

NIKKI'S NEWSLETTER

Marshall County's Agriculture and
Natural Resources Update

Cooperative Extension
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As we exit 2022 and enter the heart of meeting season, I wanted to make sure no one misses an opportunity to participate. So, checkout all the upcoming **educational opportunities** below!

- Jan. 3rd~ Lunch Break Gardening- Topic Pruning (p.9)
 - Jan. 5~ 2023 UK Winter Wheat Meeting @ James E. Bruce Center in Hopkinsville
 - Jan. 10th~ Clarks River Beekeepers (Monthly on 2nd Tues. @ MCEO)
 - Jan. 25th, Feb. 22nd & March 22nd~ MC Private Applicator Trainings (p.5)
 - Jan. 16th- Mar. 27th~ (Weekly) Adult Farmer Grain Production Series (p.5)
 - Jan. 2nd- 4th~ KY Fruit and Vegetable Conference (p.3-4)
 - Jan 19~ 2023 KY Commodity Conference @ Bowling Green
 - Jan 19~ KATS In-depth Mode of Action (kats.ca.uky.edu/upcoming-workshops)
 - Feb. 09~ KY Crop Health Conference @ Corvette Museum in Bowling Green
 - Feb. 09~ KATS Soil Fertility and Assessment (see KATS link above)
 - Feb. 13th~ Jr. Master Gardener Winter-Spring Series Begins (p.8)
 - Mar. 4th~ Cowmans Kind Bull Sale (p.6-7)
 - Mar. 6th- Marshall County Grain Grower's Night Out
- Contact the MC Extension Office (MCEO) at 270-527-3285 for more info about these events!

With the potential for an impending hay shortage, I thought some timely **Forages Tips** for December could help! See below.

- Begin utilizing stockpiled pastures.
- Graze pastures with orchardgrass and clovers first.
- Save tall fescue pastures for late winter grazing.
- Using polywire, strip graze stockpiled pastures to improve Utilization.
- Start at the water source and allocate enough forage to for 2-3 days.
- Back fencing is not necessary since pastures are not regrowing right now.
- Make plans to frost seed red and white clover onto closely grazed tall fescue pastures in February.
- Seed supplies of improved varieties may be tight.
- Begin hay feeding as stockpiled forage is used up.
- Supplement hay with commodity feeds as needed.
- Minimize waste by utilizing ring feeders.

I know it sounds corny but I hope you have an a-MAZE-ing Christmas! See you in the new year!



Nikki Rhein
Agriculture and Natural
Resources,
Marshall County

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The Depths of Winter: Winter Storm Preparation



Dr. Les Anderson, Beef Extension Professor

When asking Kentuckians to reminisce about the worst winter storm they can remember, what comes to mind likely varies by region. Those in the west will likely recall the Ice Storm of 2009 when ice up to two inches thick coated everything and the power was out for weeks. Those in the Bluegrass will likely think back to January 1994, when one to two feet of snow fell, then an arctic blast sent temperatures plunging to a state record of 37 below zero in Shelbyville. Those in east Kentucky will likely recollect the Blizzard of 1993 when heavy snow and strong winds whipped up snow drifts of six to ten feet and temperatures plunged below zero.

While the likelihood that a similar winter storm will occur in your region this winter is remote, it does beg the question - are you ready if it does?

Probably the most effective step you can take at home to make it through the worst that winter can bring is assembling an Emergency Kit. Your kit should contain, at a minimum, 72 hours worth of food, water and prescription medications for everyone in your household, including your pets! If you heat with electricity, it's also important to ensure you have an alternate heat source. If that alternate heat source is a wood stove, make sure the chimney is clean before building a fire.

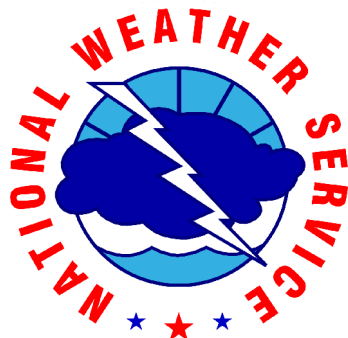
In severe winter storms, even venturing out to the barn to tend to the animals can be life-threatening! Horses and other animals struggle in severe winter conditions and will likely consume more hay than normal. Water sources will freeze up and require constant chopping of holes in the ice so animals can drink. Firewood stores will also be consumed quickly and propane may run out. These are just a few hardships to plan for.

Here are some more tips to remember when winter turns especially harsh:

- Stay dry to stay warm! Wet clothes result in much faster heat loss.
- Wear multiple layers. Trapped air between loose fitting clothing helps to insulate you from the cold. Wool keeps you warmer than cotton because wool fibers trap air pockets and when wool is exposed to damp conditions, it wicks moisture away from your skin and helps keep you dry. Also, try to use an outer layer that is water resistant.
- Cover everything you can! Wear mittens or gloves and a hat. At least half your body heat can be lost if your head isn't covered.
- Stay informed on the latest weather forecasts.

Finally, it's important to know the signs that someone is getting too cold. Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce it. Confusion, shivering, difficulty speaking, sleepiness and stiff muscles are all signs of hypothermia and signs that medical attention is urgently needed.

Preparing for the worst storm that may affect your area means you are well prepared for all of the less severe winter storms that will most assuredly come this winter, and you can sit back and enjoy the beauty of open country covered in a blanket of white.



Weather 2

Beef Timely Tips



Dr. Les Anderson, Beef Extension Professor

General

- Complete soil testing pasture to check for fertility and pH.
- Consider putting down geotextile fabric and covering with gravel in feeding areas before you begin hay feeding to minimize waste of expensive hay. Or, perhaps, construct concrete feeding pads for winter feeding areas.
- Monitor body condition and increase feed, if needed, for all classes of cattle.

Spring Calving Herd

- Be sure that weaned heifer calves are on a feeding program that will enable them reach about 65% of their mature weight before the start of the breeding season. Rations should be balanced to achieve gains sufficient to get heifers from their current weight to that “target” weight.
- Body condition is important, plan an adequate winter program for cows to be at least body condition score 5 (carrying enough flesh to cover the ribs) before the calving and breeding season. This will help them to breed early in the spring. Thin cows should be fed to regain body condition prior to winter. Don’t let cows lose weight/condition. Supplementation will most likely be needed. Find low-cost supplemental feeds to meet the nutrient needs of cattle.
- Divide the herd into groups for winter feeding
 - weaned heifer calves
 - first-calf heifers, second-calvers and thin mature cows
 - the remainder of the dry cows which are in good body condition
 - herd sires
- Begin feeding the lowest quality forage to dry cows which are in good condition during early winter and save the best hay for calving time or for weaned calves.
- Order and number ear tags for next year’s calf crop this winter. It is also a good time to catch up on freeze branding and replacing lost ear tags.

Fall Calving Herd

- Get breeding supplies together, if using estrous synchronization and/or A.I.
- Have Breeding Soundness Evaluation (BSE) performed on bulls (even if you used them this spring).
- The fall breeding season starts. Breeding can best be accomplished on stockpiled fescue pasture; otherwise, cows with calves should be fed 25-30 pounds of good quality hay or its equivalent. Supplement with grain, if needed, and minimize hay waste. **DON’T ALLOW THESE COWS TO LOSE BODY CONDITION PRIOR TO OR DURING THE BREEDING SEASON.** It is easy to wait too long to start winter feeding. Don’t do it unless you have stockpiled fescue.
- Nutrition level of cows during the first 30 days after conception is critical. Pay attention.
- Observe performance of bulls during breeding season. Watch cows for return to estrus, if you see several in heat, try to determine the cause and consider changing bulls.

KY Fruit and Vegetable Conference Features New Educational Tracks



KU F&V Planning Committee

The 2023 Kentucky Fruit and Vegetable Conference will be held at the Holiday Inn Sloan Convention Center in Bowling Green on Tuesday and Wednesday, January 3rd and 4th. Continued on page 4...

Cattle & Hort. 3

Make Winter Green-Thumb Friendly with an Indoor Garden

Rick Durham, UK Extension Horticulture Professor



Photo by Karolina Grabowska on Pexels.com

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 in traditional gardens, there is 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 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 experience 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 the excess water to lower the risk of root rot.

Even though you are using clean, presumably "sterile" potting soil, you should wash any plant parts thoroughly before consuming, especially if you are using them raw.

Fruit and Vegetable Conference Continued:

Pre-conference offerings: On January 2nd include a Farmers Market Short Course, Farm Food Safety Plan Writing Workshop, and a Bringing the Farm to School Grower Training followed by Vegetable and Tree and Small Fruit Round Table Discussions. Conference sessions include Direct Marketing, Commercial Fruit and Vegetable Production, Organic Production, Protected Ag (High Tunnel) Production, Marketing and Business Management, a Cut Flower Short Course, and more new educational tracks. Speakers include many growers as well as a number of excellent out-of-state speakers. The trade show will feature more than 60 exhibitors. Pre-registration is available online at <https://2023KYFruitVegConference.eventbrite.com> The grape and wine short course, previously part of the Fruit and Vegetable Conference, will be held as a separate conference in Frankfort on January 9th. See Page 4 for details. Registration for the Fruit and Vegetable Conference includes the exhibitor/grower luncheon on Tuesday and the conference luncheon on Wednesday, both featuring Kentucky Proud products. The \$50 meeting pre-registration fee or \$75 registration on site includes a year's membership in the KVGA, KSHS, or OAK and entrance into all educational sessions as well as lunch on both days. Pre-registration forms or online registrations need to be received by Friday, December 16th. After this date you may continue to register online or on site at the conference at the \$75 rate. Phone registrations will not be accepted. We are committed to hosting a safe and enjoyable conference, so please check the conference website (<https://kyhortcouncil.org/2023-kentucky-fruitand-vegetable-conference/>) for additional information about meeting precautions and any meeting updates. Please make your room reservations directly with the hotel at 1-800-HOLIDAY using the block code KFV or using the group booking link. Our block of rooms will be held until December 16th, 2022. After this date, room prices will be higher. For additional details contact the Marshall County Extension Office.



Budgets



Marketing



Storage



Pests



Soil Fertility



Precision Tech

*Classes Begin on Jan. 16th at the
Marshall County Extension Office*

*Official schedule will be
announced in January*

*Questions? Contact
Jeff Futrell at 270-703-8306
Nikki Rhein at 270-527-3285*

Marshall County Adult Farmer Grain Production Series



Private Applicator Trainings 2023



3 Opportunities:
Jan. 25th, Feb. 22nd & March 22rd
8:30-11:30am

Marshall County Extension Office
1933 Mayfield Highway
Benton KY, 42025

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

SAVE THE DATE

Saturday, March **4TH** 2023

KENTUCKY-TENNESSEE COWMANS KIND BULL SALE



College of Agriculture,
Food and Environment
Cooperative Extension Service

SALE STARTS AT 12 PM

KY-TN LIVESTOCK MARKET - 9169 RUSSELLVILLE RD GUTHRIE, KY

To CONSIGN BULLS

Please contact:

David Fourqurean (270) 350-3210
or Matt Futrell (270) 839-6651

McLean County
Extension Office
(270) 273-3690

Christian County
Extension Office
(270) 886-6328

Interested? Checkout the requirements on page 7!

Cattle 6

KENTUCKY-TENNESSEE COWMANS KIND BULL SALE RULES

1. Bulls should be no older than 26 months old at the time of sale.
2. Bulls should be a minimum of 12 months old at the time of sale.
3. Bulls must be vaccinated with IBR, BVD, PI3, BRSV, Leptospirosis and Vibriosis with a booster within 60 days of the sale.
4. Bulls are to be dewormed and treated for external parasites within 60 days of the sale.
5. Bulls must have a valid BSE within 30 days of sale date.
6. Bulls must be genomic tested to have the genetically enhanced EPD's.
7. Bulls must meet EPD requirements for TN & KY through CAIP and TAEP.
8. Bulls that are not guaranteed virgin bulls must have a negative TRICH test within 30 days of sale and it must be a PCR test.
9. Unruly bulls will not be allowed to sell at the discretion of the sale committee.
10. Bulls will be on site sale day, however bulls will sell via video in the sale ring.
11. Bulls must be a minimum muscle score of 2.
12. Bulls will be prescreened by the sale committee for feet, legs, bad eyes and other general defects.
13. Bulls must have a negative PI-Test.



Marshall County



*Junior Master
Gardeners*

Every Other Monday @ the
Benton Library
Meeting Room B
5:30-7:00pm
Ages 9-13

2023 Winter/Spring Schedule:
February 13th & 27th
March 13th & 27th
April 10th & 24th

For More Information Contact:
Marshall County
Extension Office
1933 Mayfield Highway
Benton, KY 42025
270-527-3285

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Youth Gardening 8

December Tips & Tidbits



Breed and Other Association Memberships

- Pay your dues for the upcoming year.
- Know the rules for each association you are a member of. It is your responsibility to be up to date for all programs you wish to participate in.
- Apply for any breeder's incentive programs you are eligible for.
- Check on any year end awards programs and apply for all that you are eligible for.

Forages

- Continue grazing of stockpiled cool season grass pastures that are available.
- Begin feeding hay as efficiently as possible.
- Use a suitable hay feeder for your horses.

Environment

- Monitor your hay feeding area closely. Move feeders often if you are not using a high traffic area pad.
- Move horses to the sacrifice lot during wet periods or times the grass cover is poor and sod is likely to be damaged or destroyed by traffic.
- Provide adequate fresh clean water from a suitable source.

Water Systems in Winter

- If using water troughs, install tank heaters and make sure they are working. There are many types of heaters, such as floating, submersible or drain plug.
- Keep horses away from tank heaters and electric cords.
- If using water heaters in the barn, check often and do not let the buckets run dry.
- If using pasture waterers, make sure all water lines are insulated from cold air and the tank is in good working order.
- If temperatures are below freezing, check watering systems frequently to make sure water is available to horses.
- More horses on one waterer will increase the flow rate and decrease the chance of freezing.

Mares and Lights

- Horses are seasonal breeders that only cycle during specific times of the year.
- Also known as "long-day breeders," mares come into heat during periods of increased daylight, such as late spring and summer.
- Artificial lighting should increase the overall length of daylight to 14 to 16 hours. In practice, lights are generally turned on at the beginning and end of each night; some research suggests that artificial evening light alone may be sufficient to elicit a reproductive response.
- Place mares under lights at least 8 to 10 weeks before you wish to breed.
- Make sure the intensity of the light source is strong enough to affect the mare's reproductive system. A plain 100-W incandescent bulb in a 12 x 12 ft. box stall is sufficient.
- Lights can also be installed in an outdoor paddock, using one light source to affect a larger number of mares.



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

Lunch Break Gardening Series

University of
Kentucky
College of Agriculture,
Food and Environment



January's Topic Pruning

Join Extension Agent, Nikki Rhein, as she describes and demonstrates the best practices of basic pruning!

Join us during your lunch
break for a gardening
workshop!

\$10

Includes a boxed lunch
from a local restaurant

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



RSVP by Dec. 23rd
Call 270-527-3285

Cooperative Extension Service
Agriculture and Natural Resources
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Green Bean and Ham Soup

Ingredients:

4 cups fresh green beans, trimmed and cut into 1-inch pieces
3 cups russet potatoes, unpeeled and cubed
2 small onions, thinly sliced
3 whole carrots, peeled and sliced
1 pound fully cooked ham, cut into bite-sized pieces
9 cups water
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon garlic powder
1 cup half and half
2 tablespoons corn starch
1/4 cup cold water

Directions:

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; cover and bring to a boil. Reduce heat to medium and simmer, uncovered, about 45 minutes or until the vegetables are tender. Remove the pot from the heat and add the salt, black pepper, garlic powder, and half and half. Return to heat and bring to a simmer again. Combine corn starch and the 1/4 cup cold water in a small bowl. When simmer begins, combine the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

Nutritional Analysis: 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3g sugar, 10 g protein

Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium and provides fiber, vitamin A and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods with a bright, green color. Bean pods should be free of blemishes and have small seeds.

STORAGE: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash and remove stems and strings. Cook by steaming in a small amount of water until tender-crisp, about 5 to 8 minutes. They can also be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint oregano, thyme, lemon, mustard or onion.

KENTUCKY GREEN BEANS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

November 2015

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COOPERATIVE
EXTENSION
SERVICE



For more information go to:

<http://marshall.ca.uky.edu/AgNaturalResources>
or follow us on Facebook @marshallcountyanr

Nikki Rhein

*Agriculture and Natural Resources Agent,
Marshall County*