



April 2011

### Recent Grow App News:

- We thank God that our program is full and overflowing this year! If someone is still interested in Grow Appalachia their name can be put on the waiting list for next year. Contact Bettina Balmer, Agricultural Projects Coordinator at 598-0520 or [bbalmer@rbmission.org](mailto:bbalmer@rbmission.org) .
- Part of the requirements to participate in the program is to have a soil test completed. All soil tests need to be completed no later than April 8<sup>th</sup>. If you need a soil test bag, stop by Red Bird Outreach Office or contact Bettina Balmer, Agricultural Projects Coordinator at 598-0520 or email at [bbalmer@rbmission.org](mailto:bbalmer@rbmission.org) .
- Grow Appalachia has a Field Coordinator to assist with tilling, hauling the tiller to homes, assisting with soil testing, and visiting sites to check on garden progress. Chad Brock has accepted the position and we are very excited to have him with us this year! He is an excellent addition to the program staff. He loves gardening and helping others. He lives at Roark and graduated from Red Bird High School.

### Tillers

We are here to teach and assist in getting your garden bed prepared. If you need assistance with getting the tiller to your home please give us a call at 606-598-0520 or email at [bbalmer@rbmission.org](mailto:bbalmer@rbmission.org) .



### Meeting

Our next meeting will be held on Thursday **April 28** at 5:30 pm. The guest speaker that was to speak on raised beds was unable to attend our last meeting. A different speaker has agreed to come and give us information about raised beds and organic gardening. **Please note that the meeting in April is on the last Thursday of the month instead of the third Thursday this time.**

### Seeds

We have received some seeds from Mennonite Central Committee again this year. We received many bean seeds, but not ½ runners. We also received bi color (Honey n Pearl) and yellow corn (Chieftain) seed as well as other vegetable seeds. We will be bagging seeds and getting those seeds out to participants within the next 2 weeks.

## Upcoming Conferences and Workshops

**UK Robinson Center Mountain Monday series**—April 11, at 6:30pm at the Robinson Center Auditorium in Quicksand. The topic this month is Blueberry Production and pruning. There is no fee for this training. We will be taking a van from the mission for this training. Please reserve your spot by Monday April 4 if you want to attend. We will have a pickup at the Parkway parking lot.

**Laurel County Extension Office**—April 11 at 6:00pm the topic is Patio Container Gardening. Learn the basics of starting your own patio container garden to grow fresh produce for personal use. There is no fee for this class. You need to call the Laurel County Extension office to pre-register at (606)864-4167.

**Laurel County Extension Office**—April 18 at 6:00pm the topic is strawberry production. Learn how to grow the best strawberries around. Instruction will include everything from preparing the soil to protecting your plants over the winter. Each participant will receive 50 strawberries to take home. The cost is \$10.00. You need to call the Laurel County Extension Office to pre-register at (606)864-4167.

**If you attend one of these workshops, it will count towards one of the three required trainings in order to participate in the Grow Appalachia Program. If you want to attend and need financial assistance please call Bettina Balmer at 598-0520 or email at [bbalmer@rbmission.org](mailto:bbalmer@rbmission.org) .**

## Featured Recipe

### Baked Apples and Sweet Potatoes

5 medium sweet potatoes

4 medium apples

½ cup margarine

½ cup brown sugar

½ tsp. salt

1 tsp. nutmeg

¼ cup hot water

2 Tablespoons honey

Directions

\* **Boil** potatoes in 2 inches of water until almost tender. **Cool** potatoes. Peel and slice. **Peel**, core and slice apples. **Preheat** oven to 400 degrees F. **Grease** casserole with a small amount of margarine. **Layer** some potatoes on the bottom of the dish. **Add** a layer of apple slices. **Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer. **Repeat** layers of potatoes, apples, sugar, salt and margarine. **Sprinkle** top with nutmeg. **Mix** the hot water and honey together. **Pour** over top of casserole. **Bake** for 30 minutes. **Yield:** 6 servings of 1 cup each. 300 calories, 8g fat, 0mg cholesterol, 320mg sodium.