Herbal Supplements

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science

Sales of natural supplements are growing by an estimated 15% a year and now exceed $6 billion a year. While nearly half of the amount is spent on essential vitamins and minerals, the remainder is spent on herbal products with a wide array of claims.

There are differences between herbal supplements and FDA-approved medications. A drug, which may be originally derived from a plant, is intended to diagnose, cure, mitigate, treat or prevent diseases. Before they are marketed, drugs must undergo clinical studies. The clinical studies must meet strict criteria and determine a drug's effectiveness, safety, interaction possibilities, and appropriate dosages. FDA then reviews the data and authorizes a drug's use before it is marketed.

Since the FDA views dietary supplements as food, dietary supplement manufacturers simply ensure that the products they put on the market are safe. But FDA does not review or approve supplement ingredients or products before marketing. Once marketed, it is up to FDA to prove the dietary supplement is unsafe before it can restrict the product's use.

Herbs are natural products that contain an array of chemicals with concentrations that vary depending on the genetics of the plants, growing conditions, plant parts used, harvest time, preparations and storage. An herbal product sold as a dietary supplement that is labeled as a treatment or cure for a specific disease or condition would be considered an illegal drug.

For more information on herbal supplements, call the Extension office at 256-2403 for a free publication.

Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Fertilizing Float Tobacco Plants

Growing tobacco transplants by the Float Production method has developed many questions on how to fertilize growing plants. Since beds vary in water depth, and plants use fertilizer from the water at varying rates, a cookbook recommendation will not work.

Farmers are using a device called the DIST 4 meter to measure fertilizer levels. The DIST 4 meter is a device which measures the electric current which will travel through water. As larger amounts of fertilizer are added to water, the higher the DIST 4 meter will read.

To assist farmers in making a more accurate estimate; U.K. Extension specialists have developed a calibrated chart. Using known amounts of 20-10-20 fertilizer in water, DIST 4 readings are charted for different parts per million nitrogen.

Research results have shown that tobacco transplants grow best at 100 to 150 parts per million Nitrogen. Rates greater than 150 ppm can lead to more disease problems and destruction of plants.

To measure float bed fertilizer levels with a DIST 4 meter, a reading is first taken from the water source that was used to fill bed. Generally, city water will read 3 and some wells or springs may read higher. The initial DIST 4 water reading is subtracted from the water bed reading. For instance, a 3 reading from water source subtracted from a float bed reading of 9 would equal 6. Looking this up on the chart shows a 100 ppm nitrogen. Generally speaking, for each difference of 3 the nitrogen level increases by 50 ppm.

Keeping the nitrogen level equal throughout the bed is important. When adding fertilizer, care must be taken to distribute fertilizer and not allow this to settle in one corner. A sump pump on one end with a water hose leading to the other end will circulate the water best. However, the next best method would be to dissolve the fertilizer then add the solution to different areas then mix by adding water to these areas.

Caution should be used in purchasing fertilizer. First, the calibration charts are for 20-10-20. Second, DO NOT purchase fertilizer that contains Urea. Ask the fertilizer dealer to show you there is not Urea in their fertilizer. Urea has been shown to develop ammonia gas which will settle on top of trays and kill young plants.

If you have questions on float plant production or would like to borrow the Extension Office vacuum seeders (200 count or 240 count trays), call 256-2403.

Extension Office News

Quilted Tote Purse

April 20, 9:00 - 2:30, make your own Quilted Tote Purse. Class size is limited to 10. Call the Extension Office at 256-2403 for more information.

"Lunch From The Land"

"Lunch From the Land" program will be taught at the Extension Office on April 19th, 10:00 to 12:00. Tips on gardening, information in Farmers Market, and WIC vouchers. For more information, call 256-2403.

4-H News

As school ends for another summer, thousands of young people will continue the learning process through 4-H camps. It is a community setting in miniature, helping young people to develop and practice social skills, experience leadership roles and make friendships that sometimes last a lifetime.

Each camp is staffed with many volunteers. In addition, each camp is also staffed with emergency medical technicians, certified lifeguards and instructors for nature and recreation. The 4H camping experience emphasizes personal development as well as providing young people with a chance to learn lifetime hobbies. Some will learn to swim, paddle a canoe or square dance. Crafts, nature study, fishing, archery, and shooting sports are also a part of the long list of activities available to keep everyone involved throughout the day.

The Rockcastle County 4H Camp will be held for youth ages 9 to 14 at J.M. Feltner 4H Camp in London, Kentucky. Dates for the camp are June 11-15. The modern facilities include cabins, dining hall, swimming pool, and a lake for canoeing and fishing. Cost of the five-day residential camp is $74 per person and partial scholarships are offered. The costs include transportation to and from the camp, 3 meals and two snacks per day, and four nights lodging. Sign-up process has just begun, with June 1 as the absolute deadline. Openings are on a first come, first served basis so get you application in early. Contact the Rockcastle County Extension Office at 256-2403 for additional information on 4H Camp.

Chris Hurst and Heather Spires, sixth grade students from RCMS, are shown displaying the 4-H Camp promotion poster.

Several students from Roundstone Elementary participated in 4-H Clothing Projects held March 19-22 at the school. Shown are, front row from left: Jenna Bell, Seth Cain, Pamela Johnson, Sebrina Sturn, and volunteer, Ruth Sturn. Back row from left: volunteer Sandy Johnson, Kelly Poynter, Tyler Ingram, volunteer Janice Ingram, Sara Cain, and volunteer Regina Bell.

Absolute
Auction
of Ms. Sally Mounts'

Vehicle • Antiques • Furniture • Personal Property

Friday, March 30, 2001 at 1:30 p.m.

Near Crab Orchard in Lincoln County, Kentucky

Location: 5 miles south of Crab Orchard on Hwy. 39 at the junction of State Route 3245 near Brummett's Apple Orchard. After turning on 3245, the sale will be held at the first house on the left. Watch for auction signs.

Since Ms. Mounts has moved, she has authorized our firm to sell her antiques, furniture, and personal property for the absolute high dollar. This is a very limited list of what will actually be selling due to the fact that a lot of the items have been packed.

Vehicle: 1989 Lincoln Town Car, excellent condition

Maple Hutch w/table and 3 chairs • old secretary w/claw feet • 2 Rassocks • 1 Ice Cream Chairs & odd tables • corner cabinet • hand painted old odd chair • 3 rocking chairs • bar stools • microwave cart • 3 shelf metal cart • painted water kettle • painted glass bottle • asst. teapots and pitchers • cassettes • several teddy bears • some dolls • small clocks • 2 bookshelves • old round table and drawer • old glass top coffee table • metal table w/drawer • brass tea kettle w/stand • numerous flower arrangements • glasstop dressing table w/old mirror and stool • couch • 2 cuckoo clocks •

Blue blue dishes • Nippon hand painted plates • Rivera handpainted plates • McCoy Chuck Wagon Set of Dishes • milk cans • wall mirrors • silver tea set • numerous kitchen and bathroom towels • wood wallphone • two old brass lamps • Home Interior wall pictures • what nots • 2 floor fans • 2 can openers • Hamilton Beach Blender • small clothes hamper • Over stove microwave oven • new kerosene stove • sheets • pillowcases • shams • comforter • drapes • sewing • picnic table • wood ladder • 4 metal shelves for basement • brows and white plastic shelves • plus much, more more

Inspection: ONLY one hour before sale time. **Terms:** Cash or check in full day of auction.

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

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Brodhead Sports Cafe
Dine-In or Carry-Out
758-4725
Open Mon. thru Fri. 6 a.m. to 9 p.m. • Sat. 11 a.m. to 9 p.m. and Sun. 11:30 a.m. to 9 p.m.

Featuring Our Breakfast and Lunch Buffet beginning Monday, April 2nd

All You Can Eat - Breakfast and Lunch Buffet - Mon. thru Saturday
Fri. and Sat. Night Specials & Sunday Lunch all You Can Eat Specials!!

Breakfast Bar from 7 a.m. to 10 a.m. Features:
Gravy-n-Biscuits, Fried Apples, Grits, Scrambled Eggs, Bacon, Country Ham, Sausage, Bacon, Hash Browns, Fried Potatoes
All for only $2.99

Lunch Buffet from 11 a.m. to 2 p.m. includes items such as:
Meatloaf, Baked Ham, Fish, Chicken, Spaghetti, Macaroni & Cheese, Green Beans, Corn, Potatoes, Cabbage, Greens, Desserts
All for only $3.99

Also available our delicious cheeseburgers, steak and grilled chicken hoagies, homemade soups and salads!!*

Upcoming Specials
Friday Night, April 6th:
All You Can Eat - Chicken & Dumplings • Baked Ham
Saturday Night, April 7: All You Can Eat - Fish
Sunday, April 8th: Fried Chicken

*Restaurant will be closed after 2 p.m. Mon. thru Thurs. and after 8 p.m. on Friday and Saturday

Brodhead Tobacco Barn April Special!!
Buy 3 Packs or 1 or more cartons of any brand cigarettes and receive a free lighter!!