

JUNE 2025

MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

Support Your Local Farmers Market

Growing season is in full swing, and your local farmers market has the freshest produce and value-added products around.

When you purchase from a farmers market vendor, most of which are small, family operations, it reduces the time it takes for food to travel from a large, commercial farm to a grocery store and onto your dinner plate. This means that local growers can wait to pick the produce and deliver it to you when it is at the peak of freshness. At the same time, you are reducing fuel emissions and transportation costs the growers would have to pay to sell their products outside the county. Many times, farmers markets are closer to your home than a grocery store, so shopping at the markets could cut down on your fuel costs too.

Buying from farmers markets is good for the local economy and one way to preserve agriculture in rural communities. Farmers market purchases keep your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. With an



MCCREARY FARMERS MARKET NOW OPEN!

9AM - 1PM
EVERY SATURDAY!
MAY - SEPT

**229 WILBURN K. ROSS HWY
STEARNS, KY 42647
(ACROSS FROM THE HIGH SCHOOL)**

Fresh produce, eggs, local
crafts, baked goods, flowers,
and more!

*All products made or grown in
McCreary County or a bordering
county. We are an Appalachia Proud,
Kentucky Proud Market!*

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FACEBOOK!**





established, local market to sell their products, new growers have a viable entry into agriculture and an improved chance at success. With much of the farmers markets products being fresh fruits and vegetables, you also have the opportunity to add more nutrition, vitamins and minerals to your family's plates. This can lead to healthier diets.

Buying from a local vendor can help you connect to the person who is growing your food. It can be a great lesson for your children on where food comes from. Over the course of the season, many repeat farmers market customers develop personal connections and friendships with vendors.

The McCreary County Farmers Market is open from 9am to 1pm every Saturday at 229 Wilburn K. Ross Hwy in Stearns, KY.

For more information about your local farmers market, contact the McCreary County Extension Service.



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 University of Kentucky
 McCreary County Cooperative Extension Service
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 Whitley City, KY 42653
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UPCOMING EVENTS MCCREARY CO. EXTENSION

McCreary County Farmers Market
Saturdays
9am-1pm

McCreary County Fun-Makers Meeting
June 10th, 4pm

Big South Fork Beekeepers
Association Meeting
June 16th, 7pm

Scott/McCreary Grow Appalachia
June 26th, 5:30pm
 Scott Christian Care Center
 Oneida, TN

Our office is closed June 19th in
observance of Juneteenth.

Agent will be out of the office
June 17th-27th.

Call 606-376-2524 or email
mccreary.ext@uky.edu for
 assistance.

Follow us!



June Garden Tips



Check out planeatmove.com for garden info & seasonal recipes!

Crops such as corn, beans, squash, okra, pumpkins (for Jack-o-lanterns), peppers and tomatoes can continue to be planted in all parts of the state.



Tomatoes and peppers make great plants for containers. If you are using a 12- 15 inch pot (across the top), only plant one plant per container. If you are using a larger container such as a half whisky barrel or similar, you may plant two or three plants.



Some early season crops such as lettuce, radish, and peas, will have matured and should be removed from the garden. This will make room for additional crops such as those listed above.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

GET CONNECTED STAY CONNECTED

McCreary County Extension



Newsletters

Monthly newsletters for Agriculture & Natural Resources and 4-H Youth Development.



Social Media

Follow our Facebook page for timely information and upcoming events!



Remind App

Event communication. Codes given for specific programs.



Visit our new location!

131 S. Hwy 27
Whitley City, KY 42653

Office hours: M-F 8am-4:30pm
Closed daily for lunch 12-1pm

CONTACT US

606-376-2524

mccreary.ext@uky.edu

mccreary.ca.uky.edu

CATTLEMEN'S CORNER

SUMMER TIPS

Line up your hay supply now in case of shortages this winter!

Continue harvesting hay. Minimize storage losses by storing hay under cover.

Clip pastures for weeds and seedheads as needed.





Ag Spotlight

4-H GARDEN CLUB

Thank you to all who supported and volunteered their time for the 4-H school garden club this year!

Our youth members got to start seeds in their own greenhouse, tour a McCreary Extension Master Gardener's farm and high tunnel operation, and visit the student-run MCHS FFA greenhouse.



McCreary County Extension Office
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