



Jessamine County
Agriculture



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

AGRICULTURE NEWS

AGRICULTURE & NATURAL RESOURCES

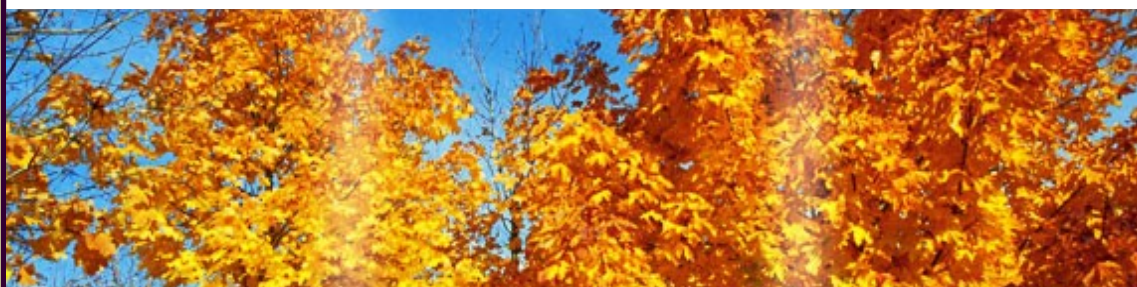
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November 2022

Happy Thanksgiving!



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From the Woods Today—Live!

An award winning weekly internet show co-hosted by Renee Williams and Billy Thomas with UK Forestry and Natural Resources Extension featuring segments focusing on Kentucky woodlands and wildlife. The show airs live on **Wednesdays at 11 a.m. ET.**

The show airs live on Wednesdays at 11 a.m. ET. You can watch via Zoom or Facebook Live: <https://www.facebook.com/ForestryExtension/> Links to live shows are posted on www.fromthewoodstoday.com just prior to the show, where you can Join live or watch recorded shows later.

- November 2: Common Wildlife Issues, Forest Steward of the Year, Tree of the Week
- November 9: World Forest ID, Christmas Trees, What's Bugging My Tree?
- November 16: EQIP Programs for Woodland Owners
- November 23: No Show. Happy Thanksgiving!
- November 30: Sustainable Oak Practices, Tree of the Week

*Meets CAIP Education Requirements

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Upcoming Events in Agriculture

Nov 5	KY Maple School Webinar See Page for 5 for Registration	Nov 24-25	Jessamine County Extension Office Closed for Thanksgiving Holiday
Nov 8	UK Beef Mgt Webinar Series "From Hay Sample to Feed Bunk"	Dec 8	Jessamine County Goat Producers 6:00 @ Jessamine Extension
Nov 1-17	North American International Livestock Expo. Ky Exposition Center, Louisville	Dec 13	UK Beef Mgt Webinar Series "Packer and Consumer Trends"
Nov 21	Jessamine County Cattlemen 6:30p @ Jessamine Extension	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

SLOW COOKER BBQ TURKEY LEGS

- 2 wild turkey legs with thighs
- 1/4 teaspoon ground pepper
- 1/4 cup ketchup
- 1 can (8 ounces) no-salt-added tomato sauce
- 1/4 cup water
- 1/4 cup brown sugar
- 2 tablespoons prepared yellow mustard
- 3 tablespoons vinegar
- 2 teaspoons paprika

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Season turkey meat with pepper, and place in 6-quart slow cooker.
3. To make sauce, combine the remaining ingredients and stir well.
4. Pour sauce over turkey.

5. Cook, covered, in slow cooker on low for 7 hours, or until meat is tender and falls off the bone or has reached an internal temperature of 165 degrees F.
6. Refrigerate any leftovers within 2 hours after slow cooker is turned off. Divide leftovers into smaller containers to allow quick cooling.

Makes 6 servings

Serving Size: 6 ounces of meat

Nutrition facts per serving:

370 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 170mg cholesterol; 470mg sodium; 12g total carbohydrate; 1g dietary fiber; 9g total sugars; 7g added sugars; 72g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source: Cook Wild Kentucky Project

Healthy Recipe From Cook Wild Kentucky



<https://www.planeatmove.com/recipes/recipe/slow-cooker-wild-side-burgoo/>

Upcoming Opportunities:

Kentucky Maple School

Saturday, November 5, 9:00a-12:00p ET via ZOOM

Registration at:

https://uky.zoom.us/webinar/register/WN_3rRBoKxCRLu-KyfSGN8rQw

*Meets CAIP Education Requirements

From the Woods Today—Live!

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See First Page for login information

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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.

November 8, 2022

From Hay Sample to Feed Bunk: Winter Feeding Considerations for Cattle – Katie Mason, Assistant Professor, University of Tennessee

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

*Meets CAIP Education Requirements

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If you stockpile, then do this

“Stockpiling forage for late fall and winter grazing has rightfully become a widely accepted practice”

Stockpiling forage for late fall and winter grazing has rightfully become a widely accepted practice. It's not difficult to find producers “border-to-border and coast-to-coast” employing this practice, although the type of forage may differ. To get full benefit from stockpiled forage, regardless of species used, it's also universally accepted to strip graze rather than just open a gate to the wide-open spaces. One often-cited Missouri research trial found that giving cows enough forage for three days instead of 14 days resulted in a 40% boost in grazing days per acre.

Using strip grazing can result in forage utilization values of over 80%, not counting a 3-inch residual. Achieving such efficiency levels will help keep a lot of purchased or produced hay from being fed. As a general rule, warm-season grasses or mixed-legume stands need to be strip-grazed first. These forage types tend to lose quality fastest after several killing frosts.

Tall fescue, although it will lose some quality through the winter, seems to hold up the best. As when strip grazing is used during the summer, the practice nearly eliminates animal selectivity.

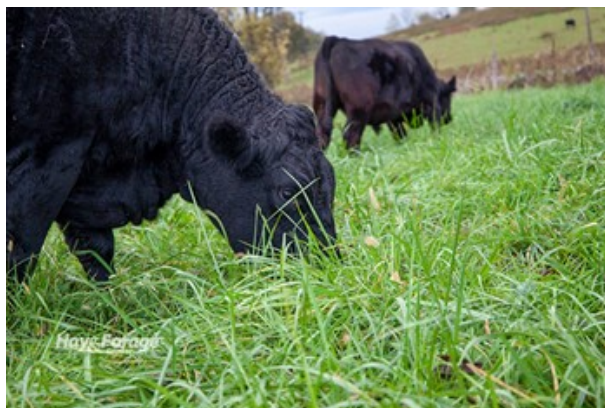
Strip grazing takes some planning. It works best to start closest to the water

source and then work across the field. Set up posts and polywire (or a fence wheel) across the field to allocate enough forage for one to three days. The shorter the time allotment, the higher the forage utilization will be. Nutrient spreading from manure will also be more uniform.

With no additional growth in the winter, most producers do not utilize a back fence to keep cattle off previously grazed areas. This also allows animals to utilize a single water source. As many beginning strip grazers have learned by experience, it is a good idea to set a second polywire for the next move ahead of the current one. In other words, as one length of polywire comes down, there should already be another one in place.

Given the modern state of fence technology, putting up and taking down a strand of polywire requires a relatively small amount of time. The economic return in terms of much greater forage utilization and grazing days is hard to dispute. It also offers the opportunity to keep a close eye on cattle during the winter months.

Mike Rankin, Hay and Forage Grower



Soil Testing

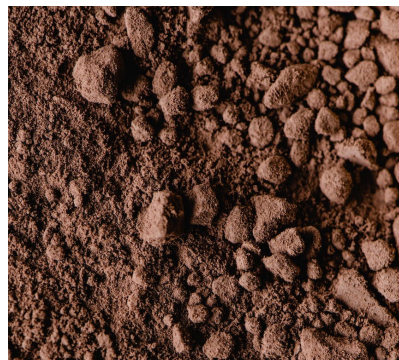
Soil testing is a soil-management tool we use to determine the fertility of soil as well as the optimum lime and fertilizer requirements for crops. Fall is the best time of year to test your soil. Most nutrients take some time to break down and become available to the plant. If you give them all winter to break down, by the time you are ready to plant in the spring, the plants can better take up the nutrients.

All Kentucky county extension offices offer help with soil testing. Just bring a soil sample to your county extension office and they will send it to UK’s Division of Regulatory Services and within a few days you will have the results. Testing doesn’t cost much and you may use the results for everything you grow from trees and flowers to fruits and vegetables.

When taking a soil sample, remember plants have shallow roots that lie within the top 6 to 12 inches of soil. Use a trowel to dig down about 6 to 8 inches and collect approximate-

ly two cups of soil per sample. Put the sample in a plastic bucket since a metal bucket may taint the results. When you bring the sample to your county extension office, they will put it into a soil test bag along with some information you provide and soon you will have your test results. It will save you some money and it is good for the environment.

Soil Testing is currently free for Jessamine County residents, up to two samples per homeowner and six per farmer.



“Soil Testing is currently free for Jessamine County residents, up to two samples per homeowner and six per farmer.”

2022 Kentucky Maple School November 5 | 9am - 12pm ET

Join us as we tap into Kentucky's untapped resource!

The School allows for maple syrup producers to learn about current topics in maple production and allows producers to network and share ideas.

This is a Zoom Webinar. Registration is required.

https://uky.zoom.us/webinar/register/WN_3rRBoKxCRLu-KyfSGN8rQw



November Tips & Tidbits

Preparing for Winter

- Horses that are kept outside require protection from wind and the elements. This can be done with a wind break of trees, a run-in shed or a high porosity wind fence.
- Check all water systems and put away all parts that are not permanent and cannot withstand freezing temperatures.
- Clean and store temporary fencing systems that have been used for rotational grazing.
- Check living quarters in the horse trailer to ensure all systems are ready for winter.

Feeding Horses During the Winter

- Be sure all horses have adequate access to feed and clean water.
- Feed hay in a suitable feeder to reduce waste.
- Horses can be wintered on hay alone if its quality is high enough to meet their nutritional needs.
- If they are at the optimal BCS, horses should be provided 1.5 to 2 percent of their body weight in high-quality forage per day.
- Cold temperatures can increase a horse's hay requirement by one-third.

- Compensate for low-quality forage or a lack of hay by adding a grain ration.
- Assess your horse's body condition score once a month to evaluate your feeding program.

Winterizing Horse Tack

- Most horse owners are not as actively riding in the winter months, thinking about winterizing your tack can help to prolong your equipment.
- Place all saddles, bridles, general tack, etc. in a dry place for the winter away from the elements.
- Oiling any leather before storing away will help to prolong the longevity of your more valuable pieces of tack.
- One idea would be to store away in some rubber totes and cover with a lid; this will provide you with winter care protection and keep everything all in one place.



ADULT HEALTH BULLETIN



NOVEMBER 2022

Download this and past issues
 of the Adult, Youth, Parent, and
 Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
 content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back →

Install a CO detector in your home to protect yourself from carbon monoxide poisoning.



→ Continued from page 1

- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning.

Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:
<https://health.ri.gov/seasonal/winter>



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