



Jessamine County
Agriculture



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

AGRICULTURE NEWS

AGRICULTURE & NATURAL RESOURCES

Cooperative
Extension Service
Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
www.jessamine.ca.uky.edu

*Have a Merry
Christmas
and a Safe and
Happy
New Year!
The Jessamine Co
Extension Office
will be closed from
Dec. 24 to Jan.
3rd.*



Steve Musen
Jessamine County Extension Agent
Agriculture and Natural Resources



December 2022/January 2023

UK Beef Student Seminar Presentations

Come Join Us For Our Presentation:

- Integration of Rotational Grazing
- CIDR and MGA Usage
- Heterosis and the Benefits
- Theileria Orientalis Ikeda Disease



Presentations will be given by students of the University of Kentucky ASC 406 Beef Cattle Science class.

Tuesday December 6th, 2022 Light Meal: 6:00 pm Presentations: 6:30 pm	Pre-register by: December 2nd by calling (859) 885-4811
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Jessamine Co. Extension Office | 95 Park Dr., Nicholasville, KY 40356



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Upcoming Events in Agriculture

Dec 6	UK Beef Student Presentations 6:00p @ Jessamine Extension	Dec 19	Jessamine County Cattlemen 6:30p @ Jessamine Extension
Dec 8	Jessamine County Goat Producers 6:00p @ Jessamine Extension	Jan 24	“Right Sizing Your Cows for Profit” 6:00p @ Jessamine Extension
Dec 10	St. Nich Christmas Festival Main St. Parade starts at 5:30p	Jan 25	Equine and Endophyte Workshop 11:30a-5:00p @ Spy Coast Farm
Dec 13	UK Beef Mgt Webinar Series “Packer and Consumer Trends”	Feb 7	“Forage Stand Evaluation” 6:00p @ Jessamine Extension
Dec 16,17	U.K. Beef Backgrounding Course UK C. Oran Little Research Center	Feb 21	KY Alfalfa and Stored Forage Conf. Cave City, KY

For more information on any of these programs, please contact the Jessamine County Extension Office





**Cook Wild
KENTUCKY**

**Duck and
Potatoes**



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.





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Healthy Recipe From Cook Wild Kentucky

Duck and Potatoes

- 1 wild duck, cleaned
- 1 unpeeled apple, cut in half
- 3 to 4 cups water
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 large potatoes, diced
- 3 carrots, peeled and sliced
- 1 large onion, diced
- 2 teaspoons ground sage

Place whole duck and apple in a 5-quart kettle with 3 to 4 cups of water. Cover. Boil for 30 minutes. Place duck in 15x10 baking dish, add 2 cups liquid from boiled duck. Season

with salt and pepper. Cover. Bake at 350 degrees Fahrenheit for 45 minutes. Add potatoes, carrots, onion, and sage. Bake 45 minutes to 1 hour longer or until duck and potatoes are tender. (The internal temperature of the duck should reach 165 degrees Fahrenheit at the leg joint.) If necessary, add water to keep liquid on duck and potatoes.

Note: To reduce fat content, remove skin and visible fat before cooking. This will also reduce “wild” flavor.

Yield: 6 servings

Nutrition Facts	
6 servings per container	
Serving size	3 ounces meat, one potato, 1/2 cup vegetables (484g)
Amount per serving	600
Calories	% Daily Value*
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 190mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 10mg	60%
Potassium 1,430mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Upcoming Opportunities:

U.K. Beef Student Seminar Presentations

Tuesday evening, December 6th at the Jessamine County Extension Office. Support the future of the Kentucky Beef Industry by attending the U.K. Beef Students' educational seminars. A light dinner will start at 6:00p and the presentations will begin at 6:30p. Please call ahead to reserve a spot.

UK Beef Management Webinar Series

If you would like to register, please send an email to dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message.

December 13, 2022

Packer and Consumer Trends with Some Holiday Beef Ideas – Gregg Rentfrow, Extension Professor, University of Kentucky and Alison Smith, Kentucky Beef Council Retail and Foodservice

U.K. Backgrounding Course for Feeder Cattle Producers

The U.K. College of Agriculture, Food and Environment will offer a two-day program aimed at background producers who want to gain knowledge through classroom and hands-on learning experiences. Dec. 15-16 at the UK C. Oran Little Research Center in Versailles. Link to register is:

<https://www.eventbrite.com/e/469124111847>

Jessamine County Winter/Spring Training Series

Join the Jessamine County Extension Ag. And Natural Resources program for a series of training opportunities this winter. In-person training sessions will start at 6:00p and will include a light dinner. Preregistration is required.

- **January 24** “Right Sizing Your Cows for Profit”
With Dr. Les Anderson, U.K. Beef Extension Specialist
- **February 7** “Forage Stand Evaluation”
With Dr. Ray Smith, U.K. Forage Extension Specialist
- **March 28** “Gardening in Small Spaces”
With Dr. Rick Durham, U.K. Horticulture Extension Professor
- **April 20** “Small Fruit Production”
With Dr. Shawn Wright, U.K. Horticulture Specialist

U.K. Equine and Endophyte Workshop

Hear from experts from across the country on the effects of toxic tall fescue on mares and what steps can be taken to reduce them. Wednesday, January 25, 2023, 11:30 AM – 5:00 PM EST at Spy Coast Farm - Equine Education Center 3487 Newtown Pike Lexington, KY 40511 For registration: [https://](https://EquineEndo2023.eventbrite.com)

EquineEndo2023.eventbrite.com

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Think Ahead to Meet Winter Hay Needs

“It is important to protect the hay crop you have and use it wisely—that smart conservation and planning will help make hay last longer through the winter.”

Hay availability in Kentucky may be short this winter because of multiple, compounded issues. The variability of yield, quality and number of cuttings indicate the hay supply could get tight. It is important to protect the hay crop you have and use it wisely—that smart conservation and planning will help make hay last longer through the winter.

Due to weather events—droughts and floods—both hay quality and yield are down. To ensure an adequate amount of hay, farmers should enact several measures. Store hay inside a barn, where it will remain dry. Remember to store hay in barns that have access in all types of weather. If that is not feasible, cover with a tarp to protect from the elements. Buy hay by the ton if possible and require certified stamped weight.

Testing is the first step to knowing how much will be necessary to meet the nutritional needs of the animals they feed, from horses to cattle to goats. Hay is tested primarily for crude protein, acid detergent fiber, neutral detergent fiber, total digestible nutrients and relative feed value. Get your hay tested by the Kentucky Department of Agriculture to determine if you need to buy additional hay. For more information, refer to University of Kentucky Cooperative Extension Service publication “Interpreting Forage Quality Reports,” at <http://www2.ca.uky.edu/agc/pubs/id/id101/id101.pdf>

Farmers typically feed hay from mid-December until mid-March, approximately 110 days, though that will vary due to weather, pasture conditions and the needs of different animals. To reduce waste, you should get hay, whether round or square bales, off the ground, either by using pallets, feeders or hay

carts. Doing this will help you reduce wasted hay by almost half. If that is not possible, feed in long rows so hay is immediately consumed, rather than leaving a round bale out for animals to pick at over time. They will consume the center of the round bale, which has remained dry and protected, first, and that judicious eating will greatly increase waste.

To determine hay needs:

- Calculate the number of days animals will need feed.
- Weigh a random sample of bales using scales at feed mills or truck stops so you know the average weight of your bales.
- With the results of a hay test, calculate how many pounds each animal will need daily.
- Determine the total amount of hay the herd will require over the winter.

Forward planning and good management practices will help ensure an adequate hay supply during the winter. Because hay is a commodity, with a price that relies on supply and demand, it is unlikely that prices decrease in the coming winter months. So, if you do not have enough, you should buy it now, before more buyers move into the market. A tight supply, plus possible hay purchases from bordering states, may possibly elevate what are already high prices. Straw is also likely to be expensive.

For more information, review University of Kentucky Cooperative Extension Service publication “Quality Hay Production,” <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf>

Tom Keene, UK Plant and Soil Sciences Hay Specialist

Green-Thumb Winter

Gardening is often thought of as a spring and summer pastime, but you don't have to give up your gardening hobby just because winter is approaching. Continue working your green thumb this winter with an indoor container garden.

Container gardening refers to planting in containers rather than a traditionally tilled plot of land. **Container gardening** is a great way to bring your plants in from the cold and utilize small spaces such as windowsills and tabletops.

While the variety of crops you can plant in container gardens isn't as vast as traditional gardens, there are still a variety of **planting options**. Here are some easy plants to grow indoors this winter:

- **Scallions:** For scallions, also known as green onions, you can cut off the tip with the roots and place it in a glass with about an inch of water. When the roots are 2-3 inches long, plant them in potting soil in a shallow container. You can either harvest the green tops and let the plant continue to grow or use the entire green onion.
- **Garlic greens:** Plant a garlic clove in a few inches of potting soil mix for garlic greens. You won't be able to grow bulbs, but the green portion tastes garlicky and serves as a good substitute, either raw or sauteed.
- **Microgreens:** Microgreens refer to small edible greens grown from the seeds of vegetables and herbs such as broccoli and beets. Make sure the seeds you use are labeled for use as microgreens so there is no coating that may contaminate the plant. Sow the seeds thickly in new, clean potting soil in shallow containers like disposable aluminum pans with one to two inches of potting soil. Microgreens typically mature after 12-14 days or closer to 21 days for

larger seeds and reach an average height of 4-5 inches tall. These can be used in salads, wraps or garnishes once fully grown.

- **Carrots:** Small carrots are easy to grow in potting soil. Sprinkle the seeds on top of the soil in a pot or long window box, lightly cover with damp peat moss and water well. And don't throw away those carrot tops. They're edible and nutritious and can be used in soups and sauces and even smoothies.

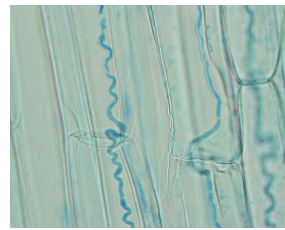
Herbs: Basil, chives and parsley are extremely easy to grow indoors. Parsley demands more humidity, so misting the plants will help them flourish. Use organic fertilizer to help your herbs reach their full potential.

One of the biggest challenges with indoor gardening is the lighting limitations. While you should utilize as much natural light from windows as possible, some plants may need additional light from grow lights. Grow lights come in all price ranges and styles, from full-spectrum fluorescent lights to LED plant lights that are a bit more expensive but use less electricity than fluorescent lights. Incandescent bulbs do not emit the right spectrum of light for plant growth.

Another issue you may come across is ensuring your containers have proper drainage. You should use potting soil, which has better drainage, **rather than garden soil**. Be sure your containers have a hole for drainage and are placed atop a detachable saucer or in a tray to catch extra water. After the water has drained into this catching device, empty excess water to lower the risk of root rot.

By: Dr. Rick Durham, U.K. Horticulture Extension Professor

“Gardening is often thought of as a spring and summer pastime, but you don't have to give up your gardening hobby just because winter is approaching”



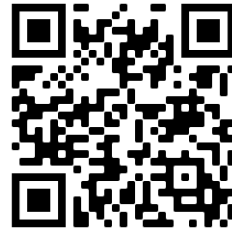
Equines and Endophytes Workshop

Toxic tall fescue poses a significant challenge to horse breeders in the southeastern US. This workshop aims to educate breeders on what is known about tall fescue and the broodmare, how to evaluate risk, and explore strategies to reduce or eliminate these risks.

Date **January 25, 2023**

Time **11:30 am - 5:30 pm**

Venue **Spy Coast Farm
Equine Education Center
3487 Newtown Pike
Lexington, KY 40511**



Advanced registration required:
<https://EquineEndo2023.eventbrite.com>

Sponsorship opportunities available | CCA CEUs requested



SCHEDULE

11:30 - Registration and visit with vendors

12:00 - Lunch

12:45 - Welcome, Matt Poore and Spy Coast Farm

1:00 - Understanding Endophytes - Dr. Carolyn Young

The history and morphology of endophytes and comparison of endophyte-infected tall fescue in the US.

1:30 - Equine Research in Tall Fescue - Dr. Karen McDowell

A brief review of the literature surrounding horses and tall fescue to define what we do know, and what we don't.

2:00 - Evaluating Toxicity Risk - Krista Lea

Explore factors that affect toxicity to help breeders make timely management decisions to reduce tall fescue toxicity risk in pasture and hay.

2:30 - Break and Live plant identification - Krista Lea

3:00 - Mitigation through Grazing - Dr. Amanda Grev

Changes in grazing can reduce the risk for tall fescue toxicity and protect investments in improved pastures.

3:30 - Utilizing Novel Endophyte Tall Fescue - Dr. Ray Smith

Proper establishment and early management is key to successful incorporating novel endophyte tall fescues into pastures.

4:00 - The Real Cost of Tall Fescue - Dr. Jill Stowe

A critical look at the cost of tolerating toxic tall fescue on horse farms and common mitigation strategies including introducing novel endophyte tall fescues.

4:30 - Farm Manager Panel - Moderated by Dr. Jimmy Henning

Hear from farm managers who have targeted and reduced toxic tall fescue and utilized novel endophytes for improved grazing.

5:30 - Adjourn

The Alliance for Grassland Renewal is a national organization focused on enhancing the adoption of novel endophyte tall fescue technology through education, incentives, self-regulation and promotion. To learn more, go to www.grasslandrenewal.org.





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We wish you a safe and happy Holiday!

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