

"HAVE YOU HERD"

UK Cooperative Extension Service



Fall Edition of the Owen County Agriculture & Natural Resource Newsletter



Kendal Bowman
Owen County Agriculture Agent



Fall is here! Its been a hectic past couple of months.

The Beef AI School was a success. The class had a waiting list. A participant drove 8 hours up from Georgia because they couldn't find a closer program. We hosted our first NKY Regional Beef Field day since COVID at Eden Shale. It went great, we had around 60 attend. I also got married! Thank you for all the wishes, gifts, and your patience while I was out of the office.



Don't forget if you were approved for CAIP Cost share your receipts and education credit is due in December. Plenty of opportunities coming up! Remember if it has a prior approval stamp to reach out to me beforehand.

If you can take a moment and complete our community needs survey and questionnaire on land lessee and landlords

FSA is now accepting 2024 Noninsured Crop Disaster Assistance Program (NAP) applications for crops for the crop year 2024. Listed below are the upcoming application deadlines for applicable crops.

	Application Closing Date		Application Closing Date		Application Closing Date
Alfalfa	3/1/2024	Ginseng	9/1/2023	Pears	11/20/2023
Apples	11/20/2023	Gourds	3/15/2024	Peas	3/15/2024
Aronia	11/20/2023	Grapes	11/20/2023	Pecans	11/20/2023
Asparagus	3/15/2024	Grass	3/1/2024	Peppers	3/15/2024
Barley-GR	9/30/2023	Grass-Sod	9/30/2023	Persimmons	11/20/2023
Beans	3/15/2024	Greens	3/15/2024	Plums	11/20/2023
Beets	3/15/2024	Hemp	3/15/2024	Popcorn	3/15/2024
Blueberries	11/20/2023	Herbs	3/15/2024	Potatoes	3/15/2024
Broccoli	3/15/2024	Honey	12/31/2023	Pumpkins	3/15/2024
Brussels Sprouts	3/15/2024	Honeydew	3/15/2024	Quinces	11/20/2023
Cabbage	3/15/2024	Hops	3/15/2024	Radish	3/15/2024
Caneberries	11/20/2023	Horseradish	3/15/2024	Rhubarb	11/20/2023
Canola-FAL & SPR	9/30/2023	Jujubes	11/20/2023	Rutabaga	3/15/2024
Cantaloupe	3/15/2024	Kenaf	3/15/2024	Rye	9/30/2023
Carrots	3/15/2024	Kohlrabi	3/15/2024	Scallions	3/15/2024
Cauliflower	3/15/2024	Leeks	3/15/2024	Sorghum	3/15/2024
Celery	3/15/2024	Lespedeza	3/1/2024	Sorghum-Grain	3/15/2024
Cherries	11/20/2023	Lettuce	3/15/2024	Soybeans	3/15/2024
Chestnuts	11/20/2023	Maple Sap	12/31/2023	Squash	3/15/2024
Chia	3/15/2024	Millet	3/1/2024	Strawberries	9/1/2023
Christmas Trees	9/30/2023	Mixfg	3/1/2024	Sunflowers	3/15/2024
Clover	3/1/2024	Mushrooms	9/30/2023	Sweet Potatoes	3/15/2024
Corn	3/15/2024	Nectarines	11/20/2023	Tomatillos	3/15/2024
Corn-Hybrid Seed	3/15/2024	Oats SPR & WTR	9/30/2023	Tomatoes	3/15/2024
Cucumbers	3/15/2024	Okra	3/15/2024	Triticale	9/30/2023
Eggplant	3/15/2024	Onions	3/15/2024	Turnips	3/15/2024
Finfish	9/1/2023	Parsnip	3/15/2024	Vetch	3/1/2024
Flowers	9/30/2023	Pawpaws	11/20/2023	Watermelons	3/15/2024
Garlic	3/15/2024	Peaches	11/20/2023	Wheat	9/30/2023

FSA would also like to remind producers of the December 15 acreage report deadline for fall seeded grains including but not limited to: Wheat, Rye, Oats, etc.

Katie Taylor

County Executive Director



We Need Your Help....

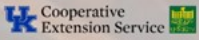
We are trying to compile accurate land value numbers since COVID. If you have sold, or a landlord, or a lessee, or rent hunting ground please fill out this short survey by scanning the QR code or going to the link below.

https://uky.az1.qualtrics.com/jfe/form/SV_41wkRYI7b4cSBZI

The October Brunch & learn Scheduled for October 18th

Canceled

Due to a mandatory meeting for Ag Agents



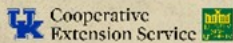
TOPIC: HAY STORAGE AND FEEDING STRUCTURES

Friday Farmer Fundamentals
Every 3rd Friday Night
Except July & January



United **Producers, Inc.**
86 Bramblett Ln.
Owenton KY 40391
502-484-5703

Friday, October 20th
5:30-6:30pm
Before the sale



FEEDER CALF GRADING SCHOOL

OCTOBER 12TH

EVER WONDER WHY YOUR NEIGHBORS CALVES MAY HAVE SOLD MORE THAN YOURS?

WANT TO MAKE MORE PROFIT?

WANT TO KNOW THE SECRET OF WHAT THE BUYERS ARE LOOKING FOR?

THEN THIS IS FOR YOU!

Please RSVP for the meal by Oct. 9th
Owen County Extension Office
502-484-5703

United **Producers, Inc.**
United Producers Owenton Livestock Market
86 Bramblett Ln
Owenton KY 40359

MEAL 6PM
PROGRAM 6:30
Sponsored by Boehringer Ingelheim



Nominations for the 2023 KWIA Awards are now being accepted

Outstanding KWIA members will be recognized for their agriculture service and outstanding achievements. Presented at our annual conference

Oct. 15-17, 2023 in Somerset, Kentucky.

Nominations may be submitted by any current KWIA Member.

Visit our KWIA website for the awards to be presented, obtain a nomination form and nomination guidelines. www.kywomeninag.com

An equal opportunity organization

OWEN COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

Kentucky First Farm



Giving military veteran, minorities, small farm, & limited resource farmers the info and training needed to create a sustainable agriculture business.

This program is free and open to anyone with a small farm or market garden that have been in operation for under 10 years including all military veterans, active, retired or transitioning, and minority and underserved populations.

Programs include Business Planning, Record Keeping, Funding Opportunities, Land Acquisition, and specific farm enterprises. Lunch will be included.

Will be offered at the Boone Co Enrichment Center 11/3 & at the Bulitt Co Extension Office 11/10 from 8-4:30pm

Conservation Corner

The Environmental Quality Incentives Program (EQIP) is a federal cost assistance program administered through the USDA-NRCS. This program offers cost assistance on a wide variety of practices to benefit private and/or commercial operations for a plethora of land uses such as Cropland,

Pastureland, Forestry, and Wildlife. EQIP can prove to be an invaluable tool for producers to

implement conservation practices that improve soil, water, and animal health. Some common practices that have been funded in Owen County through prior funding cycles include Fence, Feed Pads, Forage Improvements, High Tunnels, Livestock Waterers, and Timber Stand Improvement. The EQIP application deadline is November 3rd, 2023. If interested, stop by the local USDA-NRCS office at 205 West Perry Street, Owenton, KY 40359 or call 502-484-3979 for more information



Zach Traylor



EDEN SHALE FARM UPDATE

Finally it's the cow calf producers turn to enjoy the strong side of the sector for a while. And with a 60 year low in inventory hopefully we can benefit for several years before the market corrects.

For the last two years Eden Shale has been retaining our own steer calves and grazing them the following summer. Our general plan is usually to coast them through the winter with the animals putting on frame but not a lot of flesh. In the spring we deworm and implant them before turning them out to grass to add the pounds. We then aim to market them in the first half of August as nine weights.

This year our plan worked well. First of all, we had enough rain through the summer to keep the grass growing which allowed us to carry the thirty 2022 spring born steers on our grazing ground. The steers performed well too. At turn out in April they averaged 744 lbs and at marketing in August they averaged 904 lbs giving them an average daily gain of 2.6 lbs/day. This was done on grass alone, with no grain. This group was also marketed a week earlier than last years steers and weighted 21 lbs heavier.

At load out we had 21 steers that averaged 954 lbs and brought \$2.35/lb, and 8 smaller steers averaged 854 lbs that brought \$2.40/lb. There was one steer that was an "out" due to an extreme case of pinkeye. In all I was very pleased with how the steers performed.

Speaking of pinkeye, we started the season off fighting a ton of pinkeye in the herd. We got the herd up several times and treated a third of the cows and calves each time. We have been vaccinating with a cultured vaccine, but the strain we have must have mutated slightly because it was no longer effective. So our local vet (Dr. Matt Parker) made an updated version of the vaccine and it seems to be working. We no longer have a massive problem with pinkeye, just the occasional bad eye here and there. We use a dart gun to treat those random cases as they arise.

Lastly I want to introduce you to our fall intern, Joel Olivas. Joel is a high school student at Owen County. He plans to attend lineman school after high school and work for the electric coop. He also plans to buy a farm and have his own herd of beef cattle one day. Joel is also an avid hunter and fisherman when he isn't working for local farmers. Welcome aboard Joel, we are sure glad to have you at Eden Shale Farm.



Can I Afford to Buy A Farm?

Kayla Brashears



A goal of many pursuing the American dream is home ownership. Similarly, the goal of a farmer is often to become a landowner. Like single-family residences, the financial decision to purchase farmland is clouded by emotional, social, and familial influences. How can a farmer clearly evaluate their financial position to purchase farmland when these influences are at play? The answer is, going back to the basics – analyzing the numbers. Most farmers will seek financing to complete a farmland purchase, and it's important to have an idea of your purchasing position before you approach lenders. There are two important angles when it comes to cash for a land purchase:

- Cash needed immediately for a down payment (and/or land and building improvements)
- Recurring annual cash flow needed to make the farm loan payment.

Depending on the size of the farm, a high purchase price per acre will result in a substantial chunk of cash needed for a down payment. In some instances, buildings in disrepair, nutrient-depleted soil, or a neglected water mitigation system may require an immediate cash injection in the form of land or building improvements.

Healthy working capital and a current ratio of 1.5 or greater are good indicators of having cash available to use as a down payment. Many lenders will require a 15-20% down payment on quality farmland, and subpar land may require an even larger down payment. There are programs that exist for beginning farmers that require as low as a 5% down payment.

If you don't have the cash available, you may consider accessing equity in other assets if available. Keep in mind that the smaller the down payment, the larger the loan payment each year. Many lenders may offer a lower interest rate for a larger down payment, which could further influence the amount of cash needed upfront. Purchasing real estate is a costly endeavor – plan for soft costs like surveying, appraising, and bank fees to increase either your down payment or your total loan amount.

As the source of the down payment is being solidified, a concurring step should be calculating the loan payment amount and how it will impact your cash flow. This can be intimidating if you aren't a number person, but it's powerful information to know before you begin meeting with lenders. A simple Google search will yield multiple tools to calculate a loan payment. Specifically limiting the search to a "farmland" loan calculator will turn up results for a semi-annual or annual payment option, the most common payment structures for farmland loans. Understanding the payment options and financing structure will position the farmer to predict the impact on cash flow.

Lenders want to see that the operation can pay back the money loaned to the farm. They will often use a ratio called a Debt Service Coverage Ratio (DSCR) as one tool to determine the repayment capacity of the farm. This ratio compares the Net Operating Income, or cash you have available to make your debt payments, to existing debt payments and the new loan payment. The purpose of this calculation is to determine how much cash you generate from your operation to pay your debts.

Continued on next page...

Learning how to calculate the DSCR yourself can be a great way to determine your purchase power. An example DSCR calculation is below:

Net Operating Income: \$390,000

Current Debt Payments: \$185,000

New Farm Payment: \$55,000

Total Debt Payments: \$240,000

\$390,000 / \$240,000 = 1.67 DSCR

There isn't a firm financial standard for DSCR. A DSCR of 2.0 or more is considered very strong, and a DSCR of less than 1.0 means there isn't enough income to make debt payments. Many lenders set a threshold of 1.2 or 1.25 as a minimum requirement. This is one of the most basic calculations to determine cash flow, and it isn't perfect. It can vary widely from year to year, as it starts with Net Farm Income – which we know is volatile! For a more thorough understanding, also calculate the five-year average of net operating income and debt payments.

If you're buying a farm that you are paying rent for, recognize that your net farm income will increase by that rent amount, and you'll have it available towards the debt payment. If the farm to be purchased is new ground that will generate income, include a projection of crop or livestock revenue that farm will generate in your calculation. There needs to be enough money left after your debt payments to fund any family living requirements and satisfy your tax liabilities, so don't forget to include those figures – and be realistic about the family living number!

Even if you aren't actively looking to purchase a farm, understanding your debt capacity is important in managing your farming operation. This process can be applied to other purchases as well, like building grain bins, or purchasing equipment. An unexpected death or life change may present an opportunity to purchase land, equipment, or buildings. If you know your financial position, you can evaluate clearly whether the deal is a good one. Is the land good quality? Is the equipment in good shape? Do I feel sentimental about this land purchase, and is it truly a good purchase for my farming operation? Knowing that you can afford a purchase creates room for you to consider the other details. As always, talking with a trusted professional, like your tax preparer or KFBM specialist, can help you understand your financial position.




KENTUCKY Cooperative Extension Service

HUNTERS EDUCATION COURSE

THIS TRAINING COURSE INCLUDES EDUCATION AND RANGE PRACTICE ALL IN ONE EVENT!

NOVEMBER 4TH
8:00AM-4:30PM

SPACE IS LIMITED!



MUST SCAN TO REGISTER!!

OWEN COUNTY COOPERATIVE EXTENSION 265 ELLIS ROAD OWENTON, KY 40359

Cooperative Extension Service

MARTIN CATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Advanced degree of Master of Science in Extension with a concentration in Agriculture, Food and Environment. This program is designed to provide students with the knowledge and skills to become effective extension agents in the agricultural, food and environmental sectors. The program is a two-year program and is available to students who have completed a bachelor's degree in a related field. For more information, contact the program coordinator at 606/845-2222 or visit the program website at www.uky.edu/extension/education/graduate/extension_msc_agriculture_food_and_environment/

606/845-2222



OWEN COUNTY

CATTELEMEN'S ASSOCIATION

Next Meeting
October 26th
6:30pm

THIRD THURSDAY THING

Topic: Small Ruminants

October 19, 2023

10:00 AM EDT



Join us in person at the Harold R. Benson Research & Demonstration Farm or online!

1525 Mills Lane, Frankfort, KY 40601

youtube.com/kysuag/live



THIRD THURSDAY THING

Topic: Small Farms Conference

November 16, 2023

10:00 AM EDT

Join us in person at the Harold R. Benson Research & Demonstration Farm or online!

1525 Mills Lane, Frankfort, KY 40601

youtube.com/kysuag/live



SKAY YAK HUSBANDRY & RESEARCH UPDATE CONFERENCE

Join us for FREE educational information and hands-on activities about yaks. Registration begins at 8:30 A.M. Lunch is provided.

LOCATION

Morehead State University Farm

DATE

October 28th, 2023

TOPICS

Artificial Insemination, Grazing Performance, Fiber Characteristics, Meat Cutting Demonstration

REGISTER NOW

https://SKAY_yak_conference_2023.eventbrite.com



FARM TOUR AT KENTUCKY STATE UNIVERSITY HAROLD R. BENSON RESEARCH & DEMONSTRATION FARM



FRIDAY, OCTOBER 20, 2023

1525 Mills Lane, Frankfort, KY

Please plan to arrive at the farm at 9:30 a.m. Our tour and information session should be over by 3:00 p.m.

Learn about research being done for small farm ventures. This KSU farm hosts a variety of research projects including poultry, small ruminants, soil management, organic agriculture, ornamental horticulture, livestock nutrition, honeybees, conservation biological control & beneficial insects, and urban agriculture. Additionally, the USDA National Clonal Germplasm Repository (Gene Bank) for pawpaws has been housed here since 1994 and includes over 2000 trees from 16 different states.



If you wish to carpool and can drive, please let Dan or Stacy at the Extension office know. There are a limited number of seats available in the Extension Service van. We plan to leave from the Marshall Rd office at 7:30 a.m.

REGISTER TODAY!

Call (859) 356-3155 or www.kentoncountyextension.org

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 belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodations of disabilities will be available with prior notice. Programs and materials 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




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

"Today's Challenges, Tomorrow's Opportunities"

Kentucky Beef Conference

October 26, 2023



10:00—Welcome & Sponsor Recognition
 Levi Berg, Clark County Agriculture & Natural Resources Extension Agent

11:00—Fecal Egg Count Reduction Test
 Dr. Jeff Lehmkuhler, UK Beef Nutrition Extension Specialist and Dr. Michelle Arnold, UK Ruminant Extension Veterinarian

12:00 Lunch

1:00—LRP & Price Risk Protection
 Dr. Kenny Burdine, UK Beef Economic Extension Specialist

2:00—Adjourn

In person
 Clark County Extension Office
 1400 Fortune Dr
 Winchester, Kentucky 40391

9:00—10:00
 Registration, visit sponsors
 \$10 registration fee

RSVP by October 20th to Clark County Extension Office 859.744.4682



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 Advancement programs of Kentucky Cooperative Extension Service are of equal opportunity to all persons regardless of race or sex and of all handicaps on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity or expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or impairment or medication for prior civil rights activity. Reasonable accommodations of disability are available with prior notice. Program information may be made available in large print upon request.

Beef Cattle Seedstock Symposium

October 17th
 Fayette County Extension
 Lexington, KY

8:30 -Registration
8:50 - Welcome

9:00 - The Evolution of Selection Tools
 Dr. Darrh Bullock, University of Kentucky

10:00 - Impracting the Quality of EPDs for You and Your Customers
 Dr. Matt Spangler, University of Nebraska

11:00 - Practical Feeding Strategies for Your Bulls
 Dr. Katie Mason, University of Tennessee,
 Dr. Katie VanValin, University of Kentucky

11:45 - What are Genomics and How do They Help?
 Dr. Troy Rowan, University of Tennessee

1:30 - Bull Reproduction and Health Considerations
 Dr. Saulo Zoca, University of Tennessee

2:30 - Putting Selection Tools to Work (EPDs and Indices)
 Dr. Matt Spangler, University of Nebraska

3:30 - Does Genetic Information Matter in the Bull Market?
 Dr. Charley Martinez, University of Tennessee




 Martin-Gatton
 College of Agriculture,
 Food and Environment


 UFEXTENSION
 INSTITUTE OF AGRICULTURE
 THE UNIVERSITY OF TENNESSEE


 KBN
 KENTUCKY BEEF NETWORK


 KADF
 KENTUCKY AGRICULTURAL
 DEVELOPMENT FUND



SAVE THE DATE

Managing Cattle in Confinement Conference

Hardin County Extension Office
 December 14, 2023
 Registration begins at 3:00 ET


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

FIRE SEASON

Kentucky's fire seasons are **October 1 to December 15** and **February 15 to April 30**.
 During the official fire seasons it shall be unlawful for any person to set fire to, or procure another to set fire to any flammable material capable of spreading fire, located in or within 150 feet of any woodland or brushland, except between the hours of 6 p.m. and 6 a.m. or when the ground is covered with snow. KRS 149.400.



DO NOT BURN

No burning between 6 a.m. and 6 p.m.


why?

- Higher daytime temperatures dry out the fuels that feed wildfires.
- Wind speed picks up during the day and can spread the flames faster.
- Humidity drops during the day, drying out the fuels that feed wildfires.

OKAY TO BURN

Okay to burn between 6 p.m. and 6 a.m.


why?

- Temperatures drop at night and fuels won't dry out as fast.
- Wind speed drops and is less likely to reignite embers or spread sparks.
- Humidity levels rise at night and fuels absorb the moisture.

If your burn pile starts a wildfire, you may have to pay for the cost of putting it out.



KENTUCKY HUNTING & TRAPPING SEASONS 2023-24

DEER	Early Season	Late Season
Archery	Sept. 2, 2023 - Jan. 15, 2024	
Youth/Senior Crossbow		
Crossbow	Sept. 16, 2023 - Jan. 15, 2024	
Youth-only Gun	Oct. 14-15, 2023	
Muzzleloader	Oct. 21-22, 2023	Dec. 9-17, 2023
Modern Gun	Nov. 11-26, 2023	
Free Youth Weekend	Dec. 30-31, 2023	

Buy your licenses and permits online here!



KENTUCKY DEPARTMENT OF FISH and WILDLIFE RESOURCES

1-800-858-1549

fw.ky.gov

FALL TURKEY	Shotgun	Archery	Crossbow
	Oct. 28 - Nov. 3 and Dec. 2-8, 2023	Sept. 2, 2023 - Jan. 15, 2024	Oct. 1-22 and Nov. 11 - Dec. 31, 2023

QUOTA ELK	Bull (antlered)	Cow (antlerless)
Firearms	Week 1: Sept. 30 - Oct. 4, 2023 Week 2: Oct. 7-11, 2023	Week 1: Nov. 25-29, 2023 Week 2: Dec. 30, 2023 - Jan. 3, 2024
Archery/Crossbow (either sex)	Sept. 9-22 and Dec. 2-8, 2023	
Youth-only Quota (either sex)	All seasons as noted above	

SMALL GAME	Hunting	Trapping
Squirrel	Aug. 19 - Nov. 10 and Nov. 13, 2023 - Feb. 29, 2024	Nov. 13, 2023 - Feb. 29, 2024
Rabbit	Eastern Zone Nov. 1-10 and Nov. 13, 2023 - Jan. 31, 2024	Nov. 13, 2023 - Jan. 31, 2024
	Western Zone Nov. 13, 2023 - Feb. 10, 2024	Nov. 13, 2023 - Feb. 10, 2024
Quail	Eastern Zone Nov. 1-10 and Nov. 13, 2023 - Jan. 31, 2024	No trapping
	Western Zone Nov. 13, 2023 - Feb. 10, 2024	
Greuse	Nov. 1-10 and Nov. 13, 2023 - Feb. 29, 2024	
Falconry	Sept. 1, 2023 - March 30, 2024	
Free Youth Hunting & Trapping Week	Dec. 30, 2023 - Jan. 5, 2024	

FURBEARERS	Hunting	Trapping
Raccoon & Opossum	Oct. 1, 2023 - Feb. 29, 2024, day or night (exceptions apply)	Nov. 13, 2023 - Feb. 29, 2024
Coyote	Year-round, day or night (exceptions apply)	
Bobcat	Nov. 18, 2023 - Feb. 29, 2024	
River Otter, Muskrat, Mink, Beaver, Red Fox, Gray Fox, Weasel & Striped Skunk	Nov. 13, 2023 - Feb. 29, 2024	
Free Youth Hunting & Trapping Week	Dec. 30, 2023 - Jan. 5, 2024	

BEAR	Zone 1	Zone 2
Chase-Only	June 1 - Aug. 31 and Sept. 9-30, 2023	
Hunt with Dogs	Oct. 23-27, 2023	Oct. 23-27, 2023 and Nov. 2-10, 2023
Archery/Crossbow	Oct. 28-30, 2023	Oct. 28 - Nov. 1, 2023
Firearm	Dec. 9-11, 2023	Dec. 9-13, 2023

WATERFOWL	Hunting
Early Teal & Wood Duck	Sept. 16-20, 2023
Teal	Sept. 16-24, 2023
September Canada Goose, Western Zone	Sept. 1-15, 2023
September Canada Goose, Eastern Zone	Sept. 16-30, 2023
Duck, Coot & Merganser	Nov. 23-26 and Dec. 7, 2023 - Jan. 31, 2024
Canada/Cackling Goose, White-Fronted Goose, Brant & Snow Goose (including Ross' Goose)	Nov. 23, 2023 - Feb. 15, 2024
Falconry (ducks, coots & mergansers)	Nov. 23, 2023 - Feb. 25, 2024
Falconry (geese)	Same as regular season
Snow Goose Conservation Order	Feb. 16 - Mar. 31, 2024
Youth-only Days	Nov. 18, 2023; Feb. 10, 2024
Military/Veteran-only Days	Nov. 19, 2023; Feb. 11, 2024

OTHER MIGRATORY BIRDS	Hunting
Dove	Sept. 1 - Oct. 26, Nov. 23 - Dec. 3, 2023 and Dec. 23, 2023 - Jan. 14, 2024
Wilson's Snipe	Sept. 20 - Oct. 29, 2023 and Nov. 23, 2023 - Jan. 28, 2024
Virginia & Sora Rail	Sept. 1 - Nov. 9, 2023
Purple & Common Gallinule	Sept. 1 - Nov. 9, 2023
American Woodcock	Oct. 28 - Nov. 10 and Nov. 13 - Dec. 13, 2023
Sandhill Crane	Dec. 7, 2023 - Jan. 31, 2024
Crow	Sept. 1 - Nov. 7, 2023 and Jan. 4 - Feb. 29, 2024

OTHER SPECIES	Hunting
Bullfrog	Noon May 19 - Midnight Oct. 31, 2023
Groundhog	Year-round
Turtles	Year-round, day or night

NOTE: Seasons on Wildlife Management Areas and other public hunting lands not managed by Kentucky Fish & Wildlife may be different from those above. Go online to fw.ky.gov for details.

Maple syrup workshop set for October 16th in Boone County

By Jordan Strickler, UK Agricultural Communications

In 1930, a sugar shortage hit Kentucky, compelling residents to tap into their resourcefulness and try their hand making maple syrup. Over the years, this craft gradually faded into obscurity.

But in recent years, Kentucky's maple syrup production has made a remarkable resurgence. On Oct. 16th at the Boone County Environmental and Nature Center, the [University of Kentucky Martin-Gatton College of Agriculture, Food and Environment](#) will join forces with the [Kentucky Maple Syrup Association](#), the [Kentucky Center for Agriculture and Rural Development](#), [The Ohio State University](#) and the [Ohio Maple Producers Association](#) to host a workshop to expand the public's maple syrup knowledge.

The primary objective is to cultivate and expand knowledge of the maple syrup industry and equip attendees with the necessary skills to embark on their own syrup-making ventures.

"This hands-on maple syrup production workshop will walk participants through the entire process — from selecting and tapping trees to value-added options and retail considerations," said Billy Thomas, extension forester with the [UK Department of Forestry and Natural Resources](#). During the workshop, participants may immerse

themselves in the world of the state's maple syrup industry and gain insights into national trends related to maple syrup demand.

The day promises to be a hands-on experience guiding attendees through the intricate maple syrup production process. Participants will learn about tapping techniques and various methods of sap collection as well as engage in discussions on maple syrup production.

Participants will learn about value-added options and retail variables during the workshop's concluding dinner.

"The maple syrup industry in Kentucky is experiencing remarkable growth," Thomas said. "We believe this program will play a pivotal role in supporting not only individual maple syrup producers but also the industry as a whole."

To register for this enriching workshop, please visit <https://ky-maplesyrup.ca.uky.edu/workshops>. The cost is \$10, including dinner.

Partial funding for this project was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG007. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



MAPLE SYRUP WORKSHOP

October 16 | 3 - 7 p.m. | Boone County Environmental and Nature Center

Starting in the woods, this hands-on workshop will teach you the necessary steps to maple syrup production.

Register @ <https://ky-maplesyrup.ca.uky.edu/workshops>





Cooperative Extension Service

Northern Kentucky Master Gardener Program



Join us for this 15-week volunteer training program! Learn about botany, tree identification, soils, propagation, disease, insect identification, and more! Complete the requirements, then use your knowledge to volunteer 40 hours at Extension-approved locations in order to become a Certified Master Gardener!



Thursdays
9:00 am-1:00 pm
December 7th thru
March 28th, 2024
Cost: \$150.00
(\$50 refund if your volunteer hours are completed within one year)

Classes will be held at
Boone County Cooperative
Extension Service's
Enrichment Center
1824 Patrick Drive,
Burlington, KY 41005

For more information:
Call (859) 586-6101 or visit boone.ca.uky.edu
Facebook: @BooneHortNews



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 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 accommodations 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, US Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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 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 accommodations 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, US Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Cooperative Extension Service

CONDITIONING AND EXERCISING YOUR HORSE ATHLETE

OCTOBER 16TH
6:00-8:00 PM



Learn about different conditioning programs available for horses. Guest Speaker Alexa McWilliams with Breakthrough Equine Center

Boone County Extension Service
6028 Camp Ernst Road,
Burlington, KY 41005

To register, visit
boone.ca.uky.edu
or call (859) 586-6101



Nov 15th 8:30-9:30am

United Producers, Inc.
86 Bramblett Ln.
Owenton KY 40359

502-484-5703

Dollars and Sense of Conservation

-Zach Traylor (Owen County District Conservationist)

Cooperative Extension Service

Grazing Conference

Low Stress Livestock Handling for Serious Grazier

October 31, 2023

Elizabethtown

Hardin County Extension Office

7:30 AM - 3:30 PM CDT

November 1, 2023

Lexington

Fayette County Extension Office

7:30 AM - 3:30 PM EDT



Reducing Livestock Stress in Grazing Systems

Curt Pate, Curt Pate Stockmanship



Fencing for Multi-Species Grazing

Lewis Sapp, Stay-Tuff Fence



Designing Flexible Watering Systems

Jeff Lehmkuhler, University of Kentucky



Designing Livestock Handling Facilities for Existing Structures

Chris McBurney, McBurney Livestock Equipment



Local Producers and Spokesperson Contest



Optimizing Resources with Multi-Species Grazing

Greg Brann, Greg Brann Consulting

For more information please visit KFGC.ORG



Our speakers...

Curt Pate is a nationally renowned expert in low stress livestock handling. His focus on reducing stress in grazing systems makes him unique.

Lewis Sapp is a nationally recognized fencing expert with extensive experience in both temporary and permanent fencing systems.

Jeff Lehmkuhler is an award winning extension educator with more than 20 years of experience in designing flexible watering systems.

Chris McBurney has over 25 years of experience in designing, fabricating, and installing livestock facilities throughout the eastern United States.

Greg Brann is well known for his extensive knowledge of grassland ecosystems, grazing management, and mixed species grazing.

Tickets: \$45 Advance / \$60 Onsite / \$15 Students

Register Online:

Elizabethtown-<https://2023-KY-Grazing-Conference-Hardin>

Lexington-<https://2032-KY-Grazing-Conference-Fayette>

Register by Email: info@kfgc.org

Register by Phone: 513-470-8171

Register by Mail: Christi Forsythe, PO Box 469, Princeton, KY 42445

Make Checks payable to: KFGC

Name: _____
 Street: _____
 City: _____
 State: _____ Zip Code: _____
 Cell Phone: _____
 Email: _____
 Number of participants _____ x \$45per participant = _____ Total Amount
 Names of additional Participants: _____



Organized and Sponsored by the Kentucky Forage and Grassland Council, UK Cooperative Extension Service, and the Master Grazer Program

This program is designed for producers and agricultural professionals to learn the newest fencing methods and sound fencing construction through a combination of classroom and hands-on learning

WHEN: November 7-Scott County, KY
 November 9-Caldwell County, KY

WHERE: Scott County Extension Office
 1130 Cincinnati Road
 Georgetown, KY 40324

Kentucky Soybean Board Office
 1000 Highway 62 West
 Princeton, KY 42445



COST: \$35/participant -- includes notebook, refreshments, safety glasses, hearing protection, and catered lunch

Registration DEADLINE: 1 week prior to workshop

ONLINE Registration with Credit Card:

Georgetown, KY [Register for KY Fencing School in GEORGETOWN](#)

Princeton, KY [Register for KY Fencing School in PRINCETON](#)

Registration by U.S. Mail: Christi Forsythe
 UK Research and Education Center
 P.O. Box 469
 Princeton, KY 42445

Name: _____

Street: _____

City: _____ State: _____ Zip code: _____

Email: _____ Cell Phone: _____

Number of participants _____ x \$35 per participant = _____ Total Cost

Make CHECKS payable to: KFGC

For more information contact Krista Lea at 270-625-0712 or Christi.Forsythe@uky.edu



2023 Kentucky Fencing Schools

2023 Kentucky Fencing School Agenda

- 7:30 Registration and Refreshments
- 8:15 Welcome and Overview of the Day – Chris Teutsch, UK
- 8:30 Fencing Types and Costs - Morgan Hayes, UK
- 9:00 Fence Construction Basics – Eric Miller and Payton Rushing, Stay-Tuff
 - Perimeter fences vs. cross fences
 - Fencing options on rented farms
 - Proper brace construction
 - Line posts and fence construction
- 9:45 Break – visit with sponsors and presenters
- 10:15 Electric Fencing Basics - Jeremy McGill, Gallagher
 - Proper energizer selection and grounding
 - Proper high tensile fence construction and wire insulation
 - Electric offset wires for non-electric fences
 - Underground wires and jumper wires
- 11:00 Innovations in Fencing Technologies - Josh Jackson, UK
 - Wireless fences, fence monitoring, fence mapping
- 11:30 Overview of Kentucky Fence Law - Clint Quarles, KDA
- 12:15 Catered Lunch - visit with sponsors and presenters
- 1:00 Hands-on Fence Building
 - Safety, fence layout, and post driving demo - Jody Watson and Tucker LaForce, ACI
 - H-brace construction - Jeremy McGill, Gallagher & Eric Miller and Payton Rushing, Stay-Tuff
 - Knot tying, splices, and insulator installation - Jeremy McGill, Gallagher & Eric Miller & Payton Rushing, Stay-Tuff
 - Installation of Stay-Tuff Fixed Knot Fence - Eric Miller and Payton Rushing, Stay-Tuff
 - Installation of High Electrified Tensile Fencing - Jeremy McGill, Gallagher
- 4:30 Questions, Survey and Wrap-up



SAVE THE DATE



EDEN SHALE FARM
OPEN HOUSE OCTOBER 21

Must call to RSVP 859-278-0899



Be My Bud!
Tree Identification in the Winter
Renee Firth,
Bernheim Arboretum and Research Forest



Holiday
Cactus

October 25, 2023
12:30 p.m. ET/11:30 a.m. CT

Register at this link:
<https://tinyurl.com/230cHWW>

visit kentuckyhortnews.com



October 18, 2023
12:30 p.m. ET/11:30 a.m. CT
Register at this link:
<https://tinyurl.com/230cHWW>



Cooperative Extension Service



Friday Farmer Fundamentals
Every 3rd Friday Night
Except July & January

Nov. 17th Topic:
**How can I increase profits,
by minimizing risk?**

5:30-6:30pm
Before The Sale
502-484-5703

United Producers, Inc.
86 Bramblett Ln,
Owenton KY 40359

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

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, religion, sex, national origin, age, marital status, or genetic information. U.S. Department of Agriculture, and Kentucky Cooperative Extension Service, University of Kentucky, Lexington, KY 40546



Fall Frost and Johnsongrass Concerns for Beef Cattle Producers



We have started to see temperatures decreasing at night, and it won't be long until the first frost of fall is forecasted. In some places there is a lot of Johnsongrass in pastures and hayfields, and that brings up concerns for cattle producers. That is because Johnsongrass contains cyanic compounds which, under certain stresses, can result in cyanide poisoning when consumed by beef cattle. Beef cattle producers should be aware of the potential issues with Johnsongrass following a frost, and keep them in mind when managing the herd.

Cyanide poisoning is a concern with Johnsongrass following a frost because the species contains cyanogenic compounds that produce free cyanide gas when the plant cells rupture after a frost event. When damaged Johnsongrass is consumed, the

cyanide can be absorbed into the blood stream and result in cyanide poisoning. Cyanide is a gas so it dissipates as the plant dries during hay curing, or during the ensiling process.

As a general rule of thumb, the highest potential risk of cyanide poisoning of beef cattle from grazing Johnsongrass comes when it is grazed following a light frost (40-29 degrees Fahrenheit depending on atmosphere conditions). Grazing young, leafy growth has the highest potential for cyanide poisoning. Grazing old stemmy, mature growth still carries a risk, but the risk is lower. This means that grazing the regrowth of hay fields that were harvested more recently will pose the highest risk. Chopping fields with lots of Johnsongrass for silage can pose a risk as well if they are being fed as "green chop". However, when properly ensiled, the risk of cyanide poisoning is greatly reduced. The risk of cyanide poisoning can also be greatly reduced when grazing of Johnsongrass is delayed until the plant material is completely dead following a killing frost (28 degrees Fahrenheit for 4 hours). There is little risk of cyanide poisoning for beef cattle when they are fed Johnsongrass hay that has been adequately cured before being rolled or baled.

Here is the recommendation concerning the management of Johnsongrass following a frost event. Following a light frost that doesn't completely kill Johnsongrass in the field, wait at least two weeks without any additional frost events is recommended. Following a killing frost, fields can be grazed as soon as the Johnsongrass plants are dead and dried up. Harvesting Johnsongrass hay is ok as long it is cured adequately. Never feed green chop that contains Johnsongrass harvested after a light frost. Instead, let it ensile properly, then it will be safest to feed.

CAIP Cost Share Update

The deadline is fast approaching for turning in your reimbursement for the CAIP programs. Deadline to have all materials (reimbursement papers, education, receipts, canceled checks, pictures, etc.) in

by 4:00 PM on Friday, December 8th at the Owen County Extension Office.

DEMAND, HIGH PRICES PROMPT CATTLE PRODUCER OPTIMISM



Unlike in previous decades, Americans today eat higher-grade beef and pay a premium for it. Beef cattle producers broke out their timelines at the Texas A&M Beef Cattle Short Course to see where their industry had been, where it is today and where it might be headed.

“We have a lot of reasons for optimism in the cattle market going forward,” David Anderson, Ph.D., Texas A&M AgriLife Extension Service livestock market specialist and professor in the Texas A&M College of Agriculture and Life Sciences Department of Agricultural Economics

Three market issues will determine where the beef industry moves in the longer term—demand, drought and speed of rebuilding, Anderson said.

“We have a product people want to buy,” he said.

The combination of high consumer demand with the current tight beef supplies added up to Anderson’s prediction that high beef prices will continue. Moving forward, Anderson said drought and feed costs will determine the speed of rebuilding the herd, affecting how soon the prices come back down. Record corn production this year combined with fewer cattle on feed could affect feed costs. The question is: Are the current beef prices high enough to start herd rebuilding?

The answer to that question seems to be no. Right now, there is little evidence of the herd rebuilding, he said. Beef heifers held back as cow replacements are the lowest in 50 years, and that number is not expected to increase significantly in 2024.

Anderson said producers are not holding heifers back yet, but they are sending fewer cows to slaughter, indicating the selloff is slowing down, “but we have not turned the corner yet.”

He predicted the industry could expect beef production to decrease by 6% in 2024 and to see even less production in 2025, which means there will continue to be tighter and tighter production for a product consumers like.

“And we’re producing the highest USDA quality-graded beef in history,” Anderson said. “We are supplying exactly what consumers want. This is really a positive picture for the overall market going forward.”

Jeffrey W. Savell, Ph.D., vice chancellor and dean for Agriculture and Life Sciences and a meat science professor in the Department of Animal Science for more than 40 years, offered insight into what has occurred over the last five decades that has led up to the current situation:

- 1970s: Trouble was brewing. The U.S. Senate published what became known as the McGovern Report on human nutrition and needs, which shifted the national dietary guidelines to focus on decreasing cholesterol and fat and obtaining adequate nutrients. Beef was not specifically named, but there was concern about fat in beef.
- 1980s: Searching for lean beef. With fat a concern, the beef industry decided to produce lean beef. There was a move toward what they thought the consumer wanted: beef without marbling. However, in the mid-1980s, the National Consumer Retail Beef Study suggested consumers wanted the “taste fat, not the waste fat.” Consumers said they wanted marbling, not the outside fat.

Continued on next page...

The industry pivoted to closer-trimmed cuts of beef, increasing beef purchases. The consumer also wanted a change at the meat counter to find the lean beef more easily. In 1987, the USDA Good grade of beef became USDA Select, which is just below Choice. “Texas was the state that benefited the most from that change because we had the greatest percentage of beef that fit in that category,” Savell said.

- *1990s: Managing what you measure. An influential paper, “Lost Opportunities in Beef Production,” by National Cattlemen’s Association economist Chuck Lambert, estimated the beef industry was losing \$12 billion annually. As a follow up, a National Beef Quality Audit was conducted by Texas A&M, West Texas A&M University, Oklahoma State University and Colorado State University.*

“We sat down to see what it really was we were producing,” Savell said.

Texas A&M created the Beef 706 program with the Texas Beef Council to help ranchers better understand their product and what happens after the calf leaves their ranch. The beef industry also conducted tenderness and beef customer preference surveys in major cities. This information helped guide beef product marketing.

- *2000s: Fighting a winnable battle. “Don’t get into a fight you can’t win,” Savell said. When it comes to leanness and price, overall, beef cannot beat poultry and pork, he said. But taste belongs to beef. “You beat them on taste. That is a fight you can win.”*

The industry also started using instruments to accurately measure marbling and get better data for appraising beef quality.

- *2010s: Making progress. When ranchers lost or decreased their herds in the drought of 2011, they rebuilt herds with better genetics. The losses “gave everyone a reset,” Savell said, still impacting the type of beef produced today. Then, Walmart announced its intent to sell higher-grade beef with an emphasis on quality. Other supermarkets across the nation followed suit. And then came the barbecue boom. Beef-on-dairy cattle also became a hot topic, as people continued searching for ways to make dairy cattle more valuable by increasing their muscling.*

- *2020s: Current status. The latest quality audit in 2022 showed increases in Choice and Prime beef on the market. The five key cuts that drive the value of beef are rib-eye, strip, top sirloin, tenderloin and brisket. The latest tenderness survey also showed the average shear force value has declined by 43%, indicating beef has gotten more tender due to better genetics and management. In other words, beef palatability is meeting the needs of the marketplace.*

Ron Gill, Ph.D., beef cattle specialist and associate department head for AgriLife Extension in the Department of Animal Science, led a panel discussion looking at the beef industry’s future. The panel included Donnell Brown, R.A. Brown Ranch, Throckmorton; Austin Brown III, Brown Ranches, Beeville; and Shalene McNeill, Ph.D., registered dietitian and executive director of nutrition science, health and wellness for the National Cattlemen’s Beef Association.

“Consumers absolutely love beef,” McNeill said. “But that does not mean you can say ‘I’m done doing all the hard work,’ because we still have challenges ahead to meet consumer expectations. There are promises we must deliver on to keep them demanding beef.”

Specifically, those promises involve advancing the taste, value, human nutrition, convenience and versatility, and, more recently, sustainability of beef to maintain consumer demand.

“It’s a great situation to be in because everyone’s meat IQ is up,” McNeill said. “During the pandemic, the consumer was cooking more. They tell us they are confident in cooking beef.”

While the consumer has moved from eating 3% to 10% Prime beef in the past 15 years, Donnell Brown said he predicts that number will rise to 30% by 2040. Looking forward to 40 years from now, he expects consumption to be at 75% Prime because it is a higher-quality product.

“It is easier to sell what the consumer wants to buy than what we want to raise,” he said.

However, he said, labor, marketing and taxes will continue to be issues; and water, land, weather and government will be increasingly larger issues with each decade. There will be “lifestyle” ranches owned by people driven by joy more than profitability, but the profit-dependent producer will be vertically coordinated and more profitable moving forward.

“You don’t have to change, but you will have to compete with those who do,” Donnell Brown said. “There will be a major generational shift in the cattle business in the next 10 years, and with that, the technological shift and innovation will blow our minds. I am excited about what is ahead.” — Texas A&M AgriLife Extension

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grazing Conference 7:30 AM-3:30 PM CDT Lexington Fayette County Extension Office	2	3 Kentucky First Farm Boone Co Enrichment Center 8:00-4:30 PM	4 Hunter's Education Course 8AM -4:30 PM Owen County Extension Office **Must REGISTER** (see flyer)
5	6	7 2023 KY Fencing Schools Scott County Extension 7:30 AM	8	9	10 Kentucky First Farm Bullitt Co. Extension 8:00-4:30 PM	11 
12	13	14	15 Brunch & Learn: Dollars & Sense of Conservation UPI (Stockyards) 8:30 AM-9:30 AM	16 KSU THIRD THURSDAY THING: Small Farm Conference 10 AM 1525 Mills Lane Frankfort, KY	17 Friday Farmer Fundamentals: How can I increase profits, by minimizing risk? UPI (Stockyard) 5:30-6:30 PM	18
19	20	21	22	23  OFFICE CLOSED	24 OFFICE CLOSED	25
26	27	28	29	30		

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

←———— **KY Women in Agriculture Conference** —————→
(See flyer)

15 **16** **17** **18** **19** **20** **21**

Maple Syrup Workshop
3-7 PM Boone County Environmental & Nature Center
Conditioning & Exercising Your Horse Athlete
6 PM
Boone County Extension
6028 Camp Ernst Road

Beef Cattle Seedstock Symposium
8:30 AM Registration
Fayette County Extension
Lexington, KY

Horticulture Webinar: Be My Budi Tree Identification in the Winter
11:30 AM CT/12:30 PM ET

KSU THIRD THURSDAY THING: Small Ruminants
10 AM
1525 Mills Lane
Frankfort, KY

Friday Farmer Fundamentals
UPI (Stockyard)
5:30-6:30 PM
KSU Harold R. Benson Farm Tour
9:30 AM
1525 Mills Lane
Frankfort, KY

EDEN SHALE FARM OPEN HOUSE
Must RSVP 859.278.0899

22 **23** **24** **25** **26** **27** **28**


Grazing Conference
7:30 AM-3:30 PM CDT
Elizabethtown
Hardin County Extension

Horticulture Webinar: Holiday Cactus
11:30 AM CT/12:30 PM ET

KY Beef Conference
9AM
Clark County Extension Office
1400 Fortune Drive
Winchester, KY
OWEN COUNTY ATTLEMEN'S ASSOCIATION
6:30 PM

SKAY YAK HUSBANDRY & RESEARCH UPDATE CONFERENCE
Morehead State University Farm
8:30 AM Registration

29 **30** **31**





MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

County Agent for Agriculture & Natural Resources

Kendal Bowman

NONPROFIT ORG
US POSTAGE
PAID
OWENTON, KY
PERMIT #59

Butternut Squash and Turkey Chili

- | | | | |
|--------------------------------|---|--|---|
| 2 tablespoons olive oil | 1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes | 2 (14.5-ounce) cans petite diced tomatoes | 1 (15.5-ounce) can white hominy, drained |
| 1 medium onion, chopped | 1 cup low-sodium chicken broth | 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed | 1 (8-ounce) can tomato sauce |
| 4 cloves garlic, minced | 1 (4.5-ounce) can chopped green chilies | | 1 tablespoon chili powder |
| 1 pound ground turkey | | | 1 tablespoon ground cumin |
| | | | 1/2 teaspoon salt |

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: **Press** sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



Plate it up!



Baked Apples and Sweet Potatoes



- | | | |
|--------------------------------|----------------------------|----------------------------|
| 5 medium sweet potatoes | 1/2 cup margarine | 1 teaspoon nutmeg |
| 4 medium apples | 1/2 cup brown sugar | 1/4 cup hot water |
| | 1/2 teaspoon salt | 2 tablespoons honey |

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes.

Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Owen County Cooperative Extension Service
University of Kentucky
265 Ellis Hwy
Owenton, KY 40359

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



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506

Additional 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 belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability, or receipt or refusal to accept any service, reasonable accommodations of disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties Cooperating.



Traditions
accommodated
with pride