The April-May 2022 Edition of:

University of Kentucky
College of Agriculture, Food and Environment

Cooperative Extension
University of Kentucky
Marshall County
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Benton, KY 42025
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Nikki's News

Marshall County's Agriculture and Natural Resources Update

Hello all! April is here and I hope you can take a break from dumping out your rain gauges to read this issue! Here are a couple topics that I would like to discuss.

I have had many conversations with growers concerning the status of **Mayfield Grain** since the tornado. With the increased concerns surrounding this issue, I thought it might be a good time to share the UK grain hauling tool. There is an article on how this tool works on page 4. Basically, you enter information into the tool and it shows you where the most economical place to take your grain is. Deciding where to sell your grain can be a surprisingly complex decision. There is no shame in letting the tool help. We often are guilty of neglecting certain costs when making these decisions but the economists utilize all costs in the tool.

Hay buyers and sellers beware! Everyone knows that input costs are through the roof (basically tripled in price.) One of my producers took the time to put his calculations on paper for me. His conclusions are upsetting. The input costs for his bermdagrass hay are 40% or more higher than last year (based on current prices.) His calculations only took into account the change in cost of N, P, K fertilizers and fuel. His fertilizer cost went up around 163% and his fuel went up around 150%. He did not even consider other increased costs like pesticides, labor, etc. If you are selling hay this year, you need to make sure you can actually make a profit and if you are buying, please understand the price is likely to increase dramatically.

It's almost time for the **Farmers Market's** opening weekend on May 14th! The market shares this day with the **Master Gardener's yearly plant sale** (page 3.) As always, we are excepting new venders at the market and it's free to participate as a vender! If using scales, then those must be registered with the KDA. See page 6 for more details on the market and certifying your scales. I hope to see everyone at the plant sale/farmers market opening weekend!

Another issue brought to my attention is the increase in **scale insects** on nursery plants this year. These little buggers can cause a real issue for many different trees and shrubs. Checkout page 5-6 for more information about Juniper scale which includes a chart with control options for many types of scale insects, not just juniper scale. Be sure to look for these insects and other types of scale before making any landscape plant purchases this spring. Don't bring these infestations home!

The **recipe of the month** is always based on which vegetable is "in season" but this month turkeys are in season! So, grab your shotgun, harvest a big bearded bird and enjoy this month's recipes! As always, I hope this issue has something for all my readers. I hope everyone has a happy Easter and a successful and low stress planting season! Until next issue....

IN THIS ISSUE:

TIMELY TIPS **SPRING KIDDING AND LAMBING**

*** Closely observe late gestation does and ewes and feed at the same time every day.**

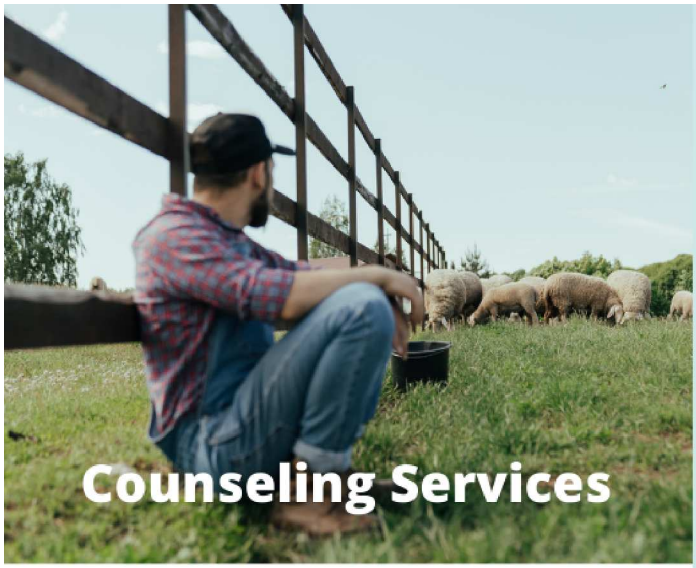
*** If weather permits, kid does and lamb ewes outside on clean, parasite free pastures that were not grazed in the last 6 months**

*** Trim navel cord if needed and dip in 7% iodine solution**

*** Check teats to make sure they are functional and make sure kids and lambs nurse as soon as possible after birth**

*** Record birth weights, date, and sex of newborn kids and lambs as well as dam ID.**

*** Check newborn kids and lambs often (every 2-4 hours.)**



EKU Telepsychology staff will be on hand during special hours of the 2nd and 3rd weeks of April to connect Western Kentucky ag community members with online (Zoom) counseling services.

Tuesday, 12th and 19th from 3-6pm EST
Call (tel.) 859-622-4652

Wednesday, 13th and 20th from 5-7pm EST
Call (tel.) 859-622-4652

Telepsychology services can be accessed from a private room at the McCracken County Cooperative Extension Service office or in any place of your preference which has a strong internet connection. For more information on the services, please visit:

https://bit.ly/farmhandprogram

FarmHand

Extension connecting you with tools for mental wellbeing.

A partnership between McCracken County Extension, the Southeast Center for Agricultural Health and Injury Prevention & Eastern Kentucky University's Psychology Clinic.

A Hand to manage cope heal grieve grow

Marshall Master Gardener Assoc.

6th Annual Plant Sale

Saturday, May 14th
8:00am- noon
@ the Marshall County Farmers Market
located at the Marshall Co. Extension Office
1933 Mayfield Hwy, Benton KY, 42025
270-527-3285

Trees, shrubs,
vines, vegetables, groundcovers,
fruit, herbs, bulbs, seeds
annuals, perennials, houseplants,
compost and more!

- Low Prices
- Gardening Advice
- Door Prizes
- Farmers Market

Plant sale proceeds (excludes farmers market) go to the MMGA and are used for Master Gardener educational opportunities, scholarships for agriculture students, community projects and more!

Decision Tool for Hauling Grain to Market

Jordan Shockley, Specialist for Economics

While hauling grain to the market is the last input cost in the production of grain it can be the most critical decision a producer has to make, especially when margins are thin. Determining which market to sell your grain (if you have options) can be a complex decision. Should I sell my grain to the closest elevator or should I haul it a further distance to receive a price premium? What market you choose not only will determine the price you receive but will also determine the cost associated with hauling. The market that provides the best price may not always be the most profitable option. The balance between maximizing the price per bushel received from the buyer and minimizing hauling costs could be the difference between making a profit that year or being in the red.

There are many factors that will impact the cost of hauling grain and determine the most profitable option. Those factors include: grain price, hauling distance, fuel price, wait time, quality discounts, and truck capacity. It is common for most producers to make their market decision based on only one of these factors. However, all of these factors need to be considered when determining the most profitable market option. To aid in this decision, a Microsoft Excel tool has been developed to help producers choose what buyer to sell their grain to based on the factors listed above. By entering the required inputs into the tool, the estimated hauling cost and net grain price received is calculated for each buyer (up to 6 buyers) and the buyer with the greatest net price is determined. In addition, the discount schedules for each buyer are determined based on moisture levels and the buyer's discount method. The decision tool can be found at https://agecon.ca.uky.edu/budgets titled "Grain Hauling Decision Guide".

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

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GRAIN HAULING DECISION TOOL SUMMARY PAGE

BUYERS NAMES
Buyer 1
Buyer 2
Buyer 3

HAULING INPUTS	
Labor Cost ($/hr)	$12.50
Fuel Cost ($/gal)	$2.50
Other Operating Costs ($/mile)	$0.30
Fuel Eff. (mpg)	6
Truck Speed (mph)	45
Truck Capacity (bu)	950
Grain Moisture	16.5%

Other Operating Costs Guide
Includes: Repairs and maintanence, tires, and variable depreciation

Low Cost = $0.20/mile
Medium Cost = $0.30/mile
High Cost = $0.40/mile

BUYER INPUTS

	Distance One Way (miles)	Wait & Unload Time (min)	Buyer Market Price
Buyer 1	45	15	$3.85
Buyer 2	75	15	$3.85
Buyer 3	60	15	$3.85

MOISTURE DISCOUNT INPUTS

	Base Moisture	Discount Method	Discount Amount (All discounts are per % point of moisture)			
Buyer 1	15.5%	% of weight/price	%	1.40%		
Buyer 2	14.5%	$ per bushel	$/bu	$0.05		
Buyer 3	14.0%	Shrink + Dry	Shrink (% wt)	2.00%	Dry ($/bu)	$0.04

ESTIMATED COSTS & NET PRICE RECEIVED

	Dry Grain (bu)	Total Fuel Cost ($/bu)	Total Labor Cost ($/bu)	Other Operating Costs ($/bu)	Moisture Discount ($/bu)	Net Price Received ($/bu)
Buyer 1	939	$0.040	$0.030	$0.029	$0.054	$3.697
Buyer 2	928	$0.067	$0.048	$0.049	$0.100	$3.586
Buyer 3	922	$0.054	$0.040	$0.039	$0.293	$3.425

BASED ON THE INPUT PROVIDED Buyer 1 **HAS THE GREATEST NET PRICE RECEIVED OF** $3.697

UKAg EXTENSION 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 race, color, age, sex, religion, disability, or national origin.

Juniper Scale

Lee Townsend, Extension Entomology Specialist

The female Juniper scale shell is a circular, flat, armored scale that attacks several species including junipers, cypress and eastern red cedar. They use their piercing-sucking mouthparts to feed on sap. The waxy covering of the female is dirty white with a yellow center, resembling a tiny fried egg. The male shell is smaller and narrower. Infested juniper foliage looks dingy and unhealthy.

Juniper scales pass the winter as fertilized females. Each produces about 40 eggs that hatch over about a 10 to 14-day period in about mid-May in central Kentucky. There is one generation each year.

Scale control can be challenging and may need to be repeated over several seasons. Proper timing of insecticide applications is a major key to success. Applications must target newly hatched scale crawlers which are active in mid-May. They are very susceptible to control measures while moving over plant surfaces to find a feeding spot. Once settled, they begin to secrete a waxy covering that shields them from sprays.

Alternatives for Crawler Control

• Cultural control

Scales tend to thrive on stressed plants. Following a recommended fertility program and watering regime will promote plant health. However, over-fertilization favors scale buildup. If practical, improve plant sites to reduce stress and promote growth. Severely prune back heavily infested branches and protect new growth with insecticide applications.

• Insecticidal Sprays

Horticultural oils kill by suffocation or after penetrating over-wintering stages of the insect. Consequently, they may not be effective where several layers of scale coverings have accumulated.

Insecticidal soaps are long chain fatty acids that kill susceptible insects through direct contact. Like horticultural oils, they require thorough coverage. Soaps leave no residue so repeated applications may be needed for some pests. These products may burn the foliage of sensitive plants, such as Japanese maple, so check the label for information about the plant species that you intend to treat.

A variety of natural and synthetic insecticides are labeled for use as sprays to control scale crawlers on landscape trees and shrubs. While the residual life of these products is generally longer than oils and soaps, timing, coverage, and precautions on damage to some plant species are very similar to those for oils and soaps.

• Systemic insecticides

Imidacloprid (Bayer Advanced Garden Tree & Shrub Insect Control Concentrate) is applied as a drench around the root zone of infested plants. This water soluble insecticide is taken up by the roots and transported throughout the plant where it is ingested by sap feeding insects. This provides a means of scale control without reliance on sprays. However, it may need to be applied several weeks before crawlers are active for best results.

Continued on next page...

Evaluating Control
The success or failure of control efforts may not be readily apparent but here are some things to check.

Live scales should produce a liquid when mashed, dead scales will be dry and not "bleed" when crushed.
New foliage should have a healthier appearance once the scale burden has been removed. Buds should break a little earlier than when the plant was infested and expanded leaves should have normal color and turgor.
Natural Enemies
Scale insects can be attacked by a variety of lady beetles, predatory mites, and small parasitic wasps. Lady beetle adults and larvae can be seen but mites and parasitic wasps are very difficult to see. You can conserve natural enemies by using insecticidal soaps and oils which have limited impact on beneficial species in comparison to other control alternatives.

CAUTION! Pesticide recommendations in this publication are registered for use in Kentucky, USA ONLY! The use of some products may not be legal in your state or country. Please check with your local county agent or regulatory official before using any pesticide mentioned in this publication.

Of course, ALWAYS READ AND FOLLOW LABEL DIRECTIONS FOR SAFE USE OF ANY PESTICIDE!

Representative products for scale crawler control.	
Insecticide common name*	**Representative brand names**
Acephate	Orthene Turf, Tree & Ornamental Spray Ortho Systemic Insect Killer
Azadiractin	Bon-Neem Gordon's Garden Guard Liquid Insecticide
Carbaryl	Sevin
Cyfluthrin	Bayer Advanced Garden Multi-Insect Killer Concentrate
Lambda-cyhalothrin	Spectracide® Triazicide® Soil & Turf Insect Killer
Dimethoate	Dragon Cygon 2E Systemic Insecticide
Esfenvalerate	Ortho Bug-B-Gon Garden & Landscape Insect Killer Concentrate
Malathion	Ortho Mosquito-B-Gon Tree & Shrub Spray Bonide Malathion Insect Control
Permethrin	Ortho Mosquito-B-Gon Tree, Shrub & Lawn Spray Spectracide® Bug Stop® Multi-Purpose Insect Control Concentrate Bonide Borer-Miner Killer
*All insecticides have unique common names that can be found just below the brand name on the product label. You may be able to find other brand name products for scale control that contain these active ingredients. **Be sure that the product you select is labeled for the plants that you intend to spray.**	

Farmers Market Registration & Scale Certification

It's time to gear up for another farmers market season. All participating venders need to complete the vender application and sign the 2022 vender agreement. Also, anyone using scales at the market must use a KDA certified scale. No exceptions. If you do not certify your scale then you cannot sell your products by weight. I will only host one scale certification, so don't miss out. Drop your scales off anytime before May 5th at the Marshall County Extension Office. Pickup will be on May 6th.

In order for a scales to be certified, they must has a NTEP Certification, be "legal for trade," and have a readable model number and serial number. Also, please be prepared to leave your name, address, farm name (if applicable) and phone number with your scale at the time of dropoff. Also, please be sure to charge any wireless scales.

Growing Asparagus

Jamie Dockery, Extension Horticulture Agent

Asparagus is a wonderful vegetable. It can be prepared in so many different ways. It is full of nutrients and by the end of April, there should be plenty of asparagus available. It is an easy crop to grow and is very popular, but different than most vegetables because it is a perennial. If done correctly, one planting of asparagus crowns can keep you in asparagus for 20 to 25 years. Asparagus produces something other than the little spear you see in the grocery store. That spear is actually the sprout; it's the tip. After you stop harvesting, you have to let it grow to a ferny, shrub-like plant, six-to-eight feet in height, to make more food for the sprouts you will harvest next year. It is easy to grow in the home garden and doesn't have a tremendous amount of disease or insect pressure. Asparagus is a slow reward because when you plant it, you are generally not going to get any that first season; it will produce spears, but you should not cut them. There will be only minimal production the second season and by year three, you will have a six-to-eight week harvest season. When it comes to selecting asparagus, you should look for all-male varieties. Asparagus is seedling propagated, even in an all-male variety, there will be a few female plants. The ratio is less if they don't spend energy producing flowers and little berries, and that means more asparagus for you. As far as varieties are concerned, Purple Passion is an older variety. Purple Pacifica has less lignin, is less fibrous, making it more crispy and crunchy, but it will turn green when you cook it. The sugar content is higher and it is great broken up in salads. You should plant your asparagus six-to-eight inches deep and cover it as it grows. Asparagus is pretty much the first vegetable you can get out of the garden each season and is beloved because of the flavor. It tastes so much better when it is fresh-picked and hasn't been on a truck for weeks.

Lunch Break Gardening Series

University of Kentucky
College of Agriculture, Food and Environment

Join guest speaker and iris fanatic, Dennis Dreyer, as he discusses tall bearded irises! Dennis has 20 years of experience growing and hybridizing irises!

Join us during your lunch break for a gardening workshop!

$10
Includes lunch from a local restaurant

1st Wednesday Monthly
12:15-12:45pm
at the Marshall County Extension Office

RSVP by May 2nd
Call 270-527-3285

Farm and Home Safety Tips for Stormy Weather

Matt Dixon, UK Agricultural Meteorologist

It's that time of year when we get more thunderstorms. Weather patterns are more active, and storms thrive with the moisture and rapidly rising warm air that is very common during the transition to warmer seasons. Stormy conditions also increase the potential for lightning to strike people at work or play outdoors and, possibly, while they're inside a building. Although thunderstorms are more common during the spring and summer, they can take place all year long and at all hours.

All thunderstorms produce lightning. Sometimes called "nature's fireworks," lightning is produced by the buildup and discharge of electrical energy between negatively and positively charged areas. An average lightning charge can provide enough energy to keep a 100-watt light bulb burning for more than three months.

Other dangers associated with thunderstorms are heavy rains that lead to flash floods, strong winds, hail and tornadoes. These weather conditions can injure or kill people and pets, as well as cause billions of dollars in crop and property damage. Thunder is the result of a shock wave caused by rapid heating and cooling of air near the lightning channel.

If you want to estimate the miles between yourself and a lightning flash, simply count seconds between lightning and thunder and divide this time by five. Sound travels about a mile every five seconds. So if you count 30 seconds between lightning and thunder, lightning has flashed within six miles of you. This puts you within lightning striking distance, according to scientific research.

The most important thunderstorm safety precaution is simply to be aware of an approaching thunderstorm and move to a safe shelter before the storm arrives in your area. If you see lightning, hear thunder, observe dark clouds, or your hair stands on end, immediately go inside a sturdy, completely enclosed building, home or a hard-top vehicle with closed windows. Avoid picnic shelters, sports dugouts, covered patios, carports and open garages. Small wooden, vinyl or metal sheds provide little to no protection.

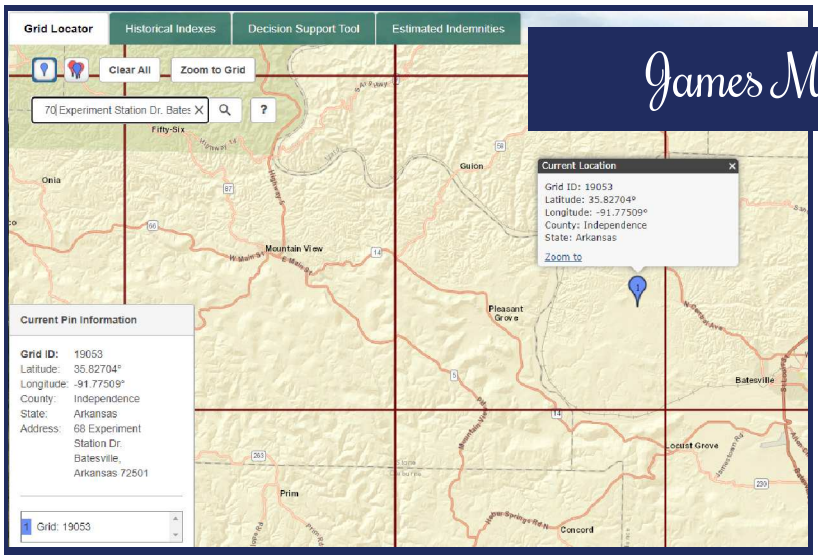
Since metal conducts lightning, don't touch metal inside or outdoors; drop metal backpacks; release golf clubs, tennis rackets, fishing gear and tools, and get off bicycles and motorcycles.

Lightning can strike water and travel a long distance in it. So standing in water, even in rubber boots, isn't safe during a thunderstorm. It's also unsafe to go swimming, wading, snorkeling and scuba diving if lightning is present. If you're in a small boat during a storm, crouch in the middle and stay away from metal items and surfaces. Crouch down in an open, exposed area and stay away from tall objects, such as trees. Remember to stay away from clotheslines, fences, exposed sheds and other elevated items that can conduct lightning. If you're indoors, remember lightning can enter buildings as a direct strike, through pipes and wires extending outside, or through the ground. Telephone use is a leading cause of indoor lightning injuries in America, because the charges can travel a long way in telephone and electrical wires, especially in rural areas.

Windows and doors provide a direct path for lightning to enter a building; so avoid them. During a thunderstorm, stay away from laundry appliances as they are connected to plumbing and electrical systems. Dryer vents offer a direct electrical pathway outdoors.

On the farm, ungrounded wire fences can put livestock at risk when lightning strikes. Surprisingly, lightning can travel almost two miles along an ungrounded fence. According to the National Ag Safety Database, you can ground wooden or steel posts that are set in concrete by driving ½-inch or ¾ inch steel rods or pipes next to fence posts at least 5 feet into the ground, at intervals of no more than 150 feet along the fence. You should securely fasten the grounding rods so that all the fence wires come into contact with them. You can also substitute galvanized steel fence posts for wooden posts at intervals of no more than 150 feet. You should not however, ground electric fences in this manner, because they have a direct path to the ground in their circuitry. More tips for lightning protection on the farm are available on the National Ag Safety Database website, http://nasdonline.org/1882/d001825/lightning-protection-for-farms.html. Also remember pet safety. Lightning can easily strike animals chained to a tree or wire runner. Doghouses generally aren't protected against lightning strikes. For more information, contact your local Cooperative Extension Service.

Introduction to Pasture, Rangeland, and Forage Insurance for Forage Risk Management



James Mitchell, University of Arkansas

We typically think about prices (both output and input prices) when we think about risk. Just as prices are a source of risk for producers, so is the prospect of worsening pasture conditions and lower forage production. Currently, 57.3% of the lower 48 states are in a drought, down 6.2% compared to last month. While conditions have improved nationally, the U.S. drought map shows that several areas remain impacted by severe drought. Large parts of the West and Northern Plains remain in severe drought. Last week, drought conditions worsened in regions of Texas and Oklahoma.

Forward contracts, futures, options, and Livestock Risk Protection are tools producers can use to manage price risk. Historically, producers have used farm management practices to protect against forage production risk. Namely, forage diversification, soil fertility and hay tests, practices that improve soil fertility, and grazing management like the Arkansas 300 Day Grazing System. A relatively new product offered by USDA's Risk Management Agency that producers use for forage risk management is Pasture, Rangeland, and Forage Insurance (PRF).

PRF is an area-based subsidized insurance product offered by USDA-RMA for perennial forages used for grazing or hay. PRF is based on a rainfall index. As a single-peril insurance product, producers receive an indemnity payment when observed precipitation for a producer's area falls below a chosen coverage level based on a historic rainfall index. Why rainfall? We rarely measure forage production on our farms. It is also easier to measure precipitation. To the extent precipitation correlates with forage production, PRF offers a tool for producers to protect against forage production risk.

Area-based crop insurance is based on county-level yields and revenue. Area-based PRF insurance is based on a grid. The grids used by RMA are defined as 0.25 latitude by 0.25 longitude. For a PRF policy, a producer chooses the grid corresponding to the location of the acreage they want to insure. If a producer's farm is in more than one grid, the producer can select either grid. For example, I have provided the grid information for the University of Arkansas Livestock and Forestry Research Station in Batesville, Arkansas (see figure). Using RMA's PRF Support Tool, producers can enter an address or drop a pin to find their grid.

Using past precipitation data for the four closest National Oceanic Atmospheric Administration weather stations, historical index values are calculated for eleven 2-month index intervals for each grid: Jan/Feb, Feb/Mar, Mar/Apr, Apr/May, May/Jun, Jun/Jul, Jul/Aug, Aug/Sep, Sep/Oct, Oct/Nov, and Nov/Dec. For each 2-month interval, historical index values represent average precipitation for a specific grid. Rainfall index values are calculated for each interval and grid using the same four closest weather stations. The rainfall index values reflect current precipitation compared to the long-term average. Based on a chosen coverage level, the current year's rainfall index values are compared to the historical index to determine whether a producer is paid an indemnity. A indemnity is paid when a rainfall index value is below a chosen coverage level and historical average precipitation.

There are several decisions to consider for interested producers that will impact a PRF policy. These decisions include intended use, insured acres, irrigation/organic practices, coverage level, productivity factor, 2-month index intervals, and percent of value. These decisions will impact the premiums producers have to pay for a policy and the likelihood of receiving an indemnity payment. I will review each of these decisions in another CMN article. Just know that there are several factors to consider, and decisions should be made with forage risk management in mind.

As we progress through the hay season, we will better understand our forage situation. Compared to other parts of the country, the Southeast is currently in a better situation with pastureland. As we know, that could quickly change. Begin thinking through your forage and drought management plan. Depending on that situation, PRF insurance is a product that produces might consider for the upcoming year. USDA-RMA's decision aid allows producers to see how certain decisions impact the specifics of a PRF policy.

Wild Turkey & Broccoli Casserole

Ingredients:
- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- ½ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 1 tablespoon melted butter

Directions:
To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Source: Adapted from: “Fish & Game Cookbook” Bonnie Scott. 2013.

Nutrition Facts per Serving: 270 calories, 12g total fat, 3g saturated fat, 0g trans fat,65mg cholesterol, 660mg sodium, 17g total carbohydrate, 0g dietary fiber, 2g total sugars, 23g protein, 6% DV calcium, 6% DV Iron, 8% DV Potassium

Hot Wild Turkey Salad

Ingredients:
- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 can (10 ounces) low-sodium cream of chicken soup
- 1 cup fat free mayonnaise
- 3 cups cooked and shredded wild turkey meat
- 1 cup chopped celery
- 1 cup fresh sliced mushrooms, or 1 (8 ounce) can no-salt-added mushrooms, drained
- 1 cup grated cheddar cheese
- 1 cup sliced almonds
- 12 toasted whole wheat buns

Directions:
To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before shredding. Mix cream of chicken soup with mayonnaise. Add turkey, celery mushrooms, cheese and almonds. Stir until well mixed. Spray a 2 quart casserole dish with coking spray. Spread turkey mixture in dish. Bake 30 to 40 minutes at 350 degrees F. Serve on toasted buns.

Source: Adapted from: “Conservation Officer’s Cooking T.I.Ps” The Indiana Conservation Law Enforcement Officers

Nutrition Facts per Serving: 160 calories, 7g total fat, 1g saturated fat, 0g trans fat, 25mg cholesterol, 420mg sodium, 11g total carbohydrate, 1g dietary fiber, 2g total sugars, 13g protein, 10% DV calcium, 6% DV iron, 4% DV potassium

For more information go to:
http://marshall.ca.uky.edu/AgNaturalResources
or follow us on Facebook @marshallcountyanr

Nikki Rhein
Agent for Agriculture and Natural Resources