

# MCCREARY COUNTY EXTENSION

## AGRICULTURE NEWSLETTER

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**Dear producers,**

If you're looking to improve/establish a clover stand this year, it's approaching the time to frost seed.

Clover stands in pastures thin overtime due to various factors and require reseeding every three to four years. There are several techniques for reintroducing clover into pastures including no-till seeding, minimum tillage, and frost seeding. Of these techniques, frost seeding requires the least amount of equipment and is the simplest to implement. Frost seeding is accomplished by broadcasting clover seed onto existing pastures or hayfields in mid to late winter and allowing the freezing and thawing cycles to incorporate the seed into the soil. This method works best with red and white clover and annual lespedeza. It is NOT recommended for seeding grasses or alfalfa.

### Frost Seeding at a Glance

- Legumes are an essential part of sustainable grassland ecosystems.
- Overseeding may be required to maintain and thicken stands.
- Frost seeding is the simplest method for reintroducing clover back into pastures.

- Control broadleaf weeds fall prior to frost seeding.
- Soil test and apply any needed lime or fertilizer before frost seeding.
- Suppress the existing sod and reduce residue with hard grazing in the fall and winter.
- Choose well adapted varieties of red and white clover using the UK forage variety testing data.
- Calibrate seeder and check spread pattern.
- Broadcast 6-8 lb/A of red clover and 1-2 lb/A of white clover that has been inoculated in mid-February (no later than early March).
- Control competition from existing grasses by grazing pastures in short intervals until clover seedlings become tall enough to be grazed off.
- Put pasture back into your regular rotation once seedlings reach a height of 6-8 inches.

If you need a soil test, here is your yearly reminder that it is FREE at McCreary County Extension for McCreary residents. So bring in your dirt!

**Tracie Goodman**  
**County Extension Agent for Agriculture & Natural Resources/4H**  
**McCreary County Extension Office**  
**141 College Street**  
**PO Box 278**  
**Whitley City, KY 42653**  
**606-376-2524**  
**tracie.goodman@uky.edu**



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College of Agriculture,  
Food and Environment  
Cooperative Extension Service

*Agriculture and Natural Resources*



# Fruit Tree Rootstock

We are now taking reservations for Apple and Pear rootstock. The following varieties will be available in limited stock, for \$1.50 each.

Apple, Bud 9- dwarf  
Apple, M7- semi dwarf  
Pear- semi-dwarf

Please call 606-376-2524 to reserve. Payment due upon receipt. Orders will arrive in late February.



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## Fruit & Vegetable Plants For Sale!

The McCreary County Extension Office is now taking orders for the fruit & vegetable plants listed below. Payment is due at time of order. Contact us at 606-376-2524.

- Strawberries (Allstar & Earliglow)-\$5 bundle of 25
- Blackberries (Natchez)-\$4 each
- Blueberries (Duke & Chandler)-\$8 each
- Raspberries (Prelude)-\$4 each
- Bristol Black Raspberries-\$4 each
- Asparagus (Millennium)-\$1 each
- Onion plants (Candy)-\$5 bundle of 60

**Plants are expected to arrive in early April**

## January Tips & Tidbits

### Feeding your Horse

- A major cost of owning a horse is the feed.
- Setting up a suitable feeding program that meets the nutrient needs of your horses requires planning.
- All horses require a source of calories, protein, minerals, vitamins, and water. How much of each nutrient will depend on what the horse is doing.
- The horse at maintenance can be fed an all forage diet supplemented with salt and minerals.
- A lightly worked horse may require a concentrate added to its diet of hay and pasture to meet the extra calories needed for work.

### Feeding Considerations

- Determine nutrient needs based on the horse. Consider its age, its size, and the stage of production.
- Evaluate available feeds. What kind of forage do you have and how much? Will you need to supplement the forage with a concentrate?
- Decide if horses need to be grouped or fed as individuals. Consider how feeding practices can help you deal with either timid or aggressive horses.
- Provide all horses with adequate access to water. To see the different classes of horses refer to the appendix at the back of the calendar.

### Body Condition Score (BCS)

- Get to know your horse by assessing its body condition score, or the amount of fat it is carrying.
- Understand your horse's fat cover and adjust management practices according to your horse's needs.

- Assess fat both visually and by palpation in the six areas where horses accumulate fat: loin, ribs, tail head, withers, neck, and shoulders.
- Know what the BCS means. For example, a horse with a BCS of 4.5 or below may not have the needed fat stores to maintain health if stressed. A horse that is lactating, exposed to extreme cold, or under other severe stress will benefit from a condition score of 6 or 7.
- Remember that horses with high condition scores are predisposed to problems, but the problems are less immediate than those of a horse in poor body condition.
- Assess your horses' BCS in January to determine the effectiveness of diet changes you made in the fall and adjust accordingly to maintain your horses in the appropriate body condition.

See UK College of Agriculture, Food and Environment publications *Help! My Horse is Too Fat* (ASC-187) and *Help! My Horse is Too Thin* (ASC-188) for more information.

### Farrier

- Find a reliable farrier in your area and arrange for them to work on your horses needed.
- Most horses require hoof care every 6 to 8 weeks, either in the form of trimming or shoeing.
- Remember that regular foot care to prevent a problem is easier that trying to fix a problem.







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## Slow Cooker Venison Enchiladas



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



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



### Slow Cooker Venison Enchiladas

- 1 pound ground venison (may substitute elk or beef)
- 1/2 cup chopped green pepper
- 1 cup chopped onion
- 1 can (16 ounces) low-sodium pinto or kidney beans, drained and rinsed
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- 1 can (10 ounces) no-sodium diced tomatoes with green chilies, undrained
- 1/3 cup water
- 1/2 teaspoon cumin
- 3/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 6 corn tortillas
- 1 cup colby jack cheese, shredded

In a large skillet, cook meat, green pepper, and onion until meat is browned. Add the beans, tomatoes, water, cumin, chili powder, and pepper, and bring to a boil. Reduce heat, cover, and simmer for 15 minutes.

In a slow cooker, layer 1/3 of meat mixture, 2 tortillas and 1/3 cup cheese. Repeat the layers 3 times. Cover and cook on low for 5 to 7 hours.

**Yield:** 6 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott. 2013.

### Nutrition Facts

6 servings per recipe  
**Serving size 1 enchilada (367g)**

**Amount per serving**  
**Calories 370**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 202mg	15%
Iron 6mg	35%
Potassium 603mg	15%

\* 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.



# Events & Learning Resources!

## Master Gardener Program

### Tentative Schedule:

- Jan 31, 2-4pm: Orientation/Cooperative Extension/Volunteerism
- Feb 21, 2-4pm: Basic Botany: Leaves, Roots, and Stems
- Mar 21, 2-4pm: Basic Botany: Plant ID
- Apr 25, 2-4pm: Basic Botany: Plant Propagation
- May 30, 2-4pm: Soils & Fertility Part A
- June 27, 2-4pm: Soils & Fertility Part B
- July 25, 2-4pm: Plant Pathology: Plant Diseases
- Aug 29, 2-4pm: Plant Pathology: Diagnosing Plant Problems
- Sept 26, 2-4pm: Entomology: Insects
- Oct 31, 2-4pm: Entomology: IPM
- Nov 28, 2-4pm: Pesticides
- Dec 19, 2-4pm: Pesticide Safety
- Jan 30, 2pm: Final Exam/Volunteer Hours Due
- Feb 20, 5:30pm: Kentucky Extension Master Gardener Graduation

For more info or to register please contact:  
 Tracie Goodman, ANR/4H Agent  
 McCreary County Extension  
 606-376-2524

## GRAFTING WORKSHOP

MARCH 7TH 5PM

EACH PARTICIPANT WILL RECEIVE 2 APPLE/PEAR ROOTSTOCK

LIMIT 10 PEOPLE

CLASS FEE \$5

McCreary County Extension Office  
 141 College St., Whitley City  
 Call 606-376-2524 to register!

Join us for the 16<sup>th</sup> annual

## Pastures Please!!

Monday, February 6<sup>th</sup>, 5:30 – 8:00 pm



### Fayette County Extension Office

1140 Harry Sykes Way, Lexington  
 Hosted by the UK Cooperative Extension and UK Ag. Equine Programs

**Program**  
 5:30 Refreshments  
 6:00 Pasture Recovery and Rejuvenation, Dr. Ray Smith  
 6:30 Meeting Your Equipment Needs, Dr. Morgan Hayes  
 7:00 Weed Control after a Drought, Dr. Bill Witt



RSVP online using the QR code or call: 859-257-5582

Thank you to our sponsors:  
 Central Equipment | Derby State Equipment  
 Sales | Hallway Feeds | Meade Tractor | McCauley Feed | Tribute Equine Nutrition

## Lake Cumberland Area Forage Series

Weed Control in Forage Stands- Dr. JD Green  
 Jan 26th @ 6:00 CST  
 Russell County Extension Office  
 Russell Springs, KY

Maintaining Fertility on Forage Stands-  
 Dr. Chris Teutsch  
 Feb 16th @ 6:00 EST  
 Hal Rogers Regional Fire Training Center  
 Somerset, KY

Forage Establishment- Dr. Ray Smith  
 Mar 14th @ 6:00 EST  
 McCreary County Extension Office  
 Whitley City, KY

Optimizing Forage Quality During Harvest-  
 Dr. Jimmy Henning  
 Apr 23rd @ 6:00 EST  
 Casey County Extension Office  
 Liberty, KY

There will be a meal served at each program. Please RSVP to your county extension agent.

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January 10th, 6:30pm

Beef Breeding Protocols & AI Basics- Kelsey Woodrum & TJ Adkins, ANR Cooperative Extension Agents

February 14th, 6:30pm

Making Your Own Beef Jerky- Leah Cardwell, FCS Cooperative Extension Agent

March 14th, 6:00pm

(\*PLEASE NOTE TIME CHANGE, and there will be a meal provided!)

Lake Cumberland Livestock Forage Series: Forage Establishment- Dr. Ray Smith, UK Extension Professor

\*Location unless otherwise specified:  
 SCC-McCreary Center, Room 153/154, Whitley City



# McCREARY COUNTY 4H AG SPOTLIGHT

## ~VOLUNTEER APPRECIATION~

Our 4-H Jr. Cattlemen's Club showed out again for the 2022 Christmas Parade! Huge thanks to our volunteer club leader, Charity Clark, and her family for organizing and putting together the float and all the parents and kids for representing McCreary 4-H!



We'd like to thank Perkins Meat & Feed Store for allowing some of our 4-H Country Ham Project kids to come in and process their prize hams from the 2022 Kentucky State Fair! This wrapped up a great first year for this project. Special thanks to our volunteer club leader, Lorilee Ross, for preparing these kids for that tough competition. We can't wait for this year's round!







# JANUARY



LEAH CARDWELL  
FAMILY & CONSUMER  
SCIENCES /4H AGENT



TRACIE GOODMAN  
AGRICULTURE & NATURAL  
RESOURCES /4H AGENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Office Closed New Years</b>	4	4 Lunch & Learn- Cook Wild @ MCPL 12pm	5	6	7
8	9 EDB Meeting 5:30pm	10 FCS Winter Walking @ MC Park 11am  Cattlemen's Meeting 6:30pm	11	12 Chillin With My Gnomies- Adult Canvas Painting 5pm	13	14
15	16 <b>Office Closed MLK Day</b>	17 FCS Winter Walking @ MC Park 11am	18 Gnome Sweet Gnome - Wooden Gnome Paint 4pm	19	20 FCS- Laugh & Learn @ MCPL 10am	21
22	23 4H Council Meeting 5pm	24 FCS Winter Walking @ MC Park 11am	25	26	27	28
29	30 FCS Council Meeting 5pm	31 Master Gardeners Meeting 2-4pm				

For additional upcoming events, check out our website ([mccreary.ca.uky.edu](http://mccreary.ca.uky.edu)) and Facebook page!

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RETURN SERVICE REQUESTED