

ANDERSON AGRARIAN

AUGUST 2024

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

[HTTPS://ANDERSON.CA.UKY.EDU/](https://anderson.ca.uky.edu/)



What's Inside

- Agent's Remarks
- Events & Opportunities
- Seasonal Tips
- From Campus
- Recipe

Important Dates

- **08/02:** CAIP Applications Due
- **08/02:** Food Truck Friday
- **08/15:** Master Cattleman Registration Deadline
- **08/15-25:** Kentucky State Fair
- **09/02:** Labor Day Holiday (office closed)

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



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Agent Remarks

As summer comes to a close I'm happy to finally be circulating a newsletter to the county. I'd like first to thank everyone who has been so welcoming since I arrived here in Anderson County. I have had a wonderful time getting to know this place and its people, and look forward to continuing to do so. That being said, please don't hesitate to reach out to me if there is a way in which I could be helping you that I haven't done yet. It is my job to serve the people in this county, I aim to do my utmost to achieve that. Along those lines, if there is anything you'd like to see included in this newsletter that you aren't seeing, please let me know. I intend to use this as a way to distribute information about programs, events, research, etc. but I want to make sure it suits you all as best it can. I have several programs I am planning for the fall and hope that you all will find some you like and try to be there. As always, if there are any I'm missing, just let me know. It looks like there might be some fall hay to put up, after this week's rain. If you have any hay that you'd like entered in the contest, just let me know and I'll come out and grab a sample. Thanks again for all of the support. Feel free to stop by or call if you need anything at all, or just want to tell a tale.

Thanks!



R. Owen Watkins



Central Kentucky Master Cattleman



The Master Cattlemen Program was created to give beef producers an in-depth educational course on beef cattle management. Producers completing the program will acquire knowledge that will help them make informed economic management decisions in their beef operations. **Participants must complete all 6 of the 3 hour sessions to be certified.**

5:30pm—Dinner
6:00-9:00pm—Program

\$100 Registration Fee
\$125 per couple
RSVP to your
county office by
August 15



KENTUCKY
COOPERATIVE EXTENSION

September 3—Woodford County Extension

Dr. Josh Jackson—Facilities

September 10—Jessamine County Extension

Dr. Les Anderson—Reproduction

September 24—Jessamine County Extension

Dr. Katie VanValin—Nutrition

October 1—Woodford County Extension

Dr. Michelle Arnold—Health

October 22—Jessamine County Extension

Dr. Kevin Laurent—Marketing

October 29—Woodford County Extension

Dr. Darrh Bullock—Genetics

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2024 CENTRAL KENTUCKY HAY CONTEST

Is your hay the best?

Testing provides nutritional value of hay to assist in balancing rations, and can result in reduced feed cost, increased animal performance, and information to improve forage stands.

Free analysis to determine hay quality and livestock needs.

Call your local
Extension Office to
sign up.



DEADLINE TO REGISTER:
OCTOBER 7, 2024

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Benefits of Proper Fertilizer Usage

Following these fertilizer recommendations offers several benefits to farmers:



- Optimized nutrient delivery boosts crop yields through timing and application.
- Enhanced soil health fosters long-term productivity and sustainability.
- Fertilizer application based on soil tests maximizes efficiency and reduces costs.
- Sustainable resource management through efficient fertilizer use protects soil quality for future generations.

For more information on fertilizing crops and soil health, contact your local county extension office!

*Source: John Grove, Department of Plant and Soil Sciences professor
An Equal Opportunity Organization.*

If you're planning to fertilize pastures this fall don't forget to get your soil samples submitted. If you have any questions regarding applying fall fertilizer please reach out to the office.

I have heard a lot about "weird" and "abnormal" problems in vegetable gardens this summer. No doubt the intense heat and lack of rain has added to it. Likewise, These heavy rains and muggy days may promote an uptick in fungal and insect damage. Keep an eye out and let me know if you have any questions.

Fusarium Wilt of Vegetables Management

- Purchase certified disease-free seeds or transplants.
- Select cultivars with resistance.
- Utilize soil solarization.
- Manage weeds in or near plantings.
- Rotate crops away from susceptible crops for a minimum of 5 years.
- Increase soil pH to near neutral (pH 7), depending on the crop.
- Remove and destroy infected plants or plant parts.
- Clean and sanitize tools, pots, and equipment.
- Remove and destroy plant debris at the end of the season.

FROM CAMPUS

General

- Perhaps the most tedious aspect of agriculture is keeping records, generating reports, and using data to make management decisions. Consider using one of the many electronic data collection and management systems available on the market. We recommend Stocket.us for a simple, inexpensive web/app platform.
- Provide shade and water! Cattle will need shade during the hot part of the day. Check water supply frequently – as much as 20 gallons may be required by high producing cows in very hot weather.
- Select pastures for stockpiling. Remove cattle and apply nitrogen when moisture conditions are favorable. Stockpiled fescue can be especially beneficial for fall-calving cows after calving. Reproductive rates are highest in fall-calving cows grazing stockpiled fescue.
 - Avoid working cattle when temperatures are extremely high – especially those grazing high endophyte fescue. If cattle must be handled, do so in the early morning.
 - Do not give up on fly control in late summer, especially if fly numbers are greater than about 50 flies per animal. You can use a different “type” of spray or pour-on to kill any resistant flies at the end of fly season.
 - Keep a good mineral mix available at all times. The UK Beef IRM Basic Cow-Calf mineral is a good choice.
- Cattle may also be more prone to eat poisonous plants during periods of extreme temperature stress. They will stay in “wooded” areas and browse on plants that they would not normally consume. Consider putting a roll of hay in these areas and/or spraying plants like purple (perilla) mint that can be toxic.
- Take soil samples to determine pasture fertility needs. Fertilize as needed, this fall.

Timely Tips by Dr. Les Anderson

Beef Extension Professor, University of Kentucky

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Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous	¼ teaspoon ground black pepper	4 large bell peppers
1 small tomato, diced	1 teaspoon salt	½ pound lean ground beef
½ cup garbanzo beans	½ cup low fat shredded mozzarella cheese	1 tablespoon chopped green onion
1 teaspoon dried Italian seasoning		1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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

Kentucky Bell Peppers

SEASON: June through the first frost, usually September.

NUTRITION FACTS: Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

SELECTION: Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

PREPARATION: To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

PRESERVING: Wash and stem peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY BELL PEPPERS

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

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COOPERATIVE
EXTENSION
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Source: www.fruitsandveggiesmatter.gov

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