



Jessamine County
Agriculture



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

AGRICULTURE NEWS

AGRICULTURE & NATURAL RESOURCES

Cooperative
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March 2025

Beef Cattle Risk Management Series For Advanced Cattle Marketers March 11th & 25th

Dr. Kenny Burdine, UK Extension Professor for Livestock Econ., will be conducting a 2-part training on Risk Management for Beef Cattle Marketing. These sessions will be held at 6:00pm at the Jessamine County Extension Office on March 11th and March 25th.

These training sessions are designed for advanced cattle marketers or cattle producers who want to take their marketing risk management to the next level. Topics that will be covered will include; futures, options, and advanced strategies that limit margin exposure and premium cost. The first session will cover basic futures and options, and participants will be given some example scenarios where they will make some marketing decisions. On the second night, LRP insurance will be covered, followed by 2-3 advanced strategies. The results of the previous session's marketing decisions will be discussed.

Dinner will be provided so pre-registration is required. These sessions will meet the education requirements for the CAIP cost-share program.



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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Upcoming Events in Agriculture

March 11	Risk Management for Advanced Cattle Marketers—Session 1 6:00p @ Jessamine Extension	March 27	6:00p @ Jessamine Extension Jessamine County Beekeepers
March 13	Central KY Tobacco Growers Meeting (see flyer) 9:00a-11:00a @ Woodford Extension	March 29	6:00p @ Jessamine Extension (see flyer for details)
March 17	Jessamine County Cattlemen 6:30p @ Jessamine Extension	- April 5	County-Wide Clean Up (see flyer for details)
March 25	Risk Management for Advanced Cattle Marketers—Session 2	April 7	Sheep & Goat Educational Meeting & Lamb Dinner 5:30p @ Mercer County Extension (see flyer for details)

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



Cook Wild KENTUCKY

Catch of the Day Burgers



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USDA
Supplemental
Nutrition
Assistance
Program

EFNEP
Expanded Food and Nutrition Education Program

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

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthy Recipe From Cook Wild Kentucky

Catch of the Day Burgers

- 1 quart boiling water
- 1 1/2 pounds boneless white fish
- 3 eggs, beaten
- 1/3 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1 clove finely chopped garlic or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup dry panko breadcrumbs
- 1/4 cup vegetable oil
- 6 toasted whole wheat buns
- 1/8 cup tartar sauce (optional)

Bring 1 quart of water to a boil. Place fish fillets in boiling water. Cover and return to boil. Immediately lower heat, and simmer for 7 to 10 minutes or until fish flakes apart easily

with a fork. Drain and flake fish. In a bowl, mix beaten eggs, cheese, parsley, garlic or garlic powder, salt, and pepper together. Combine with fish. Stir just until blended. Chill in refrigerator for at least one hour. Shape chilled mixture into 6 patties, and roll in breadcrumbs. Heat oil in skillet over medium heat. Carefully place fish patties in pan. Cook the patties for 3 minutes on each side or until browned, turning only once. Drain on paper towels. Serve on toasted buns. Optional: add tartar sauce. Note this will increase the sodium.

Yield: 6 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott. 2013.

Nutrition Facts

6 servings per recipe
Serving size 1 sandwich (239g)

Amount per serving
Calories 520

% Daily Value*

Total Fat 23g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 710mg	31%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 2mcg	10%
Calcium 194mg	15%
Iron 3mg	15%
Potassium 393mg	8%

*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:

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.

All meeting times are 8:00pm ET and meets CAIP Education Requirements.

- March 11, 2025—Preparing for a Successful Spring Breeding Season
Dr. Les Anderson, UK Extension Professor (meets CAIP Ed. Requirements)

Risk Management for Advanced Cattle Marketers

6:00p, March 11 & 25, 2025 @ Jessamine County Extension

See Page 1 for more Information

Meets CAIP Education Requirements

Central KY Tobacco Growers Meeting

9:00a-11:00a—Thursday, March 13 @ Woodford County Extension Office

See flyer for registration information

Meets CAIP Education Requirements

Sheep & Goat Educational Meeting and Lamb Dinner

Monday, April 7th, 5:30p-7:00p @ Mercer County Extension Office

RSVPs are encouraged. Please call 859-734-4378 to reserve a spot.

Registration \$10.00 per family (collected at the door) will include dinner and One-Year Membership to SEKSPA.

See flyer for more information.

Meets CAIP Education Requirements.

Follow us on Facebook

@ Jessamine County Agriculture



Growing Kentucky Lettuce

PLANTING LETTUCE

Easy-to-grow, cool-season lettuce is a popular salad vegetable. Lettuce is a great crop to interplant with other crops.

FOUR TYPES OF LETTUCE

- **Leaf** (Grand Rapids, Green Star)
- **Butterhead/ Bibb** (Nancy, Buttercrunch)
- **Romaine** (Coastal Star, Green Towers)
- **Crisphead** (Iceberg, advised not to be grown in Kentucky due to climate)

SAFE PLANTING DATES

Western Kentucky: March 15- April 15
 Central Kentucky: March 25- April 20
 Eastern Kentucky: April 1- April 30

Source: UK Extension Publication ID-128
An Equal Opportunity Organization.

Grow A More Successful Garden

“Gardening is a rewarding experience that provides fresh produce and a deeper connection to nature”

Gardening is a rewarding experience that provides fresh produce and a deeper connection to nature. [The *Growing Your Own - GARDEN* calendar from Plan Eat Move](#)—a part of the University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service—is an excellent resource to guide both novice and seasoned gardeners through the planting and harvesting seasons. With monthly recommendations and engaging activities, the calendar helps individuals and families plan a productive and enjoyable gardening experience.

A well-planned garden starts with careful preparation. Before planting, sketching a layout can be a useful exercise. For families, involving children by having them cut out pictures of vegetables and placing them on the garden plan can be both educational and fun. This interactive approach encourages engagement while helping gardeners visualize plant placement and spacing for optimal growth.

The calendar provides a detailed month-by-month breakdown of what to plant and when to harvest. Beyond planting and harvesting, the calendar incorporates family-friendly activities to make gardening even more enjoyable. Keeping

a garden journal allows individuals to track planting dates, growth progress and harvest yields.

Children can add their own observations through drawings or short descriptions. Taste tests with homegrown produce introduce youth to different flavors while emphasizing the benefits of fresh food. Creative activities, such as making DIY garden markers with craft materials, add a personal touch and help with plant identification.

Success in gardening often comes down to simple, consistent practices. By following the guidance in the *Growing Your Own - GARDEN* calendar, gardeners can cultivate a thriving space that not only produces nutritious food but also fosters family bonding. Gardening is a journey filled with learning, patience and the satisfaction of harvesting what was planted. Whether tending to a small backyard plot or a larger garden, these seasonal tips and activities provide the foundation for success.

To access the guide, visit <https://www.planeatmove.com/get-moving/growing-your-own-garden>.

Source: Rick Durham, UK Department of Horticulture Professor



It's Tax Season. Be Prepared

This is the time of year when we start thinking about filing our income taxes. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself or your tax preparer.

Begin by gathering the necessary forms including your social security number and that of your spouse if filing jointly, plus the numbers of any dependents. In addition to W-2 forms, you want to include information about any taxable interest you earned from savings accounts, stocks, mutual funds and virtual currency transactions. You will need to gather other 1099 forms from any earned compensation, including unemployment compensation, pension distributions, annuity or retirement plans, or contract employment.

Additionally, have a copy of last year's federal and state tax returns accessible, and your bank account and routing number to receive any refunds by direct deposit. Depending on your circumstances, you may need to include Form 1095-A, Health Insurance Marketplace Statement, if anyone in your household enrolled in a Marketplace plan in 2024.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should have a 1098 form from your lender specifying how much interest you paid in the last year. Mortgage interest and points may be tax deductible if you itemize. Learn more at <https://www.irs.gov/taxtopics/tc505>.

To receive your refund quickly, electronically file your taxes as early as possible and choose the direct deposit option.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer moving forward. This will allow the employer to withhold more money from your check throughout the year, so you're not hit with a big payment next year.

For general information on filing taxes this year, visit <https://www.irs.gov/individuals/get-ready-to-file-your-taxes>.

If you have questions about whether certain tax laws apply to your individual circumstances, consider using the IRS Interactive Tax Assistant tool at <https://www.irs.gov/help/ita>. This free online tool can help you determine if you need to file a tax return, your filing status, if you can claim a dependent, if your income is taxable, tax credit eligibility, or if you can deduct certain expenses.

Source: Nichole Huff, UK Extension Specialist for Family Resource Management

“This is the time of year when we start thinking about filing our income taxes”



IT'S TAX SEASON! BE PREPARED WITH THESE TIPS.



GATHER ESSENTIAL FORMS
Social Security numbers (self, spouse, dependents), W-2s, 1099s (if applicable), 1098 (mortgage interest), 1095-A (if applicable), last year's tax returns, bank account & routing number

REFUND TIMING
Filing electronically and choosing direct deposit is the quickest way. Paper returns and those that require review take longer. Incomplete info/errors/missing documents can cause delays





RESOURCES
Consider changing your withholding status with your employer moving forward if you owe money to the IRS. For general information, visit <https://www.irs.gov/individuals/get-ready-to-file-your-taxes>.

CONTACT YOUR LOCAL COUNTY EXTENSION OFFICE FOR MORE INFORMATION.

Source: Nichole Huff, UK Extension Specialist
An Equal Opportunity Organization.



COUNTY-WIDE CLEAN-UP



**BROUGHT TO YOU BY JESSAMINE COUNTY FISCAL COURT
AND ENVIRONMENTAL SERVICES**

**Saturday, March 29 to Saturday, April 5, 2025 from
7:30 AM to 7:00 PM, CLOSED on Sunday, March 30.**

**FREE RESIDENTIAL DEBRIS DISPOSAL FOR
JESSAMINE COUNTY RESIDENTS**

**ACCEPTED: RESIDENTIAL
DEBRIS**

NO COMMERCIAL DEBRIS

- SHINGLES
- DRY WALL
- BRICKS AND CONCRETE
- ASPHALT
- WET PAINT
- DIRT

**NO NORMAL HOUSEHOLD
WASTE**

- DAILY TRASH
- FOOD GARBAGE

NO STORM BRUSH AND TIRES

***** NO CURBSIDE PICK-UP *****

**JESSAMINE COUNTY AND CITY OF
NICHOLASVILLE RESIDENTS: BRING
DEBRIS TO JESSAMINE COUNTY ROAD
DEPARTMENT; 275 PARK DRIVE,
NICHOLASVILLE**

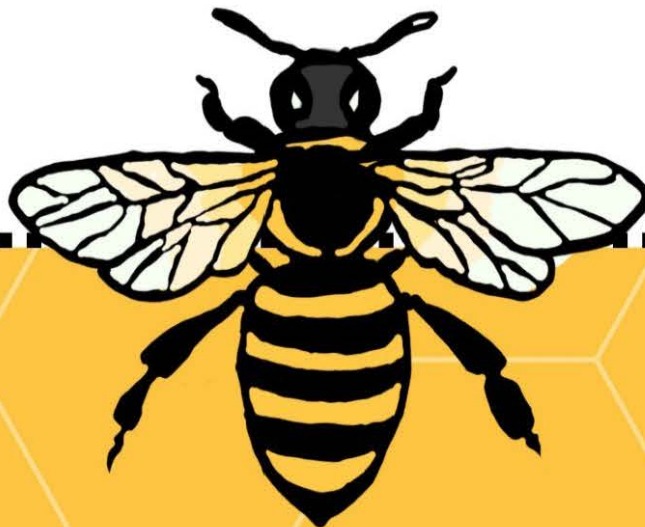
**CITY OF WILMORE RESIDENTS:
BRING DEBRIS TO 305 WEST LINDEN
ST, WILMORE**

JESSAMINE COUNTY
BEEKEEPER'S CLUB
MARCH MEETING

**Joshua Scott talks about:
Searm catching and colony
removal**

**Join Our FB page:
Jessamine County
Beekeepers**

95 PARK DR
NICHOLASVILLE, KY
6PM 3/27/25





2025 Central Kentucky Tobacco Grower Meeting

GAP Training & Crop Update

When: March 13, 2025, 9 - 11 A.M.

Where: Woodford County Extension Office

184 Beasley Drive

Versailles, KY 40383

Program will include:

- **Production & Crop Update:** Dr. Bob Pearce & Dr. Andy Bailey
- **Labor Training**
- **GAPC Update**

Light breakfast will be provided.

**Please RSVP to the
Woodford County
Extension Office at
(859) 873-4601.**



SHEEP & GOAT Educational Meeting & Lamb Dinner

Monday, April 7

Registration begins at 5:30pm

Who: The County Extension Offices of Mercer, Boyle, Lincoln, Garrard, Jessamine, Woodford, Franklin, and Anderson Counties; the Southeast Kentucky Sheep Producers Association (SEKSPA); Kentucky Sheep and Wool Producers Association (KSWPA) and the University of Kentucky's Martin-Gatton College of Agriculture, Food & Environment.

Registration is from 5:30-6:00 pm EST. Lamb Dinner starts at 6:00 with the educational program to follow.

How: Round-Table discussion led by: Patrick Angel, SEKSPA; Harry Frederick, KSWPA and Winding Creek Farms; Dr. Jessie Lay DVM, UK Extension Animal Health Veterinarian.

**This meeting qualifies for CAIP
Educational requirement.**

Mercer County Extension Office
1007 Lexington Road—Harrodsburg, KY

KENTUCKY  
COOPERATIVE EXTENSION



Registration Required.

Please register by calling the
Mercer County Extension Office at
859-734-4378.

\$10.00 per family
(collected at the door)

Your registration fee will include a
delicious lamb dinner with sides and a
One-Year Membership to SEKSPA.

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



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RETURN SERVICE REQUESTED