

# GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

October 2024

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

*GRAVES COUNTY COOPERATIVE  
EXTENSION SERVICE*  
4200 US HWY 45  
MAYFIELD, KY 42066  
(270)247-2334  
[GRAVES.EXT@UKY.EDU](mailto:GRAVES.EXT@UKY.EDU)

## IN THIS EDITION:

- Agent Notes
- Schedule of Events
- Announcements
- Forages
- Crops
- Horticulture
- Weather notes
- Recipes





I would be remiss if I didn't mention our brothers and sisters affected by Hurricane Helene to start this newsletter. We in Graves County know all too well what it's like to endure a horrible natural disaster. I know there are a lot of people looking for ways to return the favors that were done for us after the December 10th tornado. I invite you to check out this website from North Carolina Extension for suggestions of trusted organizations to donate monetarily too, volunteer for, or get supplies to. As you are aware, this situation is still unfolding and there will be other opportunities for assistance as time goes on, but this would be a great place to start.

<https://ncdisaster.ces.ncsu.edu/2024/10/ways-you-can-help-in-hurricane-helene-recovery/>

Another important matter that I would like to discuss here is the topic of Farmer Mental Health. September was National Suicide Prevention Month. I am proud to be working as a Kentucky Farmer Mental Health Advocate with Building Bridges to Farmer Mental Health. This is a stressful and pivotal time of year for many of our farmers. This most recent natural disaster couldn't have come at a worse time. There are many facing very difficult decisions for the future of their families. **Farmer suicide rates are 3.5 times higher than that of the general population.** It is so important to reach out to our farm families and check on them. Ask the hard questions if you notice something is not right. Tell them you appreciate what they do and get them help if they need it. My phone is always on and office door always open if you ever need to talk. There is no judgement and our conversations are always confidential. I am here to help you get in touch with the resources you need.

**If you or someone you know is considering suicide, 988 is available at all hours of the day by calling or texting, and available by chat at 988lifeline.org.**

Thank you to everyone who helped with and attended our first Fall Fest! We had a great time and enjoyed some great chili from our chili cookoff participants! There are even more great events coming up this month that you won't want to miss!



*Miranda Rudolph*

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources  
Graves County

miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052





## ANR: What's Happening?

Bolded events are hosted at the Graves County Extension Office.

- October 14 - Bull Value Assessment Program Part 1, Marshall County Extension Office - 6pm
- October 15 - Pasture Ecology Workshop, Cecilia, KY
- October 16 - Heart of America Grazing Conference, Hardin County Extension Office, Elizabethtown, KY
- October 22- Planning for Farm Diversification, MSU Expo, Murray - 8am
- **October 22- Trunk or Treat, GCEO - 4:30-6pm**
- October 22 - Bull Value Assessment Program Part 2, Marshall County Extension Office - 6pm
- October 23 - Growing Your Farm and Food Business Workshops, Grand Rivers, KY
- **November 4- Goat Milk Soap Workshop - GCEO 6pm**

**During a crisis**  
24/7 help is a call or text away



Need someone to talk to? Resources are available 24/7 for farmers and their families. You are never alone. Call or text 988.



### Cooperative Extension Service

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Family and Consumer Sciences  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506







**Martin-Gatton**  
College of Agriculture,  
Food and Environment

Cooperative Extension  
Marshall County  
\* 2081 Mayfield \*  
Highway Benton,  
KY 42025 (270)  
527-3285



"(BVAP) really assisted  
with understanding real  
world usage of EPD'S"

-past  
participant

"Very educational. I  
really enjoyed getting to  
see things in action at  
the mock auction "

-past  
participant

## Bull Value Assessment Program

**October 14th & 22d**

**6:00PM**

**Free meal both nights!**

**@ The New Marshall County  
Extension Office**

**RSVP Required**

**Call 270-527-3285**

This program is a collaboration of the Marshall, Calloway, Graves, McCracken & Livingston County Extension Offices.

This two night  
program is  
designed to help  
producers make future  
bull buying decisions.

This "mock" bull buying  
experience allows producers to  
fine tune their bull evaluating,  
selecting and purchasing skills at a  
live, no risk, auction simulation!

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Disabilities  
accommodated  
with prior notification.





 Cooperative  
Extension Service  
Agriculture and Natural Resources



# GOAT MILK SOAP

6 PM | \$20 per person  
make & take your own soap!

*november 4, 2024*

**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





STORYWALK



# TRUNK OR TREAT



OCTOBER 22

4:30-6PM

GRAVES COUNTY  
EXTENSION OFFICE

4200 STATE  
ROUTE 45 N  
MAYFIELD,  
KY 42066



Cooperative  
Extension Service

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

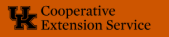
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Individuals  
accommodated  
with your assistance

PASEO POR LA HISTORIA



# TRONCO O GOLOSINA



22 DE OCTUBRE

4:30-6PM

CONDADO DE GRAVES  
OFICINA DE EXTENSION

4200 STATE  
ROUTE 45 N  
MAYFIELD,  
KY 42066



Cooperative  
Extension Service

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

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Individuals  
accommodated  
with your assistance

## GROWING YOUR FARM AND FOOD BUSINESS WORKSHOPS

Unlock new opportunities for your agribusiness with KCARD staff and partners at our comprehensive workshops on funding, business planning, and more!

**October 23rd**  
Grand Rivers  
Community Center  
Grand Rivers, KY

**November 13th**  
Washington County  
Extension Office  
Springfield, KY

**November 19th**  
UK Robinson Center  
(RCARS)  
Jackson, KY



Kentucky Center for Agriculture  
and Rural Development



## PLANNING FOR FARM DIVERSIFICATION

OCTOBER 22, 2024  
DOORS OPEN AT 8AM CST

Murray State University  
William "Bill" Cherry Exposition Center  
2101 College Farm Rd  
Murray, KY 42071

Cultivate new horizons  
with this FREE workshop!  
Lunch provided.  
Registration required.



For more information or questions contact  
KCARD at [kcard@kcard.info](mailto:kcard@kcard.info)  
or 859-550-3972.





## PASTURE ECOLOGY WORKSHOP

On Tuesday, October 15, join us for a pasture ecology workshop at a local regenerative agricultural operation, Glenmar Farms, in Cecelia, Kentucky.

We will be doing a deep dive into all things related to ecological systems and welcoming Dr. Matt Poore from North Carolina State University.

**Tuesday, October 15, 2024**

Pasture Ecology Workshop with Matt Poore, North Carolina State University  
9:00 a.m. - 5:00 p.m. ET  
Glenmar Farms, 16943 St. John Road, Cecelia, KY 42724

### Topics include:

- Silvopasture establishment and management
- Managing for dung beetles
- Annuals as part of regenerative grazing systems
- The POWER of one-wire temporary electric fencing
- Eastern gamma grass and clover mixtures
- Temporary watering systems
- Understanding the potential and limitations of your soil

Registration capped at 60!

Kentucky Master Grazer Educational Program



This event is part of the larger Heart of America Grazing Conference. Tickets can be found at

<https://2024HeartofAmerica.eventbrite.com>

If registering by mail, please send checks payable to KFGC to: Caroline Roper, UKREC, PO Box 469, Princeton, KY 42445

Pasture Ecology Workshop Tickets  
\$100 x \_\_\_ = \_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

## Forage Timely Tips: October

- ✓ Feed hay to allow cool-season pastures to accumulate forage growth for winter grazing.
- ✓ Do NOT harvest or graze alfalfa fields until after killing frost or early November.
- ✓ Inventory and test each hay lot for nutritive value and consult a nutritionist to design a supplementation program as needed.
- ✓ Remove ruminants from pastures that contain sorghum species (forage sorghums, sorghum-sudangrass hybrids, sudangrass, and johnsongrass) when frost is expected. Even small patches of johnsongrass that have been frost can cause prussic acid (cyanide) poisoning.
- ✓ Begin strip grazing early planted small grain and brassicas (turnips and rape) mixes by the end of this month.
- ✓ Late October/early November is a good time to control weeds like poison hemlock, plantain (broadleaf or buckhorn), and biennial thistles (bull, musk, plumeless).

## 2024 HEART OF AMERICA GRAZING CONFERENCE

*Regenerative grazing... Merging science and practice*

**Tuesday, October 15, 2024** Tickets can be found at <https://2024HeartofAmerica.eventbrite.com>

Pasture Ecology Workshop with Matt Poore, North Carolina State University  
9:00 a.m. - 5:00 p.m. ET  
Glenmar Farms, 16943 St. John Road, Cecelia, KY 42724

Heart of America Banquet  
6:00 p.m. - 8:00 p.m. ET  
Hardin County Extension Office, 111 Opportunity Way, Elizabethtown, KY  
Capturing the Beauty of Forages with Dr. Jimmy Henning

**Wednesday, October 16, 2024**  
Heart of America Grazing Conference  
7:00 a.m. - 3:00 p.m. ET  
Hardin County Extension Office, 111 Opportunity Way, Elizabethtown, KY

- Healing the Land with Grazing  
Ray Archuleta, Raythesoilguy LLC
- Soil Health: Separating Fact from Fiction  
Alan Franzluebbers, USDA Ag Research Service
- Bale Grazing for Biological Fertility and Soil Health  
Greg Halich, University of Kentucky
- My Regenerative Journey  
Sam Kennedy, Kettle Mills Livestock Co.
- Build It and They Will Come... Managing for Soil Life  
Chris Teutsch, University of Kentucky
- Putting it All Together... A Call to Action  
Matt Poore, North Carolina State University

**Thursday, October 17, 2024**  
Pasture Walk at Greg Brann's Big Springs Farm  
10:00 a.m. - 4:00 p.m. CT  
683 Blankenship Rd, Adolphus, KY 42120

Tickets can be found at <https://2024HeartofAmerica.eventbrite.com>



Kentucky Master Grazer Educational Program



Chris Teutsch

If registering by mail, please send checks payable to KFGC to: Caroline Roper, UKREC, PO Box 469, Princeton, KY 42445

Pasture Ecology \$100 x \_\_\_ = \_\_\_  
Banquet \$50 x \_\_\_ = \_\_\_  
Grazing Conference \$75 x \_\_\_ = \_\_\_  
Pasture Walk \$45 x \_\_\_ = \_\_\_  
Total: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

## PASTURE WALK AT BIG SPRINGS FARM

On Thursday, October 17, we will be visiting Greg Brann's Big Springs Farm in Adolphus, Kentucky. Join us to see a well-established multi-species grazing operations with one of the nation's foremost experts on soil health.

**Thursday, October 17, 2024**

Pasture Walk at Greg Brann's Big Springs Farm  
10:00 a.m. - 4:00 p.m. CT  
683 Blankenship Rd, Adolphus, KY 42120

### Topics include:

- Native grasses and annuals
- Walnut silvopasture
- Soil health and pasture management
- Managing the forages you have
- Multi-species grazing with a "flier"
- Grazing dairy animals (cattle, goats, sheep)
- Stockpiling grass to reduce winter feeding
- Battling nimbleweed



Kentucky Master Grazer Educational Program



This event is part of the larger Heart of America Grazing Conference. Tickets can be found at <https://2024HeartofAmerica.eventbrite.com>

If registering by mail, please send checks payable to KFGC to: Caroline Roper, UKREC, PO Box 469, Princeton, KY 42445

Pasture Walk at Big Springs Farm  
Tickets  
\$45 x \_\_\_ = \_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_



## 2024 Fall Crop Protection Webinar Series scheduled for October and November

Sign up now for a popular webinar series that addresses timely topics regarding integrated pest management for field crops. University of Kentucky Martin-Gatton College of Agriculture, Food and Environment extension specialists have once again organized the Fall Crop Protection Webinar Series, hosted through the Southern Integrated Pest Management Center. Each webinar will begin at 10 a.m. ET/9 a.m. CT, and will be one hour in length. Continuing education credits for Certified Crop Advisors include 4 CEUs for IPM (1 CEU for each webinar). Kentucky pesticide applicators will receive 4 CEUs (1 CEU for each webinar) for Category 1a (Agricultural Plant).



*2024 Fall Crop Protection  
Webinar Series*

This year the webinars will be held Oct. 15, Oct. 29, Nov. 12, and Nov. 26. Pre-registration is required to attend each webinar. The webinars are open to agriculture and natural resource county extension agents, crop consultants, farmers, industry professionals, and others, whether they reside or work in Kentucky or outside the state. Pre-registration links and schedules follow:



**Webinar #1: Oct. 15** — Dr. Raul Villanueva, Extension Entomologist

**Title:** Dealing with stink bugs and other insect pests in 2023-24

**Webinar link:** [https://zoom.us/webinar/register/WN\\_MAppWNeZR5yCSoTGMGUj\\_Q](https://zoom.us/webinar/register/WN_MAppWNeZR5yCSoTGMGUj_Q)



**Webinar #2: Oct. 29** — Dr. Kiersten A. Wise, Extension Plant Pathologist

**Title:** Maximizing disease control AND return on investment for corn fungicides

**Webinar link:** [https://zoom.us/webinar/register/WN\\_irdgz-OATPy3hCKsOVxyGO](https://zoom.us/webinar/register/WN_irdgz-OATPy3hCKsOVxyGO)



**Webinar #3: Nov. 12** — Dr. Travis Legleiter, Extension Weeds Specialist

**Title:** Spray Application Parameters – The Offensive Line of Herbicide Applications

**Webinar link:** [https://zoom.us/webinar/register/WN\\_rxH9TOW4T4a3HZRFAgGA1w](https://zoom.us/webinar/register/WN_rxH9TOW4T4a3HZRFAgGA1w)



**Webinar #4: Nov. 26** — Dr. Carl Bradley, Extension Plant Pathologist

**Title:** Management of important wheat diseases in Kentucky

**Webinar link:** [https://zoom.us/webinar/register/WN\\_NUrPmPdgQICwWGHR-qOCEw](https://zoom.us/webinar/register/WN_NUrPmPdgQICwWGHR-qOCEw)



## Tips for Potted Fall Mums

- It's hard not to go for those beautiful mums bursting with blooms, but to get the most bloom time from your purchase choose the healthiest looking plants with more closed buds than open blooms. Foliage should be sturdy and have deep green leaves.
- Repot them! The mums you buy from your favorite local farmer or garden center are often root-bound. It's easy to just put the grower pot into a pretty pot and call it a day, but they will respond better and last longer if you repot them with some fresh soil and organic matter.
- Put your mums in a part sun/part shade location. Full sun will lead to quick drying out of the soil and potentially scorch your plant. Making sure they get around 6 hours of sun is best.
- Keep them watered! Give the roots a good dunk in a tub of water when you first get them home and let them have a good soak. Then, water close to the base of the plant trying to keep the foliage and blooms as dry as possible. It's best to water them once a day and in the morning.
- If you want to plant your garden mums in the ground to get them to return each year, plant them early in a well drained area of your garden. Water well and mulch 2-4" deep. Don't worry about pruning until spring, let them build a solid root system so they can overwinter. DO deadhead during the fall and pinch blooms back when they start to come back in the spring until around the end of July for spectacular fall blooms the following year!

**Miranda Rudolph, Extension Agent for Agriculture & Natural Resources,  
Graves County**





## Fall Frost and Freeze Information for the Bluegrass State

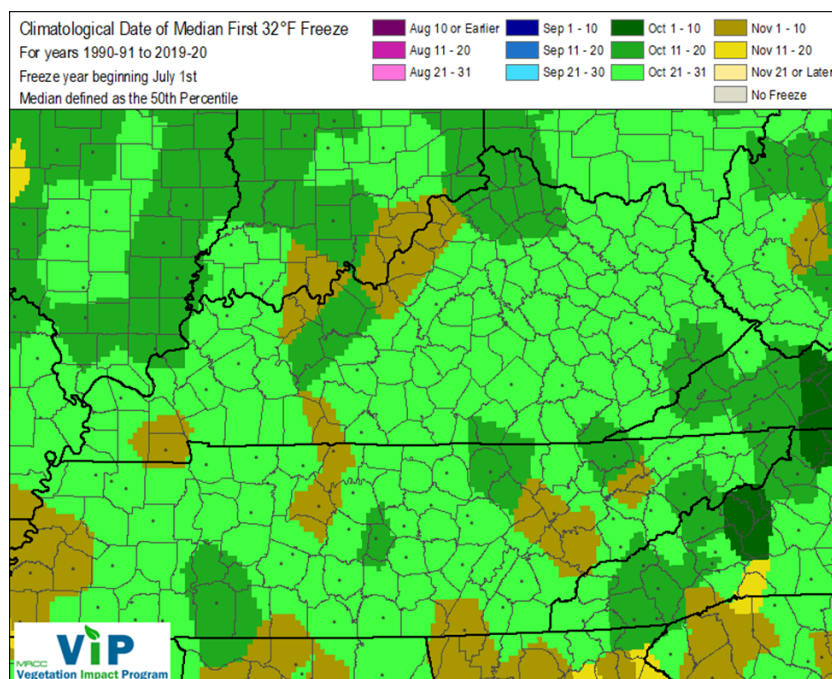


By Derrick Snyder - National Weather Service Paducah, KY

As we move through the month October, the risk of crop-killing frosts and hard freezes will quickly increase. The National Weather Service office in La Crosse, WI, compiled the following list of meteorological conditions that can lead to frost conditions:

- Clear skies lead to radiational cooling, allowing the greatest amount of heat to exit into the atmosphere.
- Calm to light winds prevent stirring of the atmosphere, which allows a thin layer of super-cooled temperatures to develop at the surface. These super-cooled temperatures can be up to 10 degrees cooler than five to six feet above the surface, where observations are typically taken. This is why frost develops even when reported temperatures are a few degrees above freezing.
- Cool temperatures, with some moisture, that promote ice crystal development. If the supercooled, freezing temperatures can cool to the dew point (the temperature at which, when cooled to at constant pressure, condensation occurs; moisture will have to come out of the atmosphere as fog, frost, etc.) frost could develop on exposed surfaces.
- Local topography also has a large role in determining if and where frost develops. Cold air will settle in the valleys since cold air is heavier than warm air, therefore frost conditions are more prone in these regions. Valleys are also sheltered from stronger winds, enhancing the potential for frost.

Other local effects, such as soil moisture and temperature, and stage of vegetation "greenness", are factors that can affect the possibility of frost forming. The Midwest Regional Climate Center has put together a map of when Kentucky can typically expect to see the first 32 degree freeze of the season. The great majority of the commonwealth will see the first hard freeze during the last 10 days of October, but this can vary a week or two sooner or later depending on the set-up for that particular year.





## Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

## 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, free of blemishes or soft spots.

**STORAGE:** Store winter squash in a cool, dry place and use within one month.

### PREPARATION:

**To Steam:** Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind 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 in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

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

- Acorn squash: ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

**To Bake:** Wash squash and cut 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

September 2013

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COOPERATIVE  
EXTENSION  
SERVICE







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



## BBQ Venison Meatballs



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



### BBQ Venison Meatballs

#### Meatballs

- 1 pound ground venison (may substitute elk or beef)
- 1/2 cup 2% milk
- 3/4 cup rolled oats
- 1/2 cup minced fresh onion
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

#### Sauce

- 1 cup ketchup
- 1/2 cup water
- 1/2 cup grated onion
- 2 tablespoons vinegar
- 1/4 cup brown sugar
- 1/4 teaspoon black pepper

Combine venison, milk, oats, onion, salt, and pepper in a large bowl. Use a sturdy spoon or clean hands to mix well. Shape meat mixture into 12, 1-inch balls, and place in a shallow 9-by-13-inch baking pan. Combine all the sauce ingredients in a bowl and stir well. Pour sauce over meatballs. Bake uncovered at 350 degrees F for 1 hour, turning over twice.

**Yield:** 6 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott. 2013.

### Nutrition Facts

6 servings per recipe  
**Serving size 2 meatballs (139g)**

**Amount per serving**  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 322mg	6%

\* 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.

