

LEWIS COUNTY COOPERATIVE

EXTENSION SERVICE

 **Martin-Gatton**
College of Agriculture,
Food and Environment

AGRICULTURE & NATURAL RESOURCES

JANUARY 2025

IMPORTANT DATES

- **January 7th: Homesteading Series Meat Cutting @ Mason County Extension Office**
- **January 9th: Private Applicator Pesticide Training @ Lewis County Extension Office**
- **January 14th: Homesteading Series Mushrooms @ Mason County Extension Office**
- **January 16th: Agriculture Advancement Council Meeting @ Lewis County Extension Office**
- **January 21st: Homesteading Series Gardening @ Mason County Extension Office**
- **January 28th: Homesteading Series Preserving @ Mason County Extension Office**
- **February 4th: Private Applicator Pesticide Training @ Lewis County Extension Office**
- **February 13th: Beef Quality Care Assurance @ Lewis County Extension Office**

Kennedy Perkins

Ag & Natural

Resource Agent

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Lewis County Cooperative

Extension

284 2nd Street

Vanceburg, KY 41179

606-796-2732

Happy New Year!

I hope you all enjoyed the holidays.

**Check out this months newsletter! Plenty
of programming coming up!**

**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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Buffalo Trace County Area

HOMESTEADING EDUCATIONAL SERIES

- January 7:** Meat Cutting
- January 14:** Mushrooms
- January 21:** Gardening
- January 28:** Preserving

at Mason County Extension Office
800 U.S. Hwy 68, Maysville

The meal & registration will begin at 5:30PM with the program beginning promptly at 6:00PM



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



Kentucky Private Pesticide Applicator Training

**January 9th
5:30p.m.
and
February 4th
9:00 am**

Held at the Lewis County Extension Office
284 2nd Street
Vanceburg, KY 41179

Please call the office to
RSVP 606-796-2732

Private Applicator means a person is certified for restricted use pesticides for personal use. It does NOT cover commercial use of pesticides.

Agriculture Advancement Council Meeting
January 16th at 6 p.m.
Lewis County Extension Office

Beef Quality Care & Assurance Training (BQCA Training)

****Required for Large Animal CAIP Investment Area****

Thursday, February 13th at 6:00 p.m.

**Lewis County Extension Office
284 2nd Street., Vanceburg**

Call the office to RSVP at 606-796-2732

\$5-check only written out to KBN

Timely Tips

Dr. Les Anderson, Beef Extension Professor, University of Kentucky

Spring Calving Herd

- Be sure that weaned heifer calves are on a feeding program that will enable them to reach about 65% of their mature weight before the start of the breeding season. Rations should be balanced to achieve gains sufficient to get heifers from their current weight to that “target” weight. Heifers should reach their target weight approximately 30 days before the start of the breeding season.
- Body condition is important, plan an adequate winter program for cows to be at least body condition score 5 (carrying enough flesh to cover the ribs) before the calving and breeding season. This will help them to breed early in the spring. Thin cows should be fed to regain body condition prior to winter. Don't let cows lose weight/condition. Supplementation will most likely be needed. Find low-cost supplemental feeds to meet the nutrient needs of cattle.
 - Divide the herd into groups for winter feeding:
 - weaned heifer calves
 - first-calf heifers, second-calvers and thin mature cows
 - the remainder of the dry cows which are in good body condition
 - herd sires
- Begin feeding the lowest quality forage to dry cows which are in good condition during early winter and save the best hay for calving time or for weaned calves.
- Order and number ear tags for next year's calf crop this winter. It is also a good time to catch up on freeze branding and replacing lost ear tags.

Fall Calving Herd

- The fall breeding season has started. Breeding can best be accomplished on stockpiled fescue pasture; otherwise, cows with calves should be fed 25-30 pounds of good quality hay or its equivalent. Supplement with grain, if needed, and minimize hay waste. **DON'T ALLOW THESE COWS TO LOSE BODY CONDITION PRIOR TO OR DURING THE BREEDING SEASON.** It is easy to wait too long to start winter feeding.
- If you haven't turned bulls out yet, have a Breeding Soundness Evaluation (BSE) performed on them (even if you used them this spring). A BSE is a risk management tool as BSE's accurately identify infertile bulls.
- Observe performance of bulls during breeding season. Watch cows for return to estrus, if you see several in heat, try to determine the cause and consider changing bulls.

General

- Complete soil testing pastures to check for fertility and pH.
- Consider putting down geotextile fabric and covering with gravel in feeding areas before you begin hay feeding to minimize waste of expensive hay. Or, perhaps, construct concrete feeding pads for winter feeding areas.
- Another option to consider for winter feeding is bale grazing. Bale grazing helps spread nutrients across the pasture and can have regenerative effects on your pastures.
- Monitor body condition and increase feed, if needed, for all classes of cattle. It often gets cold in December and the nutrients needs of cattle increase as temperatures fall below their comfort level. Be especially mindful of cold, wet conditions and increase energy availability. Consult your nutritionist to ensure that your rations are meeting the nutrient requirements during stressful weather.

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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.

Wreath Making 2024 in the books

We had such a great turn out



Fiesta Potatoes

- | | | |
|---|--------------------------------------|--|
| 8 small to medium russet potatoes, peeled and diced | 1 medium onion, chopped | parsley, chopped |
| 1 green bell pepper, chopped | 1 cup Mexican blend cheese, shredded | 1 tablespoon dried basil, crushed |
| 1 red bell pepper, chopped | ½ cup margarine, melted | ¾ teaspoon salt |
| | ½ cup low-fat milk | ¼ teaspoon black pepper |
| | 2 tablespoons fresh | |

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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<http://plateitup.ca.uky.edu>

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Kentucky Potatoes

SEASON: Late June to October

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing choose drier varieties such as russet or Yukon Gold.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY POTATOES

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
November 2015

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