

FEBRUARY 2024

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

A Monthly Newsletter by Bracken County Extension Office

Happy Valentine's Day!



MONEY FOR ON-FARM INVESTMENTS AVAILABLE...

KADF
KENTUCKY AGRICULTURAL DEVELOPMENT FUND

CAIP Youth/YAIP

Administered by:
Bracken Co. Conservation District
218 Frankfort Street
Brooksville, KY 41004

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Bracken County's CAIP to assist farmers in making important on-farm investments.

Application Period:
February 15th – March 7th, 2024
No applications will be accepted after March 7, 2024

Application Availability:
Bracken County Conservation District
Monday – Friday 8:00 a.m. – 4:00 p.m.

For More Information:
Contact: Meghanne McClanahan
@ 606.735.3256 or
bcconservation@windstream.net

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

Welcome

Hello, I am Holly Bowman, I recently started as the new Agriculture and Natural Resources Agent! I graduated from Eastern Kentucky University with a degree in Agriculture concentrated in Agronomy and Soils. I grew up in Pendleton County where I was an involved member in both local and regional 4-H and FFA chapters. I am very excited and look forward to meeting everyone as I become acclimated with my position.



Holly Bowman

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



The next scheduled meeting for the Bracken County Cattlemen's Association will be February 29th at 6:30pm at the Bracken County Extension Office. As always, important information regarding industry and local issues are shared at each meeting. While attending you will receive a great meal and fellowship with other producers. If you have not already paid your 2024 dues, you can still do this any time at the office, or the meeting. Please note that if paying cash the exact amount is needed. The sponsors for the meeting are Kern Food Distributing and WoodmenLife. Our meal is being provided by E.B.'s Meats and Grocery. Alicia Raymer, DVM will be our guest speaker.

*The meeting will be CAIP Education eligible!

Tex Mex Spaghetti Squash Casserole

| | | |
|---|----------------------------------|---|
| 1 small (about 2 pounds) spaghetti squash | 2 teaspoons dried cumin | 1 (4 to 5 ounce) can chopped mild green chilies |
| 1 pound lean ground beef | ¼ teaspoon ground cayenne pepper | 1½ cups low fat cheddar cheese |
| ½ cup chopped onion | ½ teaspoon salt | 1 tablespoon chopped cilantro |
| ½ cup chopped red bell pepper | 1 cup chopped fresh tomatoes | |
| 1 teaspoon minced garlic | | |

Preheat oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

Yield: 9 servings.

Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

Scan the QR code to give us your feedback and ideas on future classes and interest



Let's Grow Together



Six easy steps to maximize your pasture success with clover frost seeding

Jimmy Henning, plant and soil science professor

Frost seeding is a preferred establishment method due to its minimal equipment requirements. Typically, a small spinner seeder attached to a tractor or four-wheeler is all you would need for seed distribution. Red and/or white clover are well-suited for frost seeding as they exhibit rapid germination, shade tolerance, and vigorous root and shoot development in their seedling stages. Their small, smooth seeds are readily incorporated into the top quarter inch of soil through natural weather patterns or animal movement.

Despite the numerous advantageous clover traits are for establishment, it is crucial to adhere to the fundamental requirements of forage establishment, even in low-input methods like frost seeding. These essentials include:

- 1. Conduct soil analysis and apply necessary nutrients. Clovers thrive in soil with a pH of 6.5 to 7 and medium to high levels of phosphorus and potassium. Nitrogen should only be added when diammonium phosphate is required for phosphorus provision.*
- 2. Choose a high-quality variety. Opt for an improved variety with established performance and genetics. Selecting a superior red clover variety can yield up to three tons more hay per acre and extend the stand's lifespan compared to common, unclassified seeds. The University of Kentucky provides extensive yield data and persistence of white and red clover varieties for hay and pasture, available at http://forages.ca.uky.edu/variety_trials. It is advisable to check with seed suppliers to see if your favorite variety is available.*
- 3. Apply an adequate quantity of seed. Typical seeding rates range from 8 to 12 pounds of red clover and one to two pounds of white/ladino clover per acre. A reduced rate, such as six pounds of red and one pound of white clover, still results in over 55 seeds per square foot (37 red and 18 white).*
- 4. Ensure seed contact with bare soil. Removing excess grass or thatch, revealing bare ground, is imperative before overseeding. A major cause of frost seeding failures is excessive ground cover. Farmers can achieve bare soil exposure through controlled cattle movement or mechanically using a chain harrow.*
- 5. Achieve optimal seed-soil contact. Frost seedings rely on precipitation and the freeze-thaw cycle to integrate clover seeds into the top quarter inch of soil. Utilizing a corrugated roller post-seeding can further enhance soil contact.*
- 6. Manage competition the following spring. Avoid additional nitrogen application on overseeded fields. Be prepared for timely mowing to control grass or weed overgrowth above the clover. Although clover seeds are inherently vigorous, controlling competition can expedite and improve establishment.*

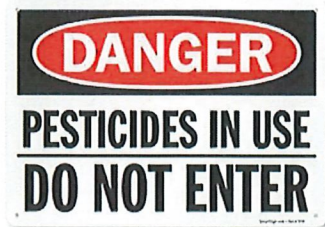
With careful attention to soil fertility, variety selection, seeding rate, seed placement and competition management, clover can be successfully frost seeded into existing grass pastures.

UK Cooperative Extension Service



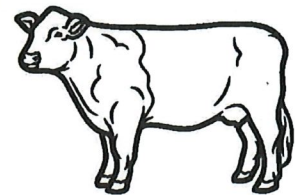
PRIVATE PESTICIDE APPLICATOR TRAININGS

- February 2nd | Robertson County Extension Office | 9:00AM
- February 7th | Agronomy Day | Mason County Extension Office | 9:30AM-3PM
- February 13th | Mason County Extension Office | 6:00PM
- February 28th | Mason County Extension Office | 9:00AM
- February 29th | Fleming County Extension Office | 11:00AM
- March 1st | Fleming County Extension Office | 8:30 AM
- March 12th | Mason County Extension Office | 6:00PM
- March 18th | Robertson County Extension Office | 1:00PM
- March 28th | Mason County Extension Office | 9:00AM



BEEF QUALITY CARE & ASSURANCE (BQCA) TRAININGS

- February 15th | Robertson County Extension Office | 10:00AM
- February 15th | Mason County Extension Office | 9:00AM
- February 27th | Fleming County Extension Office | 5:00PM
- March 19th | Mason County Extension Office | 6:00PM
- March 27th | Robertson County Extension Office | 5:00PM
- April 3rd | Robertson County Extension Office | 12:00PM
- April 5th | Fleming County Extension Office | 8:30AM



******BQCA CERTIFICATION IS \$5.00, PLEASE BRING A CHECK OR EXACT CHANGE****

To Register for a Private Pesticide or BQCA Training, please contact the corresponding office with the date/time you choose from the above listings:


Fleming County Extension Office: (606) 845- 4641
 Mason County Extension Office: (606) 564-6808
 Robertson County Extension Office: (606) 724-5796

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



Disabilities accommodated with prior notification.

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DICAMBA CERTIFICATION

MARCH 1, 2024

11:30AM-12:30PM

FLEMING COUNTY EXTENSION OFFICE

**TO REGISTER USE THE QR
CODE OR CALL (606) 845-4641**



FREE! Lunch will be provided. Registration Required by February 26th

Cooperative
Extension Service

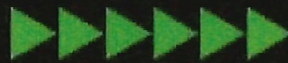
Agriculture and Natural Resources
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Center for Cooperating
Lexington, KY 40506



TOBACCO GAP TRAINING




February 20, 2024

6:00PM

MASON COUNTY EXTENSION OFFICE
800 US-68, MAYSVILLE, KY

****BE SURE TO BRING YOUR
TOBACCO GAP CARD WITH YOU****

 Cooperative
Extension Service

GAP
CONNECTIONS

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Logger WebTV

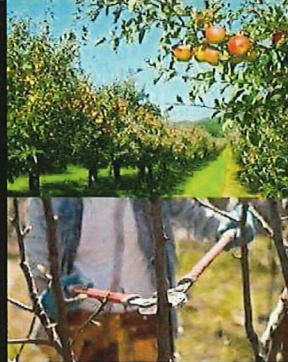
FEBRUARY 27, 2024

KY COUNTY EXTENSION OFFICES
9 a.m. - 4 p.m. EST

Hosted at the following Extension Offices:
Boone, Breathitt, Breckinridge, Casey, Crittenden, Cumberland, Elliott, Fleming, Graves, Grayson, Hancock, Harlan, Henderson, Jefferson, Letcher, Logan, Madison, Martin, Morgan, Nelson, Ohio, Owen, Perry, Russell, Taylor and Whitley counties

\$50 course fee and, if required, \$25 renewal fee

INFO: Beth Williams, 859-257-6230



UK Cooperative Extension Service

APPLE TREE GRAFTING/PRUNING WORKSHOP

HOSTED BY THE BUFFALO TRACE COOPERATIVE EXTENSION OFFICES

MARCH 9, 2024

8-30AM - 2PM @ FLEMING COUNTY EXTENSION OFFICE
1334 ELLIZAVILLE RD., FLEMINGSBURG, KY

TOPICS:

- GRAFTING & APPLE VARIETIES
- DISEASE & INSECT MANAGEMENT
- PRUNING: HANDS-ON DEMO @SMS

**PLEASE REGISTER BY:
MARCH 1ST**



USE THE QR CODE OR CONTACT YOUR LOCAL OFFICE TO REGISTER.

- BRACKEN COUNTY: (606) 735-2141
- FLEMING COUNTY: (606) 845-4641
- LEWIS COUNTY: (606) 796-2732
- MASON COUNTY: (606) 564-6808
- ROBERTSON COUNTY: (606) 724-5796

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

UK Cooperative Extension Service



2024 FARMERS MARKET EDUCATION PROGRAM

HOSTED BY THE BUFFALO TRACE COUNTY AREA UK COOPERATIVE EXTENSION OFFICES



6:00PM

AT FLEMING COUNTY EXTENSION OFFICE
OR VIA ZOOM OR ****WATCH PARTY****

****Check local office to verify watch party option****

- **FEBRUARY 13** PRODUCE BEST PRACTICES TRAINING
- **MARCH 19** BASICS OF CANVA TO MARKET YOUR FARM
- **MARCH 26** SENIOR/IC FARMERS MARKET NUTRITION PROGRAM TRAINING
- **APRIL 2** CUSTOMER SERVICE & KENTUCKY PROUD INFO
- **APRIL 16** LIMING & FERTILIZING MY GARDEN

**REGISTER BY:
FEBRUARY 9TH**

USE THE QR CODE OR CONTACT YOUR LOCAL OFFICE TO REGISTER:

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- FLEMING COUNTY: (606) 845-4641
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



WORKFORCE SOLUTIONS
CUSTOMIZED EMPLOYEE TRAINING

Save The Date...
Farm & Family Night
Coming March 5th

FARM & FAMILYnight

meadowviewregional

Tickets Available Feb. 12th.
Questions....Call 606.759.7141 ext. 66117

Maysville Community & Technical College Workforce Solutions
1755 US Hwy 68, Maysville, KY 41056
606.759.7141 ext. 66117



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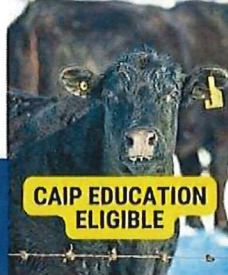
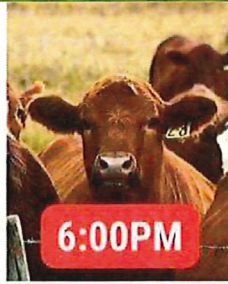
CATTLE GRADING

APRIL 9, 2024

FARMERS STOCKYARDS
255 HELENA RD, FLEMINGSBURG

Speaker: Mr. Jim Akers

- Live feeder grading demonstration
- Cow condition scoring
- Price determination
- Market outlook
- What causes discounts



USE THE QR CODE OR CALL TO REGISTER

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- FLEMING COUNTY: (606) 845-4641
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- ROBERTSON CO.: (606) 724-5796



COUNTS FOR 2 HOURS FOR 4-H LIVESTOCK EDUCATIONAL HOURS

Cooperative Extension Service
Agriculture and Natural Resources
Public and Consumer Services
R & H Work Environment
Community and Economic Development

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INTERPRETING FORAGE ANALYSIS

MARCH 12, 2024
6:00PM

AT FLEMING COUNTY EXTENSION OFFICE

MEAL & SIGN-IN WILL BEGIN AT 5:30PM

CALL TO REGISTER OR USE QR CODE:
FLEMING COUNTY: (606) 845-4641



AWARDS FOR 2023 EAST KY HAY CONTEST WILL BE GIVEN OUT DURING THE PROGRAM FOR FLEMING COUNTY

REGISTRATION DEADLINE: MARCH 8TH

Cooperative Extension Service
Agriculture and Natural Resources
Public and Consumer Services
R & H Work Environment
Community and Economic Development

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Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

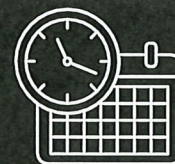
Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.



Bracken County Extension Office
1120 Brooksville Germantown Road
Brooksville, KY 41004

Important Dates



- **February 20** | Tobacco Gap Training at Mason County extension Office 6:00PM
- **February 22** | Strategies to reduce fertilizer on East KY Cattle Farms at MSU Farms 5:30
- **February 29** | Nuisance Weed Spraying Program Application ****DEADLINE**** KDA Online Form
- **March 1** | Dicamba Certifications at Fleming County Extension Office 11:30AM
- **March 5** | Farm & Family Night | MCTC
- **March 7** | CAIP, YAIP, NEXT GEN APPLICATION ****DEADLINE**** to Soil Conservation
- **March 9** | Apple Tree Grafting/Pruning Workshop | Fleming County Extension Office | 8:30am
- **March 12** | Interpreting Forage Analysis | Fleming County Extension Office 6:00PM
- **March 23** | Stephens Genetic Advantage Bull Sale | Paris Stockyards | 1:00PM
- **April 9** | Cattle Grading | Farmers Stockyards | 6:00PM

Beef Quality Care & Assurance (BQCA) and Private Pesticide Applicator Training
dates are located on inside page.