

METCALFE

NEWSLETTER

JANUARY 2025

HARVESTING INNOVATION: THE FUTURE OF AGRICULTURAL TECHNOLOGIES



UPCOMING:

- January 21st, Designing A Grazing system 6:00 pm
 -
 - January 25th, Tri County Hay & Straw Auction 10:00 am @ Fairgrounds
 -
 - January 27th, Soil & Fertility Basics 6:00 pm
 -
 - Pesticide Private Applicator Training
- 10:00am & 6:00 pm
 -February 20th
 -March 25th
 -April 24th

Burdon Bell

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

Cook Wild KENTUCKY

BBQ Venison Meatballs

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

USDA Supplemental Nutrition Assistance Program
Putting healthy food within reach

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

EFNEP

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*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 220mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 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.

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 40516


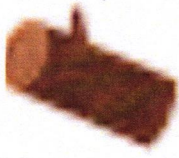


Disabilities accommodated with prior notification.

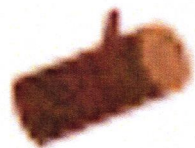

Alfalfa and Stored Forage Conference-Feb. 25



The 2025 Alfalfa and Stored Forage Conference will be held Feb. 25 from 8:00 to 3:30 at the Fayette County Extension office, 1140 Harry Sykes Way, Lexington, KY. The conference will provide important updates on alfalfa production and feature how to produce grass hay for premium markets. Speakers will include long-time alfalfa breeder Dr. Don Miller from Idaho. Don Dr. Miller has developed or co-developed 100 alfalfa varieties, 6 red clover and one teff grass variety during his plant breeding career. Specific presentations will include: Everything I Ever Needed to Know about Armyworms, Armyworm Control Methods: What to spray and when, What's New in Alfalfa Varieties, What do Horse Owners Want and Why, What We Can Learn from the Results of the KY Hay Contests, Emerging Markets for Unique Forage Species, and a Producer Panel. The panel will feature four top KY hay producers discussing Orchardgrass, Timothy, Teff, and Fescue/mixed hay production. We have asked them to be very practical and explain their successful methods for establishment, fertilizing, harvesting and marketing. And then we will open the floor to questions. The cost is \$45 and students are only \$15. Go to the UK Forage Website under events (<https://forages.ca.uky.edu/events>) for more details and to register or mail a check with your name to Krista Lea, N222 Agriculture North, Univ. of Kentucky, Lexington, KY 40546-0091.



Don't get burnt, because not all firewood is created equal





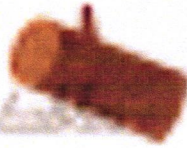



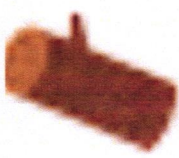
Your Source: Laurie Taylor Thomas, University of Kentucky extension forester at Martin-Gatton College of Agriculture, Food and Environment

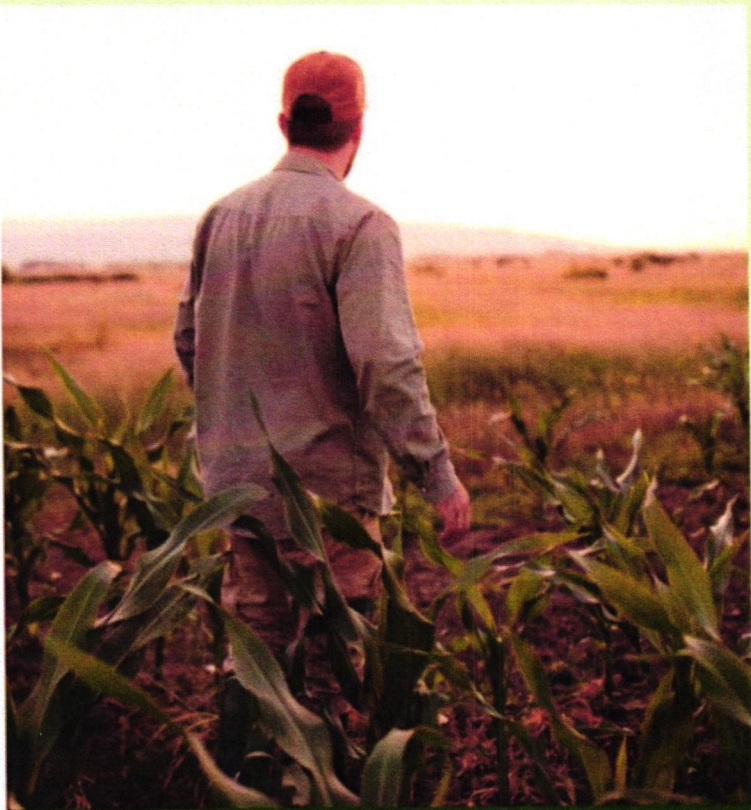
Fires in the fireplace or outside in the fire pit are intrinsically connected to our visions of nestling in for a long, comfy winter. Outside, let the winter bring its ice and snow if it wants. Inside, we could have a fire to snuggle up to. But not all firewood is created equal.

There are some important things to know before lighting, igniting just any old wood.

- Different species of trees provide different amounts of heat. Wood is made up of air and wood fiber, or cellulose. Since the cellulose burns, but not the air, look for the heaviest or densest firewood per unit volume. The best woods would be oak, hickory and black locust. Yellow-poplar, silver and red maple are not as dense and will provide much less heat. On the other hand, they are great woods for starting a fire.
- Freshly cut wood contains a lot of water. Seasoned wood refers to wood that has been given the time for some or all of that water to evaporate. It usually takes between six and 12 months for wood to cure. If you burn it too soon, when it's still green, most of the heat generated will go into evaporating that water, rather than heating your room.
- Burning unseasoned wood can also be dangerous. Generated smoldering fire can cause a creosote buildup in your chimney. Burning pine logs, with their heavy resin, can result in the same problem. Over time, that buildup can lead to a chimney fire.
- If you're seasoning your own wood, cut it first to a length that fits your fireplace, remove the bark, and split the logs for faster drying. Stack it off the ground in an open area with good airflow. Pallets make a good base for this. Air dry it for a minimum of six months.
- If you are buying your wood from a vendor, ask what tree species the wood comes from and how long it has been seasoned. Wood that has been properly seasoned has a gray, weathered appearance and large cracks in the ends of the logs. Even if you've bought seasoned wood, storing it correctly—stacked off the ground and covered with a tarp to protect it from rain—will prevent the wood from reabsorbing water.
- Be aware, too, of unwanted visitors that can hitch a ride on your firewood. Buy firewood near the location where you plan to burn it. Moving infected firewood long distances (especially ash) can spread invasive species, such as the emerald ash borer, a destructive species that originated in Asia. You likely won't see the adult borers, which are three-eighths to one-half-inch long and very narrow. But larva and eggs could be out of sight inside the logs.




However you plan to enjoy utilizing firewood this season, stay safe and enjoy their embers.






SAVE THE DATE

FARM Transition Workshop

-  February 25, 2025
-  9:00 am cst
-  Barren County Extension Office

Your paragraph text

 Contact your local Extension Office for more information

Sponsored By:
KSU and UK Cooperative
Extension Agents serving Allen,
Barren, Hart, Metcalfe and
Monroe Counties

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University of Kentucky, Lexington, KY 40506-0032 or
US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

TRI COUNTY HAY & STRAW AUCTION

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

SATURDAY, JANUARY 25, 2025
10:00 AM
METCALFE CO. FAIRGROUNDS

Proceeds from buyers premium will benefit Metcalfe Co Fair

**All Hay will be Weighed &
Tested for Nutritional Value
5% Buyers Premium**

**TO CONSIGN HAY OR STRAW,
CALL YOUR LOCAL EXTENSION OFFICE**

METCALFE: 270-432-3561 BARREN: 270-651-3818
MONROE: 270-487-5504 HART: 270-524-2451
ALLEN: 270-237-3146

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