400 for 15 minutes.

# Gluten-Free Pasta Salad



**By Karl Strasser from Clearwater, FL**

*I have some trends on special diets and everyone loves this salad.*

**Ingredients:**

1 pkg gluten-free rotelli pasta  
1 pkg grape tomatoes, halved, 10 oz  
4 oz Feta cheese, crumbled  
1/4 lb deli salami, cubed  
bunch fresh basil, chopped  
1/2 red pepper, chopped  
1 bunch green onions, chopped

1 can black olives, halved, 6 oz

**DRESSING**

1/3 c olive oil  
3 Tbsp lemon juice  
2 clove garlic, minced  
1 1/2 tsp dried oregano  
1/2 tsp salt  
1/4 tsp fresh ground black pepper

**Directions:**

1. Boil gluten-free pasta according to package directions and drain.
2. In a large mixing bowl,

place cooled pasta, halved tomatoes, Feta cheese, salami, chopped basil, chopped bell pepper, and halved black olives.

3. Toss together.
4. Add chopped green onions and toss.
5. In a small bowl, whisk together dressing ingredients.
6. Pour over pasta salad and toss together well. You can add artichoke hearts if desired too.



# Milk & Sugar Pie

**By Gloria Monroe from Paris, TN**

*This recipe is at least 65 years old, according to my mom. She remembers her mom making it when she was a little girl, and she is now 74 years old. Mom said it was an economical pie and very rich so it would serve a large family. It is scrumptious. Hope you all enjoy it!*

*TOL = Tons of Love! A positive saying I created in these trying times, Pass it on if you like it! TOL! Gloria*

**Ingredients:**

1/3 c all-purpose flour  
3/4 c white sugar  
1/4 c dark brown sugar  
1 pinch salt  
1 c evaporated milk  
1/2 c whole milk  
3 Tbsp butter, melted

1 unbaked pie shell, store-bought or homemade

1 - 2 tsp cinnamon

**Directions:**

1. Preheat the oven to 425 degrees F. Combine the flour, both sugars, and salt in a medium-sized bowl. Mix well.
2. Slowly add the milks to the flour sugar mixture; mix well.
3. Add the melted butter; stir well.
4. Pour into the pie crust. Sprinkle with cinnamon. If you like cinnamon, use the larger amount.
5. Bake for 10 minutes. Reduce the temperature to 350 degrees F and bake for an additional 30 to 35 minutes. Cool. Store leftovers in the refrigerator. I like this pie warm or cold.





# Beefy Stuffed Peppers

**1 cup** uncooked,  
whole wheat couscous  
**1** small tomato, diced  
**½ cup** garbanzo beans  
**1 teaspoon** dried  
Italian seasoning

**¼ teaspoon** ground  
black pepper  
**1 teaspoon** salt  
**½ cup** low fat  
shredded mozzarella  
cheese

**4** large bell peppers  
**½ pound** lean ground beef  
**1 tablespoon** chopped green  
onion  
**1 tablespoon** minced garlic

**Cook** couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings

**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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## Kentucky Bell Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

**PREPARATION:** To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

**PRESERVING:** Wash and stem peppers. Package, leaving no head space. Seal and freeze.

### KENTUCKY BELL PEPPERS

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students

June 2013

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