

GRAVES COUNTY

AGRICULTURE & NATURAL

RESOURCES

NEWS



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

**GRAVES COUNTY
COOPERATIVE EXTENSION
SERVICE**

4200 US HWY 45

MAYFIELD, KY 42066

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SEPTEMBER 2023

IN THIS EDITION:

- AGENT NOTES
- SCHEDULE OF EVENTS
- CROPS
- LIVESTOCK
- FORAGES
- HORTICULTURE
- WEATHER NOTES
- MISCELLANEOUS





Happy September!

I hope this newsletter finds you well and gearing up to jump into harvest mode. Judging by my drives through the county each week I can expect to see some of you out in your combines next week! I just returned from my state fair assignment last week and I truly enjoyed getting to see Kentucky agriculture showcased all week long. It's always wonderful to see everyone's hard work on display and that is what makes our state fair one of the best in the country! Fall programming is in full swing and I have some fun things I'll be doing with my garden classes that I hope you will be a part of. Make sure you take a good look through this newsletter for some upcoming workshops and field days. If you need your BQCA certification, now is the time to get that done. These certifications are free during the month of September and you can get that info further in this newsletter!

If you haven't done so yet, please take the time to fill out our community survey. You will find the information towards the back of this newsletter. This is important for our statewide initiatives and is a great way for you to let us know what you think is important to Graves County!

As always, please let me know if you have any programming ideas you would like to see or if we can partner together in some way.

Thank you all for making my job such a joy!

happy
harvest

Miranda Rudolph

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources
Graves County

miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052



Want to be involved in any field studies that come up? Scan the QR code to fill out your info!



What's Happening?

Bolded events are hosted by the Graves County Extension Office.

- September 6- Horticulture Webinar: Carex for the Mid-Atlantic Region- Online, 11:30am
- **September 12 - Growing Garlic Class- GCEO, 5:30pm**
- September 12- Chute Side Training- Kentuckiana Livestock Market, Owensboro, KY 6-9pm
- September 13- Horticulture Webinar: Hydrangea Selection & Care- Online, 11:30am
- September 20 - Horticulture Webinar: Backyard Fruit- Clean up Today to Keep Diseases Away- Online, 11:30am
- September 27 - Horticulture Webinar: Table Top Mushrooms - Online, 11:30am

"By all these lovely tokens September days are here. With summer's best of weather and autumn's best of cheer."

Helen Hunt Jackson



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

University of Kentucky presents 2023 Fall Crop Protection Webinar Series

Beginning Nov. 2, 2023, the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment will present a series of four webinars covering field crop protection. Hosted through the Southern Integrated Pest Management Center, the webinars will feature UK extension pest management specialists discussing weed science, plant pathology and entomology topics. Continuing education credits for Kentucky pesticide applicators and Certified Crop Advisors will be available.

The Thursday morning webinars will take place via Zoom at 10 a.m. EST/ 9 a.m. CST, and preregistration is required for 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.



Dr. Kiersten A. Wise

Webinar #1:

November 2, 2023

Registration: https://zoom.us/webinar/register/WN_CfQFt0dQSnq5ifdnaSre7A



Dr. Carl Bradley

Webinar #2:

November 9, 2023

Registration: https://zoom.us/webinar/register/WN_3SvKPhEDSSWcYhnUnLrvsQ



Dr. Travis Legleiter

Webinar #3:

November 16, 2023

Registration: https://zoom.us/webinar/register/WN_SIOzGyibQiOk4A6pTRHGmw



Dr. Raul Villanueva

Webinar #4:

November 30, 2023

Registration: https://zoom.us/webinar/register/WN_AqvCh08TQGCAJXvKxqdwFA

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

Hosted by **Southern**
IPM
Center



Don't Miss Opportunities in this High Market

Kevin Laurent, Extension Specialist, Department of Animal and Food Sciences, University of Kentucky

As we approach the end of summer and nighttime temperatures begin to consistently dip into the 60's our thoughts turn to fall activities, one of which is marketing our spring born calves. It's quite easy to feel good about the cattle business these days with current market prices, however we need to make sure we continue to manage our calf crop and do not miss the opportunities this current market is offering. Good management pays dividends in both lean years and good years. In fact, one could make the case that good management pays even greater dividends in times like these. The following are four management considerations that will help maximize calf value at sale time.

Avoid selling bulls.

Table 1 compares steer and bull prices in Kentucky markets for the week of 8/6/2023 to 8/12/2023. As is usually the case, discounts for bulls increase as calves move up in weight class. What is unusual is the severity of the current discounts. Bull calves weighing in the 500-600 lb weight range have historically taken a \$10-12 per cwt. discount as compared to similar weight steers. However, the present discounts for that weight bull calf have been running in the \$20+/cwt. range. As table 1 shows, during the week of 8/6/2023-8/12/2023 that amounted to \$95-152 per head. Although it is best to castrate male calves prior to three months of age, the next best option is to castrate prior to weaning. Research also shows that if calves are castrated early and implanted, weaning weights will be similar to intact males at weaning. A good reason does not exist to leaving a male calf intact. Castration is something that must be done and should be done on the farm where the calf was born to avoid the most stress and add the most value.

| Weight | Steer Price | Bull Price | Discount | Discount |
|--------|-------------|------------|----------|----------|
| Lbs | \$/Cwt | \$/Cwt | \$/Cwt | \$/Head |
| 375 | 260.00 | 260.77 | 0.77 | 2.89 |
| 425 | 260.58 | 251.87 | -8.71 | -37.02 |
| 475 | 259.59 | 247.18 | -12.41 | -58.95 |
| 525 | 252.83 | 234.74 | -18.09 | -94.97 |
| 575 | 258.39 | 232.02 | -26.37 | -151.63 |
| 625 | 252.18 | 219.98 | -32.20 | -201.25 |
| 675 | 249.34 | 213.89 | -35.45 | -239.29 |

KY Weekly Livestock Summary Monday Aug. 14, 2023

Wean, feed, and take advantage of the current value of gain.

Weaned lots of calves have been consistently selling at a premium to unweaned calves. Weighted average premiums in two recent CPH sales were \$10.45/cwt over state average prices with premiums as high as \$20/cwt for lighter weight heifers. But what is most promising is the current value of gain being offered in the marketplace. Table 2 shows the current value in dollars per head of each additional 100 lbs. of weight. By simply dividing that dollar amount by 100 you can calculate the maximum cost of gain that a feeding program must stay under to be profitable. You can see that there is an excellent opportunity to profitably add weight to calves, especially at the lighter weight classes. Lighter weight calves are also cheaper to feed and have a lower cost of gain than bigger calves due simply to less feed needed for body maintenance.



Backgrounding/preconditioning budgets using \$300/ton feed, \$90 hay, 8% interest, and \$15/head health costs along with 2-2.5 average daily gains are currently showing cost of gain figures of approximately \$1.10/lb. for 375-575 lb. calves to upwards of a \$1.50/lb. for 775-875 wt. cattle. Realize, these price figures are from the non-valued added portion of the market report and do not represent any premium for weaning. The best way for small producers to capture weaned calf premiums is to sell in special preconditioned sales such as CPH or other stockyard sponsored sales. Combining a weaned calf premium with a feeding program that captures current value of gain leaves room for a potential significant profit.

| Weight | Steer Price | Steer Price | Additional Value | Max. Cost of gain |
|--------|-------------|-------------|------------------|-------------------|
| Lbs | \$/Cwt | \$/Head | \$/Head | \$/lb |
| 375 | 260.00 | 975.00 | ----- | ----- |
| 475 | 259.59 | 1233.05 | 258.05 | 2.58 |
| 575 | 258.39 | 1485.74 | 252.69 | 2.53 |
| 675 | 249.34 | 1683.05 | 197.30 | 1.97 |
| 775 | 230.28 | 1784.67 | 101.63 | 1.02 |
| 875 | 233.06 | 2039.28 | 254.61 | 2.55 |

KY Weekly Livestock Summary Monday Aug. 14, 2023

Consider a pre-weaning working.

Working calves prior to weaning has always been a standard recommendation, especially for calves that were going to be retained on the farm through a pre-conditioning program. With current market prices, this may be a profitable strategy even for calves that will be sold off the cow. Virginia Tech research showed a 10-40 lb response in added weaning weight by deworming and implanting calves in mid-summer. If it is early September and we know we will not sell for another 45-60 days (about 2 months) it may pay dividends to deworm, implant and boost fly control now. If these practices add an additional 20 lbs of sale weight given the current market prices, a \$10 investment may net a \$40 return.

Avoid excessive sale day shrink.

Sale day shrink is simply a cost of doing business. Anytime we move or haul cattle we can expect at least a 2-3 % reduction in weight primarily due to fill. However, with every pound worth \$2+ dollars, reducing excess shrink needs to be a consideration. Oklahoma State research showed that unweaned bawling calves hauled to the sale barn the night before sale day shrank approximately 2% more than similar calves delivered on sale day. Sometimes delivering calves the night before a sale cannot be avoided but be mindful that a fresh weaned bawling calf in a hay and water pen at the yard the night before the sale is not going to eat or drink very much, if at all. Some other considerations to reduce shrink are to improve facilities so cattle can be sorted and loaded quietly and efficiently just prior to hauling. Also consider hauling calves early to the yard to avoid long waits in line to unload. Although excessive shrink should be avoided, overfilling calves should also be avoided. Selling calves that are deliberately overfilled is not fair to buyers and can also affect the health of calves in transit. Most of the time this strategy backfires on the seller in the way of price discounts.

How ever you plan to market your calves this year, prices should be favorable. But there is nothing wrong with trying to maximize value and get paid a little extra for all your hard work and efforts.





The right time is **now.**
The right way is **BQCA.**

Thanks to a partnership and University of Kentucky are offering **FREE BQCA CERTIFICATION** online or through your county extension office **September 1st** through **September 30th, 2023.**





BEEF QUALITY & CARE ASSURANCE

CHUTE SIDE TRAINING

TUESDAY • SEPT 12 • 6-9PM (CST)

Kentuckiana Livestock Market

8411 State Road 81 • Owensboro, KY 42301

NO COST TO ATTEND • FREE BQCA CERTIFICATION

| | |
|--------|---|
| 5:15pm | Registration and Meal |
| 5:50pm | Welcome and Housekeeping |
| 6:00pm | Chute Side BQCA Training and Techniques/Latest Information on Genomic Testing |
| | On Farm Pregnancy Determination/Cull Cow Considerations |
| | Body Condition Scoring/Winter Feeding Strategies |
| 8:30pm | Closing Remarks and Completion of BQCA Test for Certification |

Pre-register by September 8 by calling the Daviess County Extension office at **(270) 685-8480** or email **chardy@uky.edu**

REGISTER SOON! 60 spots available!



Attendees who complete the BQCA exam at the end of the training will become BQCA Certified. BQCA certification is valid for three years.



Grazing Conference

Low Stress Livestock Handling for Serious Graziers

October 31, 2023

Elizabethtown

Hardin County Extension Office

7:30 AM - 3:30 PM CDT

November 1, 2023

Lexington

Fayette County Extension Office

7:30 AM - 3:30 PM EDT



Reducing Livestock Stress in Grazing Systems

Curt Pate, Curt Pate Stockmanship



Fencing for Multi-Species Grazing

Lewis Sapp, Stay-Tuff Fence



Designing Flexible Watering Systems

Jeff Lehmkuhler, University of Kentucky



Designing Livestock Handling Facilities for Existing Structures

Chris McBurney, McBurney Livestock Equipment



Local Producers and Spokesperson Contest



Optimizing Resources with Multi-Species Grazing

Greg Brann, Greg Brann Consulting

For more information please visit KFGC.ORG



Our speakers...

Curt Pate is a nationally renowned expert in low stress livestock handling. His focus on reducing stress in grazing systems makes him unique.

Lewis Sapp is a nationally recognized fencing expert with extensive experience in both temporary and permanent fencing systems.

Jeff Lehmkuhler is an award winning extension educator with more than 20 years of experience in designing flexible watering systems.

Chris McBurney has over 25 years of experience in designing, fabricating, and installing livestock facilities throughout the eastern United States.

Greg Brann is well known for his extensive knowledge of grassland ecosystems, grazing management, and mixed species grazing.

Tickets: \$45 Advance / \$60 Onsite / \$15 Students

Register Online:

Elizabethtown-<https://2023-KY-Grazing-Conference-Hardin>

Lexington-<https://2032-KY-Grazing-Conference-Fayette>

Register by Email: info@kfgc.org

Register by Phone: 513-470-8171

Register by Mail: Christi Forsythe, PO Box 469, Princeton, KY 42445

Make Checks payable to: **KFGC**

Name: _____

Street: _____

City: _____

State: _____ Zip Code: _____

Cell Phone: _____

Email: _____

Number of participants _____ x \$45per participant = _____ Total Amount

Names of additional Participants: _____



Winterize Your Home to Prevent Fall Invaders

Source: Ray Tackett, UK Extension Horticulture Agent

The days are getting shorter, the nights cooler, and if you notice some clustering on the outside of your home, it could be insects trying to get inside. The Asian lady beetle is always a problem this time of year, some years worse than others. Other fall invaders may include face flies, spiders and stink bugs. If you live near lakes, rivers and creeks, you may see boxelder bugs, a red and black insect. Once inside, these insects usually don't increase in numbers because they are accidental invaders and also harmless.

Insects are usually no threat, mainly just a nuisance. Although stink bugs can exude a substance that doesn't smell pleasant. If you vacuum stink bugs from windows sills, or wherever they are, you might want to throw away the vacuum bag because of the odor. Lady bugs and stink bugs can also leave a stain if you smash them, which is why we recommend vacuuming them.

Exclusion is considered the best way to keep insects out of your home, because there are more control options available on the outside. Pest-proofing your home as much as possible will help keep insects out. Caulking, inspecting screens and windowsills, checking where utilities come into the home are ways to winterize your home.

Contact Graves County office of the University of Kentucky Cooperative Extension Service for recommendations (



Bitter Rot Season is Upon Us

By Kimberly Leonberger, Plant Pathology Extension Associate, and Nicole Gauthier, Plant Pathology Extension Specialist

While fruit rots have a variety of causes, the most common fungal fruit rot of apple in Kentucky is bitter rot: <https://plantpathology.ca.uky.edu/files/ppfs-fr-t-24.pdf>. The disease results in rotten, inedible fruit. It is distinct from other fruit diseases of apple: <http://plantpathology.ca.uky.edu/files/ppfs-fr-t-02.pdf>. Fungicides are available for management; however, sanitation is critical for disease prevention: <http://plantpathology.ca.uky.edu/files/ppfs-gen-05.pdf>. Bitter Rot Facts Symptoms begin as small, slightly sunken lesions that enlarge and eventually develop a bull's-eye pattern (Figure 1). Cutting into infected fruit reveals an internal rot with a V-shaped pattern (Figure 2). Symptoms may not appear immediately after infection and may take several months to become visible. Initial infection begins as early as bloom and may continue through harvest. The fungal pathogen overwinters in fallen fruit, dried fruit (mummies), and in crevices in bark and dead wood. Bitter rot is caused by multiple species of the fungus *Colletotrichum*.

Management Options Remove and discard diseased fruit immediately. At the end of the season, remove fallen fruit from the ground and prune out cankers and dead wood that may harbor fungi. Plant cultivars that are less susceptible to bitter rot. Information on cultivar susceptibility can be found in the publication *Disease Susceptibility & Resistance of Common Apple Cultivars (PPFS-FR-T-28)*: <https://plantpathology.ca.uky.edu/files/ppfs-fr-t-28.pdf>. Homeowners can apply fungicides that contain captan or mancozeb beginning soon after petal fall and continuing every 10 to 14 days until harvest following the *Backyard Apple & Pear Disease, Pest, and Cultural Practices Calendar (PPFS-FR-T-21)*: <http://plantpathology.ca.uky.edu/files/ppfs-fr-t-21.pdf>. Commercial growers should use the *Commercial Apple Fungicide Spray Schedule Worksheet & Sample Spray Guides (PPFS-FR-T-19)*, <https://plantpathology.ca.uky.edu/files/ppfs-fr-t-19.pdf>. This, along with Figure 1. Sunken lesions with bull's-eye appearance are common symptoms of bitter rot on apple. (Photo: Nicole Gauthier, UK). Figure 2. Internal V-shaped rot in apple caused by bitter rot. (Photo: Nicole Gauthier, UK).⁴ the *Midwest Fruit Pest Management Guide (ID-232)*, https://ag.purdue.edu/department/hla/extension/_docs/id-465.pdf) can be used to develop a spray program. Always follow label directions when utilizing fungicides.



FIGURE 1. THE FIRST SYMPTOMS OF BITTER ROT ARE SMALL TO MEDIUM-SIZED, SLIGHTLY SUNKEN LESIONS.

FIGURE 2. SUNKEN LESIONS WITH BULL'S-EYE APPEARANCE ARE TYPICAL OF LATE-SEASON SYMPTOMS OF BITTER ROT.





Fall Garden Crops



Keep your garden going
and the fresh produce
flowing into the fall with
these cool weather crops!

Pick up your copy of
ID-128 for more
information!

UK Martin-Gatton
College of Agriculture,
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University of Kentucky

Table 13. Crops for the fall garden.

| Vegetable | Date of Planting | Seeds | Transplants | Days to Maturity ¹ | Date of Harvest |
|-------------------|----------------------|-------|-------------|-------------------------------|-----------------|
| Beets | Jul - mid-Aug | x | | 70 - 75 | Oct |
| Bibb lettuce | Jul - Aug | x | x | 50 - 60 | Sep - Oct |
| Broccoli | Jul - Aug | | x | 60 - 80 | Sep - Nov |
| Brussels sprouts | Jun - Jul | | x | 70 - 80 | Oct - Nov |
| Cabbage | late Jun - early Aug | | x | 60 - 70 | Sep - Nov |
| Carrots | Jul - Aug | x | | 80 - 90 | Nov |
| Cauliflower | late Jun - early Aug | | x | 70 - 80 | Sep - Nov |
| Chinese cabbage | Jul - Aug | x | x | 50 - 70 | Sep - Nov |
| Collards | Jul - Aug | x | | 80 - 90 | Oct - Nov |
| Endive | Jul - Aug | x | x | 70 - 80 | Sep - Nov |
| Green beans, bush | Jul - mid-Aug | x | | 60 - 65 | Sep |
| Kale | Jul - Aug | x | x | 70 - 80 | Sep - Nov |
| Kohlrabi | Jul - Aug | x | | 60 - 70 | Sep - Nov |
| Leaf lettuce | Jul - Aug - Sep | x | x | 40 - 60 | Sep - Oct |
| Mustard greens | Jul - Aug | x | | 50 - 60 | Sep - Oct |
| Parsnips | June | x | | 90 - 100 | Nov |
| Potatoes | mid-Jun | x | | 90 - 100 | Oct |
| Radishes | Sep | x | | 30 - 40 | Oct |
| Rutabaga | July - mid-Aug | x | | 80 - 90 | Oct - Nov |
| Snow Peas | Aug | x | | 50 - 70 | Oct |
| Spinach | Aug - Sep | x | | 50 - 60 | Aug - Sep |
| Sweet corn | Jul | x | | 70 - 80 | Sep |
| Turnips | Jul - Aug | x | | 50 - 60 | Sep - Nov |
| Turnip greens | Jul - Aug | x | | 50 - 60 | Sep - Nov |

¹ Due to cool temperatures in the fall, a long time will be needed for certain crops to mature.

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SEPTEMBER CLASSES

Wednesdays

12:30 p.m. ET/ 11:30 a.m. CT

September 6

Carex for the Mid-Atlantic Region
- Sam Hoadley

September 13

Hydrangea Selection and Care

September 20

Backyard Fruit: Clean up Today to
Keep Diseases Away

September 27

Tabletop Mushrooms

Register Here:

<https://tinyurl.com/23SEPHWW>





Wildfire Preparedness

By Simone Lewis- National Weather Service Charleston, WV



When the word wildfire comes to mind, images of burning forests in the western United States usually enter the thoughts of most. But did you know that Kentucky is also prone to wildfires? In fact, the state averages 1,447 wildfires a year! The following article will discuss what weather conditions are favorable for wildfire development, the weather alerts that are issued during periods of favorable fire weather, and what you can do to prepare for and prevent wildfires.



Photo Credit: Kentucky Emergency Management

The first question on your mind is probably “What is Fire Weather”? Essentially, fire weather is any sort of weather that can ignite or lead to rapid spread of fires. This includes thunderstorms (which contain strong gusty winds and lightning that can lead to rapid spread or ignition of a fire), days when the relative humidity is low (often in the early spring and fall seasons), and windy days (which acts to not only spread wildfires but also leads to the drying of vegetation, making it more susceptible to burning).

Wildfire Prevention

Most wildfires in the state of Kentucky are caused from arson or from uncontrolled debris burning. In fact, 90% of all wildfires in Kentucky are caused by humans. Unlike many fires in the western United States, most of the fires in Kentucky are fought by firefighters on the ground (Source: Kentucky Energy and Environment Cabinet). They are putting their lives in danger to control the spread of these fires. It is therefore important to always be fire aware, and heed any Fire Weather Watches or Red Flag Warnings issued by the NWS.

Here are some general guidelines to follow when the following products are issued:

Fire Weather Watch = BE PREPARED! Dangerous fire weather conditions are possible in the next few days but are not occurring yet.

Red Flag Warning = TAKE ACTION! Dangerous fire weather conditions are ongoing or expected to occur shortly. During a Red Flag Warning, you should avoid or use extreme caution when dealing with anything that could pose a fire hazard.

- Do not start a campfire or ignite a burn pile.
- Do not burn trash.



- Avoid using a lawnmower, chainsaw, or any other equipment that may emit sparks.
- Do not dispose of cigarette butts on the ground or outside of your car.
- If using an outdoor grill, make sure to have a water source nearby and do not dispose of the ashes until the Red Flag Warning has expired or been canceled AND the ashes are fully extinguished!
- Watch for smoke nearby. If you spot an unattended fire, call 911 and report it immediately!

What do I do to prepare?

- Take personal responsibility by preparing long before the threat of a fire, so your home and family are ready.
- If there are concerns of fire potential, create a defensible space by clearing brush that is easier to ignite away from your home.
- Put together a basic emergency supply kit. Check emergency equipment, such as flashlights and generators.
- Plan escape routes and make sure all those residing within the home know the plan of action.
- Sit down with your family and close friends, and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan in your emergency kit, or another safe place where it can be accessed in the event of an emergency.
- Review your insurance policies to ensure that you have adequate coverage for your home and personal property in the event of fire.
- Follow the latest NWS forecasts and listen to a NOAA Weather Radio for the latest updates.



Photo Credit: U.S. Forest Service

What are Kentucky's Fire Laws?

Lastly, it's important to know and heed the fire laws and seasons for the state of Kentucky. During the following periods, it is illegal to burn anything within 150 feet of any woodland or brushland between the hours of 6 a.m. and 6 p.m.

- Spring Forest Fire Hazard Season: February 15 - April 30
- Fall Forest Fire Hazard Season: October 1 - December 15

Also, burn bans can be issued at any time of the year if conditions warrant, particularly during periods of drought, and should always be followed.



State Cost Share Program for 2023-2024

Applications are currently being accepted until November 15, 2023. Ranking of applications will be performed once each year on the state level by the Kentucky Soil and Water Conservation Commission at the Kentucky Division of Conservation in Frankfort. Approval of applications is based on a statewide ranking criterion and the availability of funds. Cost share rates are a maximum of 75 percent of the actual installation cost of the practice not to exceed \$20,000 per year.

Practices eligible for cost share are agriculture and animal waste control facilities; animal waste utilization; vegetative filter strips; integrated crop management; pesticide containment; sinkhole protection; pasture and hay land forage quality; heavy use area protection; rotational grazing system establishment; water well protection; forest land and cropland erosion control systems; closure of agriculture waste impoundment; on-farm fallen animal composting; soil health management; precision nutrient management; strip intercropping system; livestock stream crossing and riparian area protection. Once approved, applicants will have 12 months to complete their new practice.

For more information stop by the Graves County Conservation District at:

USDA- Department of Agriculture Service Center
1000 Commonwealth Drive
Mayfield, KY 42066.

Monday through Friday from 8:00 a.m. to 3:00 p.m.

Phone: 270-247-9529 ext: 8118



An equal opportunity organization

GRAVES COUNTY


How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY  KENTUCKY STATE COOPERATIVE EXTENSION

JOIN OUR NEXT CLASS!

 **Martin-Gatton**
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ALL ABOUT GARLIC!

**How to plant, use & store!
+ take home bulbs!**

SEPTEMBER 12

5:30 PM

**CALL TO SIGN UP
270-247-2334**

**GRAVES COUNTY
EXTENSION OFFICE**

**4200 St Rt 45 N
Mayfield, KY 42066**



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HandIcon
recommended
with prior notification.





Sweet Potato Crisp

- | | | |
|---|-------------------------------------|---------------------------------|
| 3 large fresh sweet potatoes, cooked until tender. | 1 teaspoon vanilla | ½ cup all-purpose flour |
| 8 ounces reduced fat cream cheese, softened | 1 tablespoon ground cinnamon | ¾ cup quick cooking oats |
| 1 cup brown sugar, divided | 2 medium apples, chopped | 3 tablespoons butter |
| | | ¼ cup chopped pecans |

- Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- Mash** sweet potatoes. Add cream cheese, ¾ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread** sweet potato mixture evenly into pan.
- Top** sweet potatoes with chopped apples.
- In a small bowl, **combine** flour, oats, and ½ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- Sprinkle** mixture over apples.
- Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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



Country Ham and Broccoli Grits

- | | | |
|---|--|---|
| 1 tablespoon olive oil | 2 cloves minced garlic | 6 ounces country ham, cut into ½ inch pieces |
| 1 pound fresh broccoli florets | 4 cups 1% milk | 1 large egg, beaten |
| ½ cup minced onion | 1 cup uncooked quick grits | Salt and pepper to taste |
| ¾ teaspoon crushed red pepper flakes | 1 cup 2%, shredded cheddar cheese | |

- Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
- Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
- Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

