



Metcalfe County

Metcalfe County
P.O. Box 55
422 East St
Edmonton, KY 42129
(270) 432-3561
Fax: (270)432-5087
www.ca.uky.edu/ces

AGRICULTURE & NATURAL RESOURCES

Winter 2022-23 Newsletter

Loaded Butternut Squash



Recipe on page 2

Metcalfe County Extension Service
Office Hours
Monday-Friday
8 AM – 4 PM

Upcoming Events

Pesticide Trainings for 2023 will be
Monday, February 27 at 10 AM or 6 PM
Monday, March 27 at 10 AM or 6 PM
Monday, April 24 at 10 AM or 6 PM

Weaning Options & Economics
@ Metcalfe Co. Extension Office or Zoom
Monday, January 23 at 6:00 PM

Tri-County Hay & Straw Auction
@ Metcalfe Co. Fairgrounds
Saturday, January 28 10:00 AM

Grain Production Update
@ Barren Co. Extension Office
Tuesday, February 7 at 9:00 AM

Trailer Safety & Regulation
@Metcalfe Co. Extension Office or Zoom
Monday, March 6 at 6:00 PM

**Tobacco GAP Training at Trojan Academy in
Barren County**
Monday, March 13 at 6:00 PM

See attached flyers or for registration information
call the Extension Office @ 270-432-3561

Like us on Facebook at:
www.facebook.com/Metcalfe-Co-Extension-Ag-Natural-Resources
Visit our website at:
<http://metcalfe.ca.uky.edu/>

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Loaded Butternut Squash

Ingredients:

- 1 large butternut squash, cut in half and seeded
- 2 Tablespoons olive oil
- 1 pound ground venison, elk, or beef
- 1 tsp salt
- 1 tsp ground pepper
- 1 tsp dried chili powder, cumin, or paprika
- 1 medium onion diced
- 1 green bell pepper, diced
- 1 tsp garlic powder
- 4 cups kale, chopped
- ½ bunch green onions

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees.
3. Rinse all vegetables under cool running water before preparing.
4. Place butternut squash on a baking sheet, cut sides up. Evenly drizzle olive oil over each piece.
5. Roast in oven for 50 to 60 minutes, until squash is soft.
6. While squash is roasting, heat a large skillet to medium-low and cook venison slowly. Cover pan to keep moisture from evaporating. Still a few times during cooking to break meat apart.
7. Add salt, pepper, and spice of your choosing to meat.
8. When meat is almost fully cooked, add onion, green pepper, and garlic powder. Cook until vegetables are soft.
9. Add kale and cover with lid. Cook 5 minutes longer. Keep venison mixture on low heat until butternut squash is fully cooked.
10. Scrape soft insides out of squash and place in a large bowl. Be careful not to rip squash skin. Set squash skins on serving dish.
11. Add meat mixture to squash in bowl. Stir to combine.
12. Refill squash skins with mixture.
13. Trim ends of green onions and slice. Sprinkle green onions on top of filled squash skins.
14. Serve immediately. Store leftovers in the refrigerator within 2 hours.

Source: Cook Wild Kentucky Project

430 calories; 17g total fat; 5g saturated fat; 0g trans fat; 75mg cholesterol; 710mg sodium; 48g total carbohydrate; 11g dietary fiber; 11g sugars; 0g added sugars; 32g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 35% Daily Value of iron; 20% Daily Value of potassium.

Beef Weaning Economics

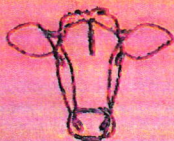
Develop a plan before you wean your cattle



with Dr. Kenny Burdine
University of Kentucky
Extension Livestock Economist

Monday
January 23, 2023

6:00PM CT



Watch live at Allen, Barren,
Hart, Metcalfe or Monroe
Extension Office

OR

At home via ZOOM



Register for more details by
calling your local Extension Office

Allen County 270-237-3146

Barren County 270-651-3818

Hart County 270-524-2451

Metcalfe County 270-432-3561

Monroe County 270-487-5504

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

Extension programs of Kentucky Cooperative Extension serve all people regardless of race,
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State
University, U.S. Department of Agriculture, and Kentucky Division of Cooperative
LE020710, 01 03/20



Tri County Hay & Straw Auction

SATURDAY, JANUARY 28, 2023

10:00 AM

METCALFE CO. FAIRGROUNDS

Large Squares | Rolls | Small Squares

**PROCEEDS FROM COMMISSION
BENEFIT METCALFE COUNTY FAIR**

- All hay will be weighed & tested for nutritional value
- No commission
- 5% buyers premium
- \$25/lot no sale fee

To consign hay or straw, call your local Extension Office

Metcalfe: Brandon Bell, 270.432.3561

Barren: Chris Schalk, 270.651.3818

Monroe: Kevin Lyons, 270.487.5504

Hart: Adam Estes, 270.524.2451

Allen: Adam Huber, 270.237.3146



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

The WKU Raising Hope team in partnership with the Barren River District Health Department is excited to attend the TriCounty Hay and Straw Auction on January 28, 2023 to provide free tetanus and flu shots and stress screenings for farmers and their family members (18+ years old). Raising Hope is a state-wide coalition of agriculture, education, and healthcare institutions working together to support the safety and physical and mental health of farmers and their families. For more info on Raising Hope visit: <https://www.raisinghopeky.com/>.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Grain Production Update

February 7, 2023

9:00 AM

Barren Co. Extension Office

1463 West Main Street

Glasgow KY 42141

RSVP @ 270.651.3818

LUNCH
PROVIDED

2023 Dicamba Training

Phil Rowland & Lewis Bradley

Fertilizer Additives

Dr. Edwin Ritchey

Tips to Increase Productivity

Dr. Chad Lee

Private Pesticide Applicator Training

ANR Agents

**PRESENTED
BY:**

Adam Huber, Allen County ANR

Chris Schalk, Barren County ANR

Adam Estes, Hart County ANR

Brandon Bell, Metcalfe County ANR

Kevin Lyons, Monroe County ANR

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
are accommodated
with a written notice.

2023 Tobacco GAP Training

Monday March 13, 2023

6:00PM

Barren County Trojan Academy

505 Trojan Trail

Glasgow, KY 42141

Please bring your GAP card & Photo ID

No meal will be served



UK EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

For more information contact:
Chris Schalk, Barren Co
ANR Agent 270-651-3818

GAP
CONNECTIONS



Think Ahead to Meet Winter Hay Needs

Source: Tom Keene, UK Plant and Soil Sciences hay specialist

Hay availability in Kentucky may be short this winter because of multiple, compounded issues. The variability of yield, quality and number of cuttings indicate the hay supply could get tight. It is important to protect the hay crop you have and use it wisely---that smart conservation and planning will help make hay last longer through the winter.

Due to weather events—droughts and floods—both hay quality and yield are down. To ensure an adequate amount of hay, farmers should enact several measures. Store hay inside a barn, where it will remain dry. Remember to store hay in barns that have access in all types of weather. If that is not feasible, cover with a tarp to protect from the elements. Buy hay by the ton if possible and require certified stamped weight.

Testing is the first step to knowing how much will be necessary to meet the nutritional needs of the animals they feed, from horses to cattle to goats. Hay is tested primarily for crude protein, acid detergent fiber, neutral detergent fiber, total digestible nutrients and relative feed value. Get your hay tested by the Kentucky Department of Agriculture to determine if you need to buy additional hay. For more information, refer to University of Kentucky Cooperative Extension Service publication “Interpreting Forage Quality Reports,” at <https://www2.ca.uky.edu/agc/pubs/id/id101/id101.pdf>.

Farmers typically feed hay from mid-December until mid-March, approximately 110 days, though that will vary due to weather, pasture conditions and the needs of different animals. To reduce waste, you should get hay, whether round or square bales, off the ground, either by using pallets, feeders or hay carts. Doing this will help you reduce wasted hay by almost half. If that is not possible, feed in long rows so hay is immediately consumed, rather than leaving a round bale out for animals to pick at over time. They will consume the center of the round bale, which has remained dry and protected, first, and that judicious eating will greatly increase waste.

To determine hay needs:

- Calculate the number of days animals will need feed.
- Weight a random sample of bales using scales at feed mills or truck stops so you know the average weight of your bales.
- With the results of a hay test, calculate how many pounds each animal will need daily.
- Determine the total amount of hay the herd will require over the winter.

Forward planning and good management practices will help ensure an adequate hay supply during the winter. Because hay is a commodity, with a price that relies on supply and demand, it is unlikely that prices decrease in the coming winter months. So, if you do not have enough, you should buy it now, before more buyers move into the market. A tight supply, plus possible hay purchases from bordering states, may possibly elevate what are already high prices. Straw is also likely to be expensive.

For more information, review University of Kentucky Cooperative Extension Service publication “Quality Hay Production,” <http://www.ca.uky.edu/ac/pubs/agr/agr62/agr62.pdf>, or contact the Metcalfe County Cooperative Extension Service.

Make Winter Green-Thumb Friendly With an Indoor Garden

Source: Rick Durham, UK extension horticulture professor

Gardening is often thought of as a spring and summer pastime, but you don't have to give up your gardening hobby just because winter is approaching. Continue working your green thumb this winter with an indoor container garden.

Container gardening refers to planting in containers rather than a traditionally tilled plot of land. Container gardening is a great way to bring your plants in from the cold and utilize small spaces such as windowsills and tabletops.

While the variety of crops you can plant in container gardens isn't as vast as traditional gardens, there are still a variety of planting options. Here are some easy plants to grow indoors this winter:

- **Scallions:** For scallions, also known as green onions, you can cut off the tip with the roots and place it in a glass with about an inch of water. When the roots are 2-3 inches long, plant them in potting soil in a shallow container. You can either harvest the green tops and let the plant continue to grow or use the entire green onion.
- **Garlic greens:** Plant a garlic clove in a few inches of potting soil mix for garlic greens. You won't be able to grow bulbs, but the green portion tastes garlicky and serves as a good substitute, either raw or sauteed.
- **Microgreens:** Microgreens refer to small edible greens grown from the seeds of vegetables and herbs such as broccoli and beets. Make sure the seeds you use are labeled for use as microgreens so there is no coating that may contaminate the plant. Sow the seeds thickly in new, clean potting soil in shallow containers like disposable aluminum pans with one to two inches of potting soil. Microgreens typically mature after 12-14 days or closer to 21 days for larger seeds and reach an average height of 4-5 inches tall. These can be used in salads, wraps or garnishes once fully grown.
- **Carrots:** Small carrots are easy to grow in potting soil. Sprinkle the seeds on top of the soil in a pot or long window box, lightly cover with damp peat moss and water well. And don't throw away those carrot tops. They're edible and nutritious and can be used in soups and sauces and even smoothies.
- **Herbs:** Basil, chives and parsley are extremely easy to grow indoors. Parsley demands more humidity, so misting the plants will help them flourish. Use organic fertilizer to help your herbs reach their full potential.

One of the biggest challenges with indoor gardening is the lighting limitations. While you should utilize as much natural light from windows as possible, some plants may need additional light from grow lights. Grow lights come in all price ranges and styles, from full-spectrum fluorescent lights to LED plant lights that are a bit more expensive but use less electricity than fluorescent lights. Incandescent bulbs do not emit the right spectrum of light for plant growth.

Another issue you may come across is ensuring your containers have proper drainage. You should use potting soil, which has better drainage, rather than garden soil. Be sure your containers have a hole for drainage and are placed atop a detachable saucer or in a tray to catch extra water. After the water has drained into this catching device, empty excess water to lower the risk of root rot.

Even though you are using clean, presumably "sterile" potting soil, you should wash any plant parts thoroughly before consuming, especially if you are using them raw.