

# GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

February 2025

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

GRAVES COUNTY COOPERATIVE  
EXTENSION SERVICE  
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## IN THIS EDITION:

- Agent Notes
- Schedule of Events
- Announcements
- Tobacco
- Grains
- Soils
- Horticulture
- Weather notes
- Recipes





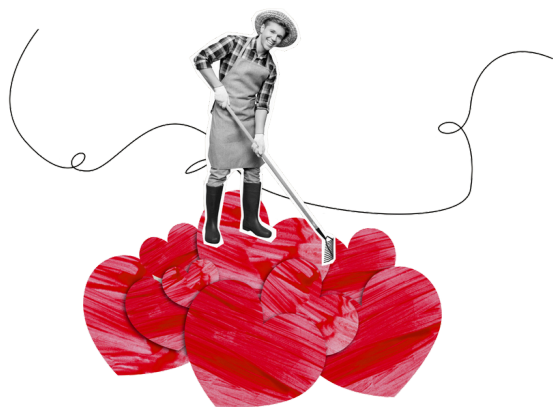
This newsletter is a little late, but better late than never!

Thanks to everyone who made it out for our Winter Ag Conference this year! Our crowd was one of the biggest we have had in a few years and some great information was shared, along with a fantastic breakfast and lunch spread!

There is a lot happening over the next few months, so be sure to look and see what programs might interest you.

We are all looking forward to getting out and digging in the soil soon! The best time of year is upon us and we are all hoping for a great season this year.

As always, please reach out with any programs you would like to see!



*Miranda Rudolph*

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources  
Graves County

miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052

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## ANR: What's Happening?

Bolded events are hosted at the Graves County Extension Office.

- **February 11- GAP Training for Tobacco Growers- 2-4pm, GCEO**
- February 12-15- National Farm Machinery Show, Louisville, KY
- **February 17- Farm SmartQPR for Lenders/Ag Business- 2pm, GCEO**
- **February 23 - Market Scale Certification - Drop off anytime before 10am and pick up at 2pm**
- **March 11- PACA Cattlemen's Annual Meeting- 6pm, GCEO**
- **March 18- Farm Smart QPR Training- 6pm, GCEO**
- March 31- Woodland Carbon Markets- 10am @ McCracken County Extension and 5:30pm @ Marshall County Extension
- **April 1- Carbon Markets for Grain & Livestock Producers- 10am, GCEO**



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**Facebook**

### Cooperative Extension Service

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### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## Market Scale Certification

February 24, 2025  
Graves County Extension Office

You may drop off your scale anytime before this date. The KDA will begin inspecting at 10am. Scales will be ready for pickup at 2pm.

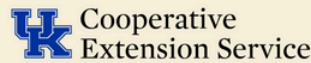
Scales MUST have:

- Serial Number
- Model Number
- Class III designation on the ID plate or seal
- NTEP certificate of conformance



Scales CANNOT be:

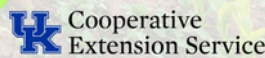
- Marked as "Not Legal for Trade"
- baby scales
- kitchen scales



## PREPARING GRAIN AND LIVESTOCK PRODUCERS FOR THE EVOLUTION OF CARBON MARKETS

Join us as Dr. Jordan Shockley, UK Extension Economist, provides information and updates about carbon market programs applicable to grain and livestock producers.

**TUESDAY, APRIL 1**  
**10AM**  
**GRAVES COUNTY**  
**EXTENSION OFFICE**



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The Marshall & McCracken Extension Services Present:

## WOODLAND CARBON MARKETS

Interested in making income off your woodland property? Curious about voluntary carbon markets for woodlands? Join UK Extension Professor, Jordan Shockley, for a free unbiased informational meeting. Learn what a carbon market is, about the status of carbon markets in the U.S., the opportunities for Kentucky woodland owners, practices required, the value of carbon credits, legal challenges and more!



Guest Speaker  
Dr. Jordan Shockley,  
UK Extension Economist

**MON**

March **31**  
2025

**TWO CHANCES:**  
**MARSHALL COUNTY AT 5:30PM**  
**MCCRACKEN COUNTY AT 10:00AM**

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2025

# 48th Annual Kentucky Turf & Landscape Management Short Course

Scan the  
code with  
your phone  
to register



February 18-20, 2025

Hardin County Extension Center  
111 Opportunity Way  
Elizabethtown, KY

- Tracks: **Golf, Lawn & Landscape, Sports Turf** (Feb. 19-20)
- Pre-conference **pesticide certification training & testing** (Feb. 18)
- Approved for **six CAT 3 CEUs** for each track on Feb. 19 & 20, **one CEU for CAT 11 (Aerial)** on Feb. 19, and **two CEUs for CAT 10 (Demonstration and Research)** on Feb. 20
- CEUs requested for KERS, IN, OH, TN, GCSAA, and PGMS as well

**Pre-registration closes February 14, 2025**

Learn more at <https://kyhortcouncil.org/2025-ky-turf-short-course/>



Contact us with questions:

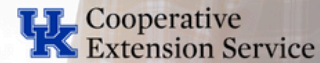
[dakota@kyhortcouncil.org](mailto:dakota@kyhortcouncil.org)

859-490-0889



### QPR Suicide Prevention

Question. Persuade. Refer.



#### Training Session for Ag Lenders and Retailers

This suicide prevention training session is for anyone working with farmers and their families to learn the warning signs, how to intervene, and where to refer someone who is in crisis.



*Ask a question, save a life.*

**Monday, February 17, 2025**

**2pm**

**Graves County Extension Office**



Cooperative  
Extension Service

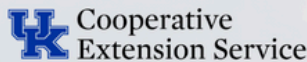
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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



### QPR Suicide Prevention

Question. Persuade. Refer.

Building Bridges to Farmer Mental Health



#### TRAINING SESSION FOR FARMERS AND FARM FAMILIES

Learn the warning signs, how to intervene, and where to refer someone who is in crisis.



*Ask a question, save a life.*

**A meal will be provided.**

**Please RSVP to 270-247-2334**

**Tuesday, March 18, 2025**

**6pm**

**Graves County Extension Office**

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4-H Youth Development  
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Great opportunities to support our local FFA!



### Graves County High School Agricultural Education Department

Dear Program Supporter,

The Graves County High School FFA Chapter is celebrating National FFA Week the week of February 17-21 this year and we would love for you to be a part of it! Here is how you can be involved:

#### **Tuesday, February 18th - Alumni & Supporters Silent Auction**

1. 6:00 pm at the Graves County Extension Office
2. We will have a variety of auction items available for purchase and a great caterer!
3. Check out our student showcase to see how GCHS Agriculture Students are impacting their community!

#### **Friday, February 21st - Tractor Day & Rural First Aid and CPR Training Program.**

1. **Join us for our annual Drive Your Tractor to School Day!**
  - a. Tractors can be dropped off from 3-5:00 on Thursday, February 20 OR arrive at school by 6:00 am on Friday, February 21st.
  - b. We will meet at the GCHS Soccer Field Parking Lot (Off of Jimtown Road)
  - c. Parade to the Front Parking Lot starts at 6:30 am.
  - d. Prizes awarded to Oldest Tractor, Cleanest Tractor, and Biggest Tractor!
  - e. Tractors can be picked up after 3:30 pm.
  - f. Breakfast in the GCHS Ag Shop immediately following the parade.
  - g. Please scan the QR code or email Ms. Lyell to register (so that we know to expect you there!)
2. **Rural First Aid and CPR Training Program**
  - a. Immediately after breakfast, we will be having a FREE First Aid and CPR training for Farmers.
  - b. You will be provided with lunch and a free t-shirt.
  - c. Only 20 spots are available and you must RSVP with the QR code or email Ms. Lyell to claim your spot.

Scan to Register to Participate in Tractor Day

Scan to Register for CPR & First Aid Training



Please contact our chapter advisor, Ms. Abby Lyell ([abby.lyell@graves.kyschools.us](mailto:abby.lyell@graves.kyschools.us)), with any questions or to RSVP for an event! We look forward to celebrating National FFA Week with you!

Sincerely,

*2024-2025 Graves County FFA Officer Team*

Graves County High School



Please note!

This training is combining the Graves and Calloway training sites. There will be no training in Calloway County this year.

# 2025 GAP TRAINING

**FEBRUARY 11, 2025  
2-4PM**

Graves County Cooperative Extension  
4200 US Hwy 45 N, Mayfield



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## *Italian Ryegrass Control Field Tour*

Thursday, March 27, 2025

9 a.m. to 11:30 a.m. CDT

**Please meet at the Caldwell County Extension Office**

1025 U.S. Highway 62 West, Princeton, KY

Sign-in begins at 8:30 a.m. CDT

A caravan will proceed to the UKREC in Princeton for plot tours of Italian ryegrass research.

Click link or scan QR Code to register

[https://uky.az1.qualtrics.com/ife/form/SV\\_2c6KX2NmigEp1TE](https://uky.az1.qualtrics.com/ife/form/SV_2c6KX2NmigEp1TE)



Presented by Dr. Travis Legleiter, UK Extension Associate Professor - Weed Science, this field tour will highlight the options available to Kentucky farmers for maximum control of this problematic weed in the fall and spring prior to corn and soybean planting. For more information about the field tour call (859) 562-2569.

**Educational credits available:**

CCA: 3 CEUs in IPM;

KY Applicator Credits: 3 CEUs for Category 1A (Ag Plant)



## Kentucky Agriculture Training School 2025 Schedule

### **March 20: Drone Sprayer Training**

*This class is designed for agricultural professionals and producers to learn about dispensing fungicides with drone sprayers, nozzle selection and droplet sizes, and information for certified commercial/non-commercial and private applicators.*

### **April 10: Soil Properties Workshop (Richmond, KY)**

*We will examine soil pits with distinctly different profile properties to discuss how they will influence water and nutrient retention and delivery.*

### **May 15: Crop Scouting Workshop**

*Training is comprised of individual scouting sessions in the areas of disease, growth staging, weed identification, and soil nutrition. This is a beneficial workshop for new and experienced producers, agriculture interns as well as a great refresher for others.*

### **June (TBD): Planter Clinic**

*Review and identify consequences on plant performance that resulted from improper planter settings.*

### **July 24: KY High School Crop Scouting Competition**

*Teams of 4-6 students will compete in hands-on, interactive field scouting exercises related to corn, soybean and tobacco rotating through various stations.*

### **August 28: Field Crop Pest Management and Spray Clinic**

*A hands-on workshop that will cover spray technology, fungicide application, herbicide symptomology, and more.*

For information and registration for KATS Workshops visit [kats.ca.uky.edu](https://kats.ca.uky.edu) or contact Lori Rogers [lori.rogers@uky.edu](mailto:lori.rogers@uky.edu) 270-365-7541 ext 21317.



## Biochar

Dr. John Grove, University of Kentucky & Dr. Eugenia Pena-Yewtukhiw, West Virginia University.

We're getting more questions about biochar (any char made from non-fossil biomass. Can biochar application: a) result in greater carbon (C) sequestration; b) improve soil resilience; c) raise crop yield? Biochar research has been going on for a decade. This is not our first rodeo about biochar as a soil amendment. There were many reports regarding "terra preta", black soil areas in the Amazon region containing large amounts of char, between 1995 and 2000 (Sombroek, 2003). Biochar is formed by heating/burning organic materials under low oxygen conditions. This is a form of stabilization, chemically similar to composting – easily decomposable/oxidized component compounds are lost or transformed into more stable, recalcitrant constituents.

The general characteristics of biochar vary with feedstock choice (grass, wood, poultry litter, horse muck) and pyrolysis conditions (especially temperature). Feedstock composition can determine differences in biochar surface area/porosity and salt and ash levels (Nagel et al., 2019). Generally, animal waste chars have greater ash/salt concentrations. Higher pyrolysis temperatures can result in char with greater aromatic C content; with greater resistance to mineralization (carbon dioxide release; Zimmerman et al., 2011) and greater hydrophobicity after soil application (Oginni, 2018). Typically, biochar has a low density (can float away in moving water).

Reported biochar application rates range quite widely, between 0.5 and 20 tons/acre. Impacts on soil properties are expected and variable in nature. Ash, if present (is sometimes removed) can increase salt load, raise soil pH, and increase soil nutrient levels (primarily calcium, potassium, magnesium). In sandy soils, biochar sometimes increases water retention and in some cases it improves aggregate stability in silty and clayey soils (Nobert et al. 2016).

Compiling crop response studies, Spokas et al. (2012) found that 20, 30 and 50 percent of the studies reported negative, neutral and positive yield responses to biochar, respectively. One common generalization was that positive responses were more likely on poor, degraded soils and neutral/negative responses were more probable on average/good agricultural soils. In Kentucky, the crop response data are limited, but do support the common belief. Table 1 is taken from work done by the USDA-ARS research group at Western Kentucky University (Sistani et al., 2019).

Table 1. Three years of no-till corn grain yield from a biochar study near Bowling Green,

Kentucky.	2010			2011			2013		
	no c har	with char	fertility ave.	no char	with char	fertility ave.	no c har	with char	fertility ave.
	bu/acre								
control	103a*	90ab	96	115a	106a	110	143bc	128c	135
fertilizer	86ab	75b	80	96a	86a	91	201a	187ab	194
litter	80b	75b	78	112a	100a	106	210a	209a	209
c har ave.	90	80		108	97		185	175	

\*Within any one production year, yield values followed by the same letter are not significantly different at the 95% level of confidence.



Sistani et al. (2019) grew no-till corn for grain was grown on a Crider silt loam. The mixed hardwood biochar was applied once, in the spring of 2010, at a rate of 9.5 ton/acre. The poultry litter was applied annually to provide 200 lb N/acre. The fertilizer treatment consisted of annual applications of 200 lb N/acre plus additional phosphate and potash according to soil test based fertilizer recommendations (Sistani et al., 2019). The 2010 and 2011 production seasons were dry and there was little response to any of the individual treatments (Table 1). The 2013 year was much better and there was a large response to both fertilizer and poultry litter addition. Biochar addition resulted in a consistent 10 to 11 bu/acre yield reduction, regardless of the seasonal weather. Biochar did not appear to have increased soil or crop resilience on this productive soil (Table 1).

In West Virginia, poultry litter biochar was added at a rate of 14 ton/acre to two reclaimed mine land sites and two marginal agricultural farm sites (Nobert et al. 2016). Six cultivars of a biofuel feedstock species, willow, were grown. Plant growth (height) and dry matter accumulation were measured. Young plant growth in the first year was strongly positively influenced by biochar application, averaging 9.4 inches greater height regardless of the site type. Corresponding dry matter accumulation was 72% greater. Such a large beneficial response on more marginal soils is also in accord with the current general understanding.

These examples illustrate the range in plant response that might be observed with biochar amendment and should serve to caution those who expect positive benefits under all soil conditions. The range in biochar properties, combined with the range in chosen application rates, will also probably cause a range in the numerical value of any soil biological, chemical and physical property response. This will make the prediction of soil health benefit magnitude from biochar addition difficult.

## References

- Oginni, O.J. 2018. Characteristics of Activated Carbons Produced from Herbaceous Biomass Feedstock. Ph.D. Dissertation. West Virginia University.
- Nagel, K., N.O. Hoilett, M.A. Mottaleb, M.J. Meziari, J. Wistrom and M. Bellamy. 2019. Physicochemical characteristics of biochars derived from corn, hardwood, miscanthus, and horse manure biomasses. *Commun. Soil Sci. Plant Anal.* <https://doi.org/10.1080/00103624.2019.1594881>
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- Sistani, K.R., J.R. Simmons, M. Jn-Baptiste and J.M. Novak. 2019. Poultry litter, biochar, and fertilizer effect on corn yield, nutrient uptake, N<sub>2</sub>O and CO<sub>2</sub> emissions. *Environments* 6 (55) doi:10.3390/environments6050055
- Sombroek, W. 2003. Foreword. In: *Amazonian Dark Earths: Origin, Properties, Management*. Lehman, J., D.C. Kern, B. Glaser and W.I. Woods (eds.). Kluwer Academic. New York.
- Spokas, K.A., K.B. Cantrell, J.M. Novak, D.W. Archer, J.A. Ippolito, H.P. Collins, A.A. Boateng, I.M.



Lima, M.C. Lamb, A.J. McAloon, R.D. Lentz and K.A. Nichols. 2012. Biochar: A synthesis of its agronomic impact beyond carbon sequestration. *J. Environ. Qual.* 41:973-989.

Zimmerman, A.R., B. Gao and M. Ahn. 2011. Positive and negative carbon mineralization priming effects among a variety of biochar-amended soils. *Soil Biol. Biochem.* 43:1169.

Citation: Grove, J., 2025. Pena-Yewtukhiw, E., 2025. Biochar. *Kentucky Field Crops News, Vol 1, Issue 1.* University of Kentucky, January 17, 2025.

## **Dr. John Grove**

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## **Eugenia Pena-Yewtukhiw**

Director, Soil Testing Laboratory

Assoc. Professor, Soil Physics and Management,

West Virginia University.



## Getting Started with Composting

Source: Rick Durham, Extension Professor

Composting is a great way to add valuable organic matter to your soil while reducing the amount of yard and food waste that ends up in landfills. It's also something that is remarkably easy to do.

Compost is the result of a natural process where decaying organic substances, such as plants, are broken down by microorganisms. This produces a nutrient-rich, organic material that you can apply to your lawn or garden, much like you would a commercial fertilizer.

You can start a compost bin or pile in your backyard. You can purchase a bin or make one using inexpensive, leftover materials like pallets or chicken wire. The bin can be as big or small as you want, but for most rapid composting, a pile that is at least one yard tall, one yard wide and one yard long is best. Make sure to place your compost in an area that is flat and well-drained.

When the compost area is ready, collect yard waste and food scraps. Yard waste can include twigs, shrub trimmings, grass clippings, leftover straw and leaves. Most fruit, vegetable and grain scraps are compostable as are coffee grounds, herbs, nuts and egg shells. Avoid meat scraps, oils and dairy products. You need to have a mixture of "brown" material (dried leaves, straw, twigs, coffee grounds, even cardboard) and "green" materials (fresh grass clippings, vegetable scraps, other fresh plant materials) for the composting process to work.

Mix or turn the pile once a week to help speed the breakdown of organic materials. If the compost pile is extremely damp, turn it more often. If it is dry, add some water or fresh plant material. It can take four to six months to complete the composting process. You will know it's finished when the compost is dark brown, crumbly and smells like soil.

Compost can be used in the vegetable garden or spread around ornamental plants in the landscape, but be careful not to use too much. A one-inch layer of compost, worked into the top few inches of soil, will feed plants for several months.

More information on composting or other gardening tips is available at the Graves County office of the University of Kentucky Cooperative Extension Service.





## Winter and Early Spring River Flooding

Jane Marie Wix - National Weather Service Jackson, KY



Dean Acheson, a politician and lawyer, once said, “You can’t argue with a river - it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.” The further we head into the winter, rivers seem to become more “argumentative” as they swell and flood. So why do we typically see most of our river flooding in the winter and early spring here in Kentucky?

There are several factors...

1. During the winter months, the lack of vegetation, and the cold and occasionally frozen ground make it unable to absorb as much water. This creates more runoff into area creeks and streams, and eventually into the riverways.
2. The winter also tends to bring more amplified/stronger storm systems, which can result in more widespread significant precipitation. Typically in the spring and summertime, heavy precipitation associated with thunderstorms is more localized, while in the winter, it can cover vast expanses, leading to more impacts on the rivers.
3. Jam - it isn’t just for bread! Ice floating down the river can get backed up and dam up the waterway, known as an ice jam. The water behind the jam will rise and flow out of the banks, leading to areal flooding. Subsequently, the jam will eventually release, sending large chunks of ice and pent up water down the river, leading to potential flooding and damage downstream. Ice jams typically occur farther north than Kentucky, where rivers are more likely to freeze over.
4. As we head into the early spring months, or even a warm spell after a large winter storm, rising temperatures begin to melt away at the snow and ice on the ground. If too much ice or snow melts at once, this creates a large amount of runoff into the waterways, leading to significant river rises. This gets amplified when heavy rains also fall on top of the melting ice and snow.
5. According to FEMA and the National Inventory of Dams (2007), there are more than 80,000 dams in the United States. Dam failure or levee breaches can occur with little warning. Failures and breaches can be slow, lasting from days to weeks, or can be very abrupt with profound, sudden impacts to locations downstream. Causes of dam failure vary from natural causes such as prolonged rainfall, landslides, earthquakes, or erosion - to human causes such as improper maintenance and design, and negligent operation.

In the last few months, the NWS launched nationwide Flood Inundation Mapping (FIM). These maps are available online and help decision makers, such as Emergency Management, show the extent of inundation at different river stage levels (both static and forecasted). FIM will help to better message the impacts for flooding events, with increasing accuracy and capability moving forward.





## Butternut Squash Health Bars

$\frac{3}{4}$ cup all-purpose flour	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup unsalted butter, softened
$\frac{3}{4}$ cup whole-wheat flour	$1\frac{1}{2}$ cups cubed butternut squash	1 cup light brown sugar
$1\frac{1}{2}$ cups old fashioned oats	2 teaspoons pumpkin pie spice	$\frac{3}{4}$ cup semi-sweet chocolate chips
$\frac{1}{2}$ cup sliced almonds		
1 teaspoon baking soda		

**Preheat** oven to 425 degrees F. Lightly **spray** a 13-by-9-inch baking dish with non-stick spray. In a medium bowl **combine** flours, old fashioned oats, sliced almonds, baking soda and salt. **Set** aside. **Place** squash cubes in a medium saucepan and **cover** with water. **Boil** squash for 20 minutes, or until tender. **Remove** from heat, **drain** and **puree** in a food processor. In a small bowl, **mix** the pureed squash and the pumpkin pie spice. In a large bowl, use a hand mixer to **beat** the butter and brown sugar until creamy. **Add** squash mixture and **blend** with the mixer. **Add** the dry ingredients to the squash

mixture and continue to **beat** until fully blended. **Spread** mixture into prepared baking dish. **Bake** for 20-25 minutes or until the top is a light golden brown. Allow to **cool** and **cut** into bars. **Melt** the chocolate chips by placing them in a microwave-safe container. **Microwave** on low power for 30 second increments until smooth, **stirring** often. **Drizzle** chocolate over top of bars.

**Yield:** 20 servings

**Nutritional Analysis:** 190 calories, 8 g fat, 4 g saturated fat, 10 mg cholesterol, 95 mg sodium, 28 g carbohydrate, 2 g fiber, 15 g sugar, 3 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.  
**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.  
**STORAGE:** Store it in a cool, dry place and use it within 1 month.  
**PREPARATION:**  
**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and

steam the squash 30-40 minutes or until tender.

**To microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:**  $\frac{1}{2}$  squash, 5-8 minutes; 1 squash, 8 $\frac{1}{2}$ -11 $\frac{1}{2}$  minutes.
- **Butternut squash:** 2 pieces, 3-4 $\frac{1}{2}$  minutes.
- **Hubbard squash:** ( $\frac{1}{2}$ -pound pieces) 2 pieces, 4-6 $\frac{1}{2}$  minutes.

**To bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students  
**November 2017**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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### Kentucky Rabbit Stew



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USDA  
Supplemental Nutrition Assistance Program



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### Kentucky Rabbit Stew

- 1 rabbit (3 pounds) cut into pieces
- ¼ cup all-purpose flour, divided
- 3 tablespoons vegetable oil
- 5 stalks celery, chopped
- 2 medium onions, thinly sliced
- 1 ½ teaspoons salt-free zesty herb blend
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon rosemary
- ½ teaspoon ground sage
- 1 bay leaf
- 4 cups water
- 4 cups low-sodium chicken broth
- 2 cups diced carrots
- 4 medium potatoes, peeled and diced
- 4 ounces mushrooms, sliced
- ½ cup cold water

Coat rabbit pieces in ½ cup flour. Heat oil in a large covered pan over medium heat. Brown rabbit

pieces on all sides in oil. Add celery, onion, zesty herb blend, salt, pepper, rosemary, sage, bay leaf, water, and broth. Bring to a boil. Reduce heat to simmer. Cover and simmer for 2 hours. Lift rabbit pieces out of broth and remove bones, if desired. Return meat to pan. Add carrots, potatoes, and mushrooms. Cook for an additional 30 minutes or until vegetables are tender. Combine remaining ¼ cup of flour with ½ cup cold water. Stir until well-blended with no lumps. Stir flour mixture into broth. Cook and stir until broth has thickened. Remove bay leaf before serving.

**Yield:** 12 servings

Adapted from "Kentucky Rabbit Stew" by Martha Yount, Regional Specialist for Nutrition Education

### Nutrition Facts

12 servings per container  
Serving size 1 1/2 cups (399g)

Amount per serving  
**Calories 260**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 350mg	<b>16%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 5mg	30%
Potassium 869mg	20%

\* 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.

