

# AGRICULTURE & NATURAL RESOURCES

## MARCH/APRIL 2025

### IMPORTANT DATES

- March 25th: Senior/WIC Farmers Market Nutrition Program @ Lewis County Extension Office
- March 28th: Rips Appreciation Day
- April 2nd: Beef Quality Care Assurance Training @ Lewis County Extension Office
- April 8th: Homebased Processors Watch Party @ Lewis County Extension Office
- April 22nd: Cattle Grading @ Farmers Stockyards in Flemingsburg
- April 25th: Eden Shale Tour
- April 24th: Beef Quality Care Assurance Training @ Lewis County Extension Office
- April 29th: Partnering Groups via Zoom
- May 8th: Cattlemen's Meeting at Tollesboro Fairgrounds
- May 17th: Up the River Program

### A Note From Your Agent

**Kennedy Cannon**  
Ag & Natural  
Resource Agent

Kennedy.cannon@uky.edu

We have many programs coming up in the next few months so be sure to check them out!

2025 CAIP should be coming out soon so be on the look out!

Lewis County Cooperative  
Extension  
284 2nd Street  
Vanceburg, KY 41179  
606-796-2732



#### Cooperative Extension Service

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

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

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Disabilities  
accommodated  
with prior notification





# East Kentucky Hay Contest

We were extremely pleased with this years results! Out of 21 counties, Lewis placed third regarding Relative Feed Quality which is calculated by digestibility, fiber content, and protein content . We entered 29 samples with an RFQ average of 155.

Frank Mawk placed 3rd in Alfalfa/Grass and 3rd in Grass



Dwight Malone placed 2nd in Grass Hay



**UK** Cooperative Extension Service



## 2025 FARMERS MARKET EDUCATION PROGRAM

HOSTED BY THE BUFFALO TRACE COUNTY AREA UK COOPERATIVE EXTENSION OFFICES



**6:00PM**

AT FLEMING COUNTY EXTENSION OFFICE OR VIA ZOOM OR **\*\*WATCH PARTY\*\***

**\*\*Check local office to verify watch party option\*\***

- FEBRUARY 18** PRODUCE BEST PRACTICES TRAINING
- MARCH 25** SENIOR/WIC FARMERS MARKET NUTRITION PROGRAM TRAINING
- APRIL 8** HOMEBASED PROCESSOR DO'S & DON'TS
- APRIL 29** PARTNERING GROUPS-HOW THEY CAN HELP

**REGISTER BY: FEBRUARY 14TH**

USE THE QR CODE OR CONTACT YOUR LOCAL OFFICE TO REGISTER:

BRACKEN COUNTY: (606) 735-2141  
 FLEMING COUNTY: (606) 845-4641  
 LEWIS COUNTY: (606) 796-2732  
 MASON COUNTY: (606) 564-6808  
 ROBERTSON COUNTY: (606) 724-5796



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**UK** Cooperative Extension Service  
 Agriculture and Natural Resources

## UP THE RIVER

WITH A PADDLE  
 MAY 17, 2025 9:00 A.M.

Join us for a fun-filled day on the water at Blue Licks State Park! Starting at 9:00 AM, we'll paddle four scenic miles down the Licking River while learning about the water quality and incredible creatures that call it home. Learn how we test water quality, why it matters, and what we can do to protect our waterways.

No canoe? No problem! We've got you covered. Plus, enjoy a delicious lunch as part of your adventure—all for just \$20 per person.

Grab a paddle, dive into discovery, and help make a difference for our rivers! Call Mason County Extension Office to register today. Limited spots available.  
 606-564-6808

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# Eden Shale Farm Tour



**APRIL 25, 2025**  
**10:30AM**

**\*\*IF RIDING IN THE COUNTY VAN- DEPARTURE TIMES WILL VARY BY LOCATION\*\***

**CALL TO REGISTER :**

- BRACKEN COUNTY: (606) 735-2141
- FLEMING COUNTY: (606) 845-4641
- LEWIS COUNTY: (606) 796-2732
- MASON COUNTY: (606) 564-6808
- ROBERTSON CO.: (606) 724-5796

**REGISTRATION REQUIRED BY: APRIL 4, 2025**

**ATTENTION PLEASE**

**VAN SPACES ARE LIMITED TO THE FIRST 11 PEOPLE THAT REGISTER & REQUEST A SEAT IN THE VAN.**

**FOLKS CAN ALSO DRIVE & MEET US AT EDEN SHALE THAT DAY.**

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Follow our new facebook page at Lewis County Cooperative Extension-Agriculture & Natural Resources

Scan QR code to access Facebook



**May 8th at 7 p.m.**  
**at the Tollesboro Fairgrounds**

## Beef Quality Care & Assurance Training (BQCA Training)

**\*\*Required for Large Animal CAIP Investment Area\*\***

**Wednesday, April 2nd at 6:00 p.m.**

**Thursday, April 24th at 10 a.m.**

**Lewis County Extension Office**  
**284 2nd Street., Vanceburg**

**Call the office to RSVP at 606-796-2732**

**FREE the month of April**

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# CATTLE GRADING

**APRIL 22, 2025**

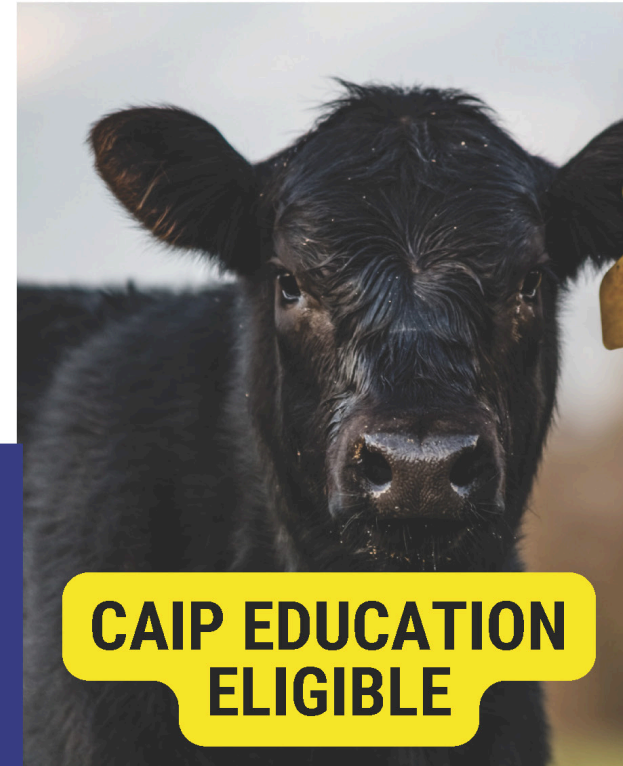
**FARMERS STOCKYARDS**  
255 HELENA RD, FLEMINGSBURG

**Speaker: Mr. Jim Akers**

- Live feeder grading demonstration
- Price determination
- What causes discounts
- Cow condition scoring
- Market outlook

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**COUNTS FOR 2 HOURS FOR 4-H LIVESTOCK EDUCATIONAL HOURS**

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# Don't Make a Mistake-CALIBRATE!!!

- 1) Read your drill's operators manual to learn where the adjustments for leveling, seed depth, and seeding rate are located.
- 2) Ensure that seed tubes are not blocked by spraying them out with an air hose and running a wire through them. **DO NOT SKIP THIS STEP!!!**
- 3) Use the "Seeding Rate Chart" on the drill to determine the initial drill setting and set the drill accordingly.
- 4) Select the proper gear box setting or drive gear for the desired target seeding rate based on the manual.
- 5) Place a small amount of seed above each opening in the drill box.
- 6) Lower the drill to engage the seeding mechanism.
- 7) Turn the seeding mechanism until seed comes out. Make sure that seed is coming out of each disk opener.
- 8) Disconnect three to five seed tubes from the disk openers.
- 9) Place and secure a collection container on each seed tube. A sandwich bag secured with a rubber band works well.
- 10) Pull the drill 150 feet OR turn the drive wheel the number of revolutions it would take to travel 150 feet.
  - a. Revolutions can be determined by using the following formula:  $\text{Number of Revolutions} = 150 / (3.14 \times \text{Diameter of the Drive Wheel in feet})$ .
- 11) Carefully remove collection containers.
- 12) Tare the scale for an empty collection container and then weigh and record in grams each collection container with the seed in it.
- 13) Add the seed weight for each collection container together and divide by the number of seed drop tubes collected to get the AVERAGE weight per disk opener.
- 14) Compare the AVERAGE weight per disk opener to the grams of seed/disk opener found in Table 1 for the desired seeding rate and row spacing.
  - a. If the collected weight is within 10% of the target weight found in Table 1, then you are finished.
  - b. If the collected weight is more than 10% different than the target weight found in Table 1, repeat steps 7 to 12 after adjusting seeding rate setting on drill.

- Items Needed to Calibrate Drill:**
1. Tape measure (150 feet)
  2. Flags to mark stopping and starting points
  3. Gram scale with 0.1 gram accuracy
  4. Plastic sandwich bags
  5. Rubber bands

Table 1. Grams of seed to catch per disk opener in 150 feet for given combinations of disk opener width (inches) and seeding rate (pounds/acre).

Distance between Disk Openers	Seeding Rate in pounds/acre																						
	2	4	6	8	10	12	14	16	18	20	25	30	35	40	50	60	80	90	100	120	140	160	180
inches	grams of seed/disk opener to catch in 150 feet																						
6	1.6	3.1	4.7	6.3	7.8	9.4	10.9	12.5	14.1	15.6	19.5	23.5	27.4	31.3	39.1	46.9	62.5	70.4	78.2	93.8	109.4	125.1	140.7
7	1.8	3.6	5.5	7.3	9.1	10.9	12.8	14.6	16.4	18.2	22.8	27.3	31.9	36.5	45.6	54.7	72.9	82.0	91.1	109.4	127.6	145.8	164.1
7.5	2.0	3.9	5.9	7.8	9.8	11.7	13.7	15.6	17.6	19.5	24.4	29.3	34.2	39.1	48.9	58.6	78.2	87.9	97.7	117.3	136.8	156.3	175.9
8	2.1	4.2	6.3	8.3	10.4	12.5	14.6	16.7	18.8	20.9	26.1	31.3	36.5	41.7	52.1	62.6	83.4	93.8	104.3	125.1	146.0	166.8	187.7

A YouTube video on grain drill calibration can be viewed on the KYForages YouTube Channel at <https://www.youtube.com/c/KYForages>



## Forage Timely Tips: MARCH

- Continue pasture renovation by no-tilling seeding legumes.
- Place small seed at 1/4 to 1/2 inch deep and check depth several times during planting; slow down for more precise seeding.
- Continue feeding hay until adequate forage exists in the pasture for grazing.
- Spring seeding of grasses should be done in early to mid-March (but fall is preferred).
- Begin smoothing and re-seeding hay feeding and heavy traffic areas.
- Graze pastures overseeded with clover to reduce competition from existing grasses. Pull livestock off before grazing new clover plants.
- Provide free choice high-magnesium mineral to prevent grass tetany on lush spring growth.



ONLINE AT ANYTIME: Visit: <https://anr.ca.uky.edu/caip-training> for instructions Visit: <https://campus.extension.org/enrol/index.php?id=1970> to access the online training site

ADDITIONAL OPPORTUNITIES: Programs listed in this newsletter may qualify. CONTACT: (606) 796-2732 OR KENNEDY.CANNON@UKY.EDU FOR MORE INFO

## Forage Timely Tips for April Graze cover crops using temporary fencing.

As pasture growth begins, rotate through pastures quickly to keep up with the fast growth of spring.

Creep-graze calves and lambs, allowing them access to highest-quality pasture.

Finish re-seeding winter feeding sites where soil disturbance and sod damage occurred.

As pasture growth exceeds the needs of the livestock, remove some fields from the rotation and allow growth to accumulate for hay or haylage.

Flash graze pastures newly seeded with clovers to manage competition.



## INTERESTED IN JOINING THE 2025 LEWIS COUNTY FARMERS MARKET?

For info call (606) 796-2732 or email [kennedy.cannon@uky.edu](mailto:kennedy.cannon@uky.edu)

## Plate it Up Kentucky Proud Recipes

### Broccoli Brunch Casserole

Nonstick cooking spray	1 1/2 cups shredded, part skim mozzarella cheese, divided	1 teaspoon ground black pepper
8 ounces ground turkey sausage	8 eggs	1/2 teaspoon salt
3 1/2 cups broccoli florets, chopped	1 cup part skim ricotta cheese	1 Roma (Plum) tomato, thinly sliced
	1/4 cup skim milk	

Preheat oven to 350 degrees F. Spray a 9-by-13-inch baking dish with nonstick cooking spray. Place a medium-sized skillet over medium heat. Sauté sausage until evenly brown, drain well, crumble, and cool slightly. In a medium bowl, mix cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, whisk eggs until frothy and then combine with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. Spoon the sausage mixture into the prepared baking dish. Spread the egg mixture over the sausage mixture. Sprinkle with the remaining mozzarella,

and arrange the tomato slices on top. Cover with foil, and bake 30 minutes. Uncover, and bake for an additional 15 minutes. Let stand for 10 minutes before serving.

Yield: 8 slices

**Nutritional Analysis:**  
260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.

### Nutty Sweet Potato Biscuits

1 cup all-purpose flour	1/4 teaspoon ground cinnamon	potatoes
1/2 cup whole wheat flour	1/4 teaspoon ground nutmeg	6 tablespoons sugar
1 1/2 teaspoons baking powder	1/2 cup chopped walnuts	1/4 cup butter, melted
1/2 teaspoon salt	1 cup mashed sweet	1/2 teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, combine flours, baking powder, salt, cinnamon, nutmeg and walnuts. Set aside.

2. Combine sweet potatoes, sugar, butter, vanilla and milk; add to flour mixture and mix well.

3. Turn out onto a floured surface; gently knead 3 or 4 times. Roll dough into 1/2 inch thickness. Cut with a 2 inch biscuit cutter and place on a lightly greased baking sheet.

4. Bake at 450°F for 12 minutes or until

golden brown.  
Yield: 18 biscuits  
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

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





## Timely Tips

### Dr. Les Anderson, Beef Extension Professor, University of Kentucky

#### Spring Calving Cow Herd

- Watch cows and calves closely. Work hard to save every calf. Calves can be identified with an ear tag while they are young and easy to handle. Commercial male calves should be castrated and implanted. Registered calves should be weighed at birth.
- Cows that have calved need to be on an adequate nutritional level to rebreed. Increase their feed after calving. Do not let them lose body condition. Keep feeding them until pastures are adequate.
- Do not “rush to grass” although it can be really tempting. Be sure that grass has accumulated enough growth to support the cow’s nutritional needs before depending solely upon it. Cows may walk the pastures looking for green grass instead of eating dry feed. This lush, watery grass is not adequate to support them. Keep them consuming dry feed until sufficient grass is available to sustain body condition. We’ve spent too much money keeping them in good condition to lose it now!
- Prevent grass tetany! Provide magnesium in the mineral mix until daytime temperatures are consistently above 60oF. Mineral supplement should always be available and contain a minimum of about 14% magnesium. Make sure that your mineral mix also contains adequate selenium, copper, and zinc. You can ask your feed dealer about the UK Beef IRM High Magnesium Mineral.
  - Make final selection of heifer replacements. Strongly consider vaccinating with a modified-live BVD vaccine.
  - Purchase replacement bulls at least 30 days before the breeding season starts. Have herd bulls evaluated for breeding soundness (10-20% of bulls are questionable or unsatisfactory breeders). Get all bulls in proper condition (BCS 6) for breeding.
  - If you are going to use artificial insemination and/or estrous synchronization, make plans now and order needed supplies, semen, and schedule a technician.
  - Prebreeding or “turnout” working is usually scheduled for late April or May between the end of calving season and before the start of the breeding season (while cows are open). Consult your veterinarian about vaccines and health products your herd needs. Decide now on the products needed and have handling facilities in good working order. Dehorn commercial calves before going to pasture.

#### Fall Calving Cow Herd

- Pregnancy check cows now and cull open ones at weaning especially if the open cows are older than 6 years of age.
  - Re-implant feeders.
  - Consult with your veterinarian about preweaning working of the herd.
- You may let calves creep-graze wheat or rye if it is available. Calves will benefit from extra feed until spring grass appears.
  - Plan marketing strategy for feeder calves.

#### Stockers

- Do not go to pastures too soon, give plants some growing time. Then stock at two to three times the July rate and rotate rapidly.
- “Condition” purchased calves prior to grazing. They should be processed and fed a conditioning diet prior to being placed on pasture. You can also use this time to introduce them to electric fences used in rotational grazing.
  - Provide a good mineral supplement which contains a rumen modifier (Rumensin, Bovatec, etc.) along with adequate levels of copper and selenium.

#### General

- We have made a muddy mess this winter, so be prepared to reseed bare spots. Our forage group has some excellent information on restoring heavy-traffic areas.
- Make plans to improve hay feeding areas to avoid muddy conditions like we have faced this winter. Consider geotextile fabric with gravel or concrete feeding pads.
  - Prepare for the grazing season. Check fences and make necessary repairs. Check your corral, too.
- Get everything ready to make high quality hay in May! Have equipment serviced and spare parts on hand. Order baler twine now. Be prepared to harvest an adequate supply of hay when you have the opportunity. Re-supply the extra hay that you fed out of the barn. This past winter caused most producers to exhaust their hay supply, so it is time to re-stock.
- Plan now for fly control ... decide what fly control program that you will use but do not put insecticide eartags on cattle until fly population appears.