

GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

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

GRAVES COUNTY COOPERATIVE
EXTENSION SERVICE
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May 2024

IN THIS EDITION:

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- Schedule of Events
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It's a busy time of year! From my drives around the county, Graves County Agriculture is rocking and rolling! Here are the office, we are doing the same!

Thank you to everyone who came out for our fencing school last month. We had a great crowd, great host farm, and fantastic weather for this full day of learning. It takes a whole team to put this class on and we are thankful that we got to work with everyone and be one of the host sites across the state for the spring fencing schools!

Our county fair exhibit time is coming quickly. I have re-vamped the categories in which you can enter due to the timing of our fair. I encourage you to take a look and see what you have that you might be able to enter! You might win a little ribbon and some cash!

Finally, I'd like to draw your attention to the Graves County Producer Directory that we are working on putting together. What a great resource it would be to have a published directory that showcases the diversity of Graves County Agriculture! The directory would include local farms, what they offer, where to find them and/or how to contact them to inquire about buying their products. This will be turned into a physical publication that people can pick up and take home with them and hopefully an online directory as well. We would LOVE to include your operation in this directory! Please see go to <https://forms.gle/1CS0UpzD1DZFCLhf8> see the flyer attached for a QR code, or call the office to get your information added!

Have a great May!

Handwritten signature of Miranda Rudolph in blue ink.

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 by the Graves County Extension Office.

- May 14: UK Wheat Field Day- UKREC, Princeton, KY
- **May 20: Soils and Soil Fertility, 5:30pm, GCEO**
- **May 21: Pond Management and Aquatic Plant Control, 5:30pm, GCEO**
- June 11: County Fair Entry Drop-off, 9-11am, Graves County Fairgrounds
- **June 11: Plant Pathology Class, 5:30pm, GCEO**
- June 14-15: Western Rivers Junior Livestock Expo, Bill Cherry Expo Center, Murray State University
- June 17: County Fair Entry Pick-up, 10am-noon, Graves County Fairgrounds



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Lexington, KY 40506



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Agriculture and
Natural Resources

GRAVES COUNTY PRODUCER DIRECTORY

HELP OTHERS FIND YOU!

This will:

- ✓ aid producers in marketing their products
- ✓ aid consumers in easily locating local products
- ✓ showcase agriculture in Graves County



SCAN TO
ADD YOUR
FARM /
OPERATION!

Contact Info:
Graves County
Cooperative Extension
270-247-2334

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KENTUCKY COOPERATIVE EXTENSION

POND MANAGEMENT & AQUATIC PLANT CONTROL

JOIN FORREST WYNNE, KSU STATE EXTENSION SPECIALIST FOR AQUACULTURE, FOR AN EDUCATIONAL PROGRAM ON POND MANAGEMENT PRACTICES AND HOW TO CONTROL AQUATIC PLANTS!

MAY 21, 2024
5:30PM

GRAVES COUNTY EXTENSION OFFICE

LET US KNOW YOU'RE ATTENDING BY CALLING 270-247-2334

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Disabilities accommodated with prior notification.

Need CCA or Pesticide CEU's?
Here is a great day of learning and a chance to rack up some hours!

Got a problematic pond, or questions about how to avoid it becoming problematic? Here's your chance to get those questions answered!



UK Wheat Field Day

May 14, 2024

TOPICS INCLUDE:

- **Evolution of Carbon Markets: Are There Opportunities for Kentucky Wheat Producers?** - Dr. Jordan Shockley
- **Wheat Disease Update** - Dr. Carl Bradley
- **Wheat Breeding: Process and Methods** - Dr. Dave Van Sanford
- **Wheat Fertilization** - Dr. Edwin Ritchey
- **Residual Herbicide Timing for Ryegrass Control in Wheat** - Dr. Travis Legleiter
- **International, Domestic, and Local Trends That Inform Wheat Marketing Decisions** - Dr. Grant Gardner
- **Wheat Variety Trial (Walk Through)** - Bill Bruening

UKREC Farm

1205 Hopkinsville St,
Princeton, Ky 42445
9 am - NOON (Central time)
Registration: 8 am



EDUCATIONAL CREDITS:

CCA: PM 1hr, CM 0.5hr,
Prof Dev 0.5
Pesticide: 1 CEU cat 1A,
1CEU cat 10

For additional information contact Colette Laurent: (859) 562-1321 or cl Laurent@uky.edu

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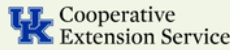
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The Graves County Horticulture Club Presents:



Come and learn about the basics of creating and maintaining good soils for optimal plant health and productivity.

Monday, May 20th
5:30pm

Graves County Extension Office

Cooperative Extension Service

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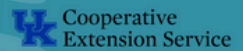


Disabilities accommodated with prior notification.

Classes are open to anyone!
If you're interested in joining the horticulture club contact
Miranda at
miranda.rudolph@uky.edu

Our next class being offered by the Graves County Horticulture Club!

Join us as we dive into the wild world of soils!



GRAVES COUNTY HORTICULTURE CLUB

**** This is a tentative schedule. Dates are subject to change.**

All classes begin at 5:30pm unless otherwise noted.

April 15

Leaves & Buds & Stems, Oh My! **Botany 101**

May 20

What's Soil Got to Do With It? **Soils & Soil Fertility**

June 11

I'm Not a Doctor, but I Play One on TV: **Plant Pathology**

July 9

Gettin' Buggy With It: **Entomology**

August 20

Trash or Treasure? **Weed Management**

September 9

It Takes 3 to Tango: **Integrated Pest Management**

Do not have to be a club member to attend classes!

Cooperative Extension Service

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

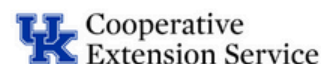
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FARM AND GARDEN PRODUCE



Rules and Regulations:

1. All exhibits must be entered between 9:00a.m. and 11:00a.m. on Tuesday, June 11, 2024.
2. No entries will be accepted after judging starts.
3. All entries must be removed between 10:00a.m. and 12:00p.m. on Monday, June 17, 2024.
4. **All entries must be grown by the exhibitor.**
5. No more than 2 entries may be made in the same class, by the same exhibitor.
6. Entries will be ranked by quality, condition, display, and description.
7. The judge's decisions are final.
8. Each entry needs to arrive and be presented as described. Entries should be labeled with the class, scientific name, and the variety (ex. Zinnia, Zinnia elegans, Bernays Giant).

Field, Seed, & Grain

Grains

1. Best Quart of Yellow Corn
2. Best Quart of White Corn
3. Best Ear of Corn (any variety)
4. Best Quart of Wheat
5. Best Quart of Soybeans

Hay/Straw

6. Best Bale Alfalfa Hay (1/4 bale)
7. Best Bale Red Clover Hay (1/4 bale)
8. Best Bale Mixed Hay (1/4 bale)
9. Best Bale Grass Hay (1/4 bale)
10. Best Bale Wheat Straw (1/4 bale)

Tobacco

11. Dark Fired - Best Plant
12. Burley - Best Plant
13. Heavy Brown Leaf (BF)
14. Heavy Dark Leaf (BD)
15. Thin Brown Leaf
16. Best Twist

Fruits & Vegetables

Fruits & Nuts

17. Best Pint of Strawberries
18. Best Pint of Blackberries
19. Best Pint of Raspberries
20. Best Pint of Blueberries
21. Best Plate of 3 Apples
22. Best Plate of 3 Plums
23. Best Plate of 3 Pears
24. Best Plate of 3 Misc. Nuts

Beans & Peas

24 Pods or 1 Pint Shelled

25. Best Plate of Lima Beans
26. Best Plate of Green Beans
27. Best Plate of Shelled Beans (any variety)
28. Best Plate of Peas (pods)
29. Best Plate of Shelled Peas
30. Best Pint of Shelled Beans
31. Best Pint of Shelled Peas

Fruiting Vegetables

3 per Plate

32. Best Plate of Slicer Tomatoes
33. Best Plate of Cherry Tomatoes
34. Best Plate of Other Color Tomatoes
35. Largest Tomato
36. Best Plate of Sweet Peppers
37. Best Plate of Hot Peppers
38. Best Plate of Bell Peppers
39. Best Plate of Squash
40. Best Plate of Pickling Cucumbers
41. Best Plate of Slicer Cucumbers
42. Best Plate of Okra

Root Crops

5 per Plate

43. Best Plate of Potatoes
44. Best Plate of Onions
45. Best Plate of Radishes
46. Best Plate of Carrots
47. Best Plate of Sweet Potatoes

Leaf Crops

3 Bunches/Heads per Plate unless noted

48. Best Plate of Head Lettuce
49. Best Plate of Leaf Lettuce
50. Best Plate of Mustard Green
51. Best Plate of Spinach
52. Best Head of Cabbage (one head)

Miscellaneous

53. Best Head of Broccoli
54. Best Head of Cauliflower
55. Best Plate of 5 Asparagus Spears
56. Best Herb Display
57. Best Dozen Eggs

Honey

58. Best Pint Light with Comb
59. Best Pint Amber with Comb
60. Best Pint without Comb
61. Best Pint Sorghum Syrup



Floral

Additional Rules for Floral Exhibitors:

1. All exhibits must be fresh and grown by the exhibitor.
2. All specimens should be labeled as specifically as possible (Scientific, Common, Variety/Cultivar).
3. Water and containers/display materials are to be supplied by the exhibitor.

Cut Flowers Single Stem

- 62. Zinnia
- 63. Hydrangea
- 64. Coleus
- 65. Marigold
- 66. Sunflower
- 67. Geranium
- 68. Echinacea (Cone Flower)
- 69. Rudbeckia (Black-Eye Susan)
- 70. Monarda (Bee Balm)
- 71. Hybrid Tea Rose
- 72. Floribunda Rose
- 73. Grandiflora Rose
- 74. Shrub/Landscape Rose
- 75. Other Cut Flower

Floral Arrangements

- 76. Dahlias
- 77. Gladiolas
- 78. Marigolds
- 79. Petunias
- 80. Rose Arrangement
- 81. Wildflowers
- 82. Zinnia Arrangement
- 83. All One Color Arrangement
- 84. Miniature Design
- 85. Dried Design
- 86. Foliage Arrangement

Bulbs, Corms, Tubers

- 101. Gladiolas
- 702. Calla Lilly
- 103. Oriental Lily
- 104. Allium
- 105. Daylilly
- 706. Dahlia

Potted Plants

- 87. African Violet
- 88. Begonia
- 89. Petunia
- 90. Geranium
- 91. Orchid
- 92. Succulent/Cactus
- 93. Fern
- 94. Combination Pot- Flowering
- 95. Combination Pot- Succulent
- 96. Combination Pot- Foliage
- 97. Most Attractive
- 98. Most Unusual
- 99. Fairy Garden
- 100. Bonsai



Pre- and Post-emergence Strick of Slugs and Snails on Soybeans

Raul Villanueva, Entomology Extension Specialist and Zenaida Viloria, Entomology Research Analyst

Abundance of Slugs and Snails in 2024

The warmer winter in 2024, along with rains and foggy conditions during several days in March and April, have been conducive to the presence of slugs and snails in commercial and research plots in Western Kentucky. Since the end of March and the first week of April, UK entomologists have been observing slugs in various stages of development, including eggs in soybean and corn fields. The favorable conditions described above might have increased their populations in fields, leading to a reduction of plant stands in several soybean fields; in many cases, entire fields have been consumed.

In soybean fields heavily affected by slugs, plant stands of 2 to 10 plants per 5-ft row are in contrast to normal stands of 20-30 plants per 5-ft row (based on average plantings in Kentucky: 5 to 6 seeds per foot-row planted in 20" row width) (Figure 1). Damage observed in fields showed that slugs were feeding on unsprouted seeds and emerging seedlings (Figure 2). Also, observations since the first week of April have shown that eggs were laid in moist soils covered by organic matter from the previous crop (soybeans, corn, or wheat). Figure 3 shows that slugs were well protected under dry brace roots of corn, ovipositing eggs under these structures.



Figure 1. Photos of 5-ft rows in two soybean fields showing the reduction of plant stands caused by slug feeding: 4 plants (left) and 10 plants (right), shown with yellow arrows, in center rows. Under normal conditions, there should be 20 to 30 plants per 5-ft row (Photo: Raul. Villanueva, UK).





Figure 2A. Slug feeding on pesticide coated, swollen, and unspouted soybean seed (Photo: Raul Villanueva, UK).



Figure 2B. Feeding damage on emerged and unspouted seed (Photo: Raul Villanueva, UK)

Mollusk Management

There is no rescue treatment for slug damage or thresholds for application of molluscicides. If stands are low, replanting is recommended, and an application of molluscicides may be necessary. On February 27, 2024, we wrote a KPN article ([Slugs are Active in February 2024, but Farmers Have Two Registered Molluscicides under Section 24\(c\) in Kentucky](#)) that discussed the possibility of abundant mollusks during corn and soybean germination periods. This was based on environmental conditions and mentioned two metaldehyde molluscicides that are registered under the Section 24(c) for soybeans and corn in Kentucky: Deadline® M-Ps™ and Slug-Fest®. In addition to these two products, Table 1 shows additional molluscicides that can be used in corn and soybeans for management of slugs or snails.

Table 1. Molluscicides* that are available in Kentucky for the management of slugs and snail in corn and soybeans.

Products	Crop	Growth Stage	Max. single Application	Total N ^o of Application /Season	RAI days	PHI days	Type of application
Deadline® M-Ps™ metaldehyde	Field Corn	Up to V8 V8 to VT	25 lbs/Acre	3	7	0	Broadcast or ground directed
	Soybean	Up to V4 V4 to R1	10 lbs/Acre				
Slug Fest® metaldehyde	Field Corn	Seedling or later stages	59 fl.oz./Acre	3	4		Spray, may be tank mixed with other chemicals or fertilizers.
	Soybean	Seedling or later stages	23 fl.oz./Acre	4	3		
SLUGGO Iron phosphate 1%	Field Corn	Seedling or later stages	20 to 44 lbs/Acre	n/a	14	n/a	Broadcast or ground directed
	Soybean						
FERROXX Sodium ferric 5%	Corn Soybeans Wheat Rye	Seedling	5 to 20 lbs/Acre	-	-	0	Broadcast or aerial application

*The University of Kentucky does not endorse any of the products listed here; they are shown for information purposes only.



Going Against the Grain to Work with Mother Nature **Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky**

Approximately 70% of the nation's cow herd calves between January 1st and June 30th each year, typically calving in February and March, a breeding season ranging from May through July, and weaning calves in the fall. On the other hand, those with fall calving herds will calve in September and October, breed from December to February, and wean in the spring. While fall-calving herds are in the minority and may seem to "go against the grain," this system offers producers unique opportunities to work with mother nature, especially in the fescue belt.

Environmental conditions are often more favorable for fall calving, starting with calving. While heat can be an issue, especially for calves born early, the cold, wet, and muddy conditions often seen in February and March are a non-issue. Cool-season forages pick up again in the fall as the summer heat begins to subside, providing a forage base for the lactating cows. Tall fescue stockpiles well and can be a good option for helping to maintain the fall calving herd. One downfall to fall calving that I often hear talked about is the need to overwinter both the lactating cow and her calf. While this is true, and conserved forage plus energy supplementation is often required to meet the nutritional requirements of the lactating cow, these costs can be offset by marketing calves into what is typically a seasonally higher market in the spring.

One of the most significant environmental differences between spring and fall calving herds is observed during the breeding season. Heat stress occurs when the combination of temperature and humidity reaches a threshold that causes cattle to generate or take on more heat than they can dissipate. Heat stress is compounded by cattle experiencing fescue toxicosis because of the vasoconstrictive effect of the ergot alkaloids found in endophyte-infected tall fescue. Heat stress has profound impacts on reproduction in both the cow and the bull, including temporary infertility. As our climate continues to change, periods of heat stress may become more prevalent during the typical May-July breeding season for spring calving herds, and of course, this will be exacerbated in herds grazing endophyte-infected fescue during this time. Fall-calving herds can avoid complications from heat stress during a winter breeding season. Profitability in the cow-calf sector starts at breeding by getting cows bred on time. In the mid-south, we are more likely to encounter challenges from mother nature during the spring-summer breeding season than during fall-winter.

Weaning is another critical dichotomy between the spring and fall calving seasons. With spring calving herds weaning in the fall, producers looking to pre-condition or background their calves may have limited forage resources for both the cow herd and weaned calves. Fall-calving cows weaning in the spring are often weaned at a time when grass growth is plentiful, and it can often grow faster than our cow herd can graze it. Keeping with the theme of working with mother nature, one consideration with fall calving herds is to delay weaning until calves are a bit older. Running fall-born calves on grass can be a great way to take advantage of the relatively cheap cost of gain while adding value and pounds to the calf. Once calves have reached 5-6 months of age, the cow produces much less milk compared to peak lactation, as the calf, at this point, is getting most of its nutrients through grazing. Keeping the calf on the cow a bit longer in the spring can also help to prevent fall cows from becoming overly conditioned after weaning.



Against the Grain Cont..

By delaying weaning later into spring, fall calving producers can also avoid the cool, wet, and muddy conditions often seen in March. March in the mid-south seems to be one of the dreariest months of the year, and I have found myself saying on more than one occasion, “I don’t like weaning in March for the same reasons I don’t like calving in March.”

Nearly $\frac{3}{4}$ of the nation’s cow herd calves in the first part of the year, and there is a reason for that. As a nutritionist, I know fall calving has its challenges, and managing winter feeding is a big one. It is critically important that those fall-calving cows don’t lose condition during the breeding season while typically consuming stored forages. However, when considering the big picture or the overall system, fall calving can have much to offer cow-calf producers in the fescue belt. In the fall calving system, we can work with Mother Nature and avoid extreme heat and fescue toxicosis during the breeding season and cold, wet, and muddy conditions at both calving and weaning (if timed correctly). In return, fall-calving herds can market calves at a time of the year when markets are expected to reach their seasonal highs. Fall calving won’t be for every operation, but it is something to consider when managing cows in the fescue belt. Sometimes it pays to go against the grain.



Effective Strategies to Prevent Plant Diseases in Your Garden

Rick Durham, UK Horticulture Extension Specialist

In the unseen sphere of our vegetable gardens, plant pathogens including fungi, bacteria, nematodes and viruses are ever-present threats. However, with proactive measures, gardeners can successfully manage these threats and maintain healthy vegetable gardens.

Selecting the right location for your garden is the first step in prevention. Opt for a sunny area with well-drained soil to discourage the growth of pathogens. Raised beds can be an effective solution for improving drainage and air circulation around plants. It's also crucial to clear out old plant debris, which can harbor diseases from the previous season.

When choosing plants, prioritize disease-resistant varieties and inspect any transplants for signs of disease before introducing them to your garden. For seeds, consider those that have been treated with fungicide to give them a better chance of thriving. Planting in warm soil and ensuring proper spacing between plants are additional measures that can minimize stress and disease susceptibility.

Crop rotation is an invaluable strategy, especially in smaller gardens. Changing what's planted in a specific area every few years can prevent the buildup of soil-borne diseases. For crops that are particularly disease-prone, consider skipping their cultivation for a few years or growing them in containers separate from the garden.

Maintaining a weed-free garden throughout the growing season is essential. Weeds can serve as hosts for pests and diseases, transferring them to your vegetable plants. Proper watering techniques can also make a significant difference; water at the base of plants to avoid wetting foliage, and if overhead watering is necessary, do so early in the day to allow leaves to dry.

Avoiding mechanical injury to plants, such as from gardening tools or rough handling, can prevent openings for pathogens. Furthermore, refraining from working in the garden when plants are wet can reduce the spread of diseases.

By taking these steps gardeners can effectively manage plant diseases. This approach not only protects the garden from the myriad of pathogens waiting to attack but also leads to a bountiful and healthy harvest.

For more information on keeping a health garden, contact the Graves County office of the University of Kentucky Cooperative Extension Service.





Spring Weather Can Bring Heavy Rain and the Risk of Flooding



By Derrick Snyder- National Weather Service Paducah, KY

As we head deeper into spring, we want to talk to you about something that's on our minds this time of year: flash flooding. Now, we know Kentuckians are no strangers to heavy rain and overflowing creeks, but it's important to be prepared for the worst.

What can you do to be prepared before, during, and after a flash flood? Here are tips to keep in mind:

1. Keep your eyes and ears open: Listen for weather reports and stay alert for any signs of flooding in your area. If you see water starting to rise, don't wait until it's too late to take action.
2. Have a plan in place: Talk to your family about what you would do in case of a flood. Make sure everyone knows how to get to high ground and where to meet up if you get separated.
3. Don't take any chances: Never try to drive or walk through flooded areas. The water might look shallow, but it could be a lot deeper and faster than you realize. It only takes 12 inches of water to cause your vehicle to lose traction, and only 6 inches of water to sweep you off your feet.
4. Get your homestead ready: If you live a flood-prone area, make sure you have sandbags or other barriers on hand to protect your home. Keep your gutters clean and your downspouts pointed away from your house.
5. Stay safe during the flood: If a flash flood does happen, get to higher ground as quickly as possible. And if you have to wade through water, be sure to wear rubber boots and stay away from downed power lines to avoid a shock hazard.

3 SIMPLE STEPS FOR FLASH FLOOD SAFETY

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.

1 GET TO HIGHER GROUND
Get out of the areas subject to Flooding

2 DO NOT DRIVE INTO WATER
Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.

3 STAY INFORMED
Monitor local radar, television, weather radio, internet or social media for updates.

WHEN FLOODED TURN AROUND DON'T DROWN

[weather.gov/flood](https://www.weather.gov/flood)

The infographic features a yellow diamond-shaped sign on a black post with the text "WHEN FLOODED TURN AROUND DON'T DROWN". Below the sign is a blue wave graphic. The NOAA logo is positioned to the left of the URL "weather.gov/flood".

There's one more thing you can do to help keep your community safe during floods: report rainfall measurements to the National Weather Service. Measuring and reporting rainfall can help the Weather Service better predict flooding and issue alerts for flash floods.

Here's how to do it:

1. **Get a rain gauge:** You can buy a rain gauge at a hardware store or online. Make sure it's placed in an open area away from trees or buildings. You can obtain a high-quality rain gauge by becoming an observer with a nationwide network known as the Community Collaborative Rain, Hail, and Snow Network (CoCoRaHS). Learn more at cocorahs.org or call your local National Weather Service (NWS) office.
2. **Measure rainfall:** After a rainfall event, go outside and check the gauge. Write down the amount of rainfall in inches, to the nearest hundredth of an inch. Don't forget to dump your gauge to it's ready for the next event!
3. **Report the measurement:** You can report the rainfall measurement to the NWS by calling your local weather office or by visiting their website. Be sure to include your location, the amount of rainfall you measured, as well as the period for which you measured the rain.



Be sure to
download the
University of
Kentucky
Weather Alert
App!



Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ cup plain non-fat Greek yogurt or plain regular yogurt	olive oil
1 cup golden raisins	3 tablespoons honey	$\frac{1}{2}$ teaspoon Dijon mustard
1 cup halved red grapes	6 tablespoons apple cider vinegar	1 teaspoon poppy seeds
1 pint sliced strawberries		1 teaspoon salt
$\frac{1}{2}$ small red onion, sliced		$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup toasted and chopped pecans (optional)		

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:
240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

HANDLING: Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

STRAWBERRIES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
January 2020

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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Sautéed Vegetables and Crappie



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Sautéed Vegetables and Crappie

- 1 pound crappie fillets
- 1 teaspoon Cajun seasoning blend
- 2 teaspoons olive oil
- 2 medium yellow summer squash, sliced
- 1 medium onion, sliced
- ½ teaspoon ground pepper
- 2 cups broccoli florets
- 1 lemon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw fish.
2. Sprinkle fish with Cajun seasoning and set aside.
3. In a large skillet, heat olive oil on medium heat. Add squash,

onion, and pepper. Sauté for 10 minutes, or until vegetables are just starting to get tender.

4. Place fish fillets on top of sautéed vegetables. Cover skillet and cook on medium heat for 10 more minutes.
5. Add broccoli florets. Cover and cook for 5 minutes.
6. Use a thermometer to check that fish has reached 145 degrees in the center of the thickest part and flakes easily with a fork.
7. Cut lemon in half and squeeze juice over fish and vegetables.
8. Serve immediately. Refrigerate any leftovers within 2 hours.

Yield: 4 servings
Serving Size: 4 ounces crappie and 1 cup squash

Adapted from "Sautéed Squash & Crappie" by Vicki Wynn, Agent for Family & Consumer Sciences, Marshall County

Nutrition facts per serving:
230 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 70mg cholesterol; 200mg sodium; 13g total carbohydrate; 3g dietary fiber; 5g sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

