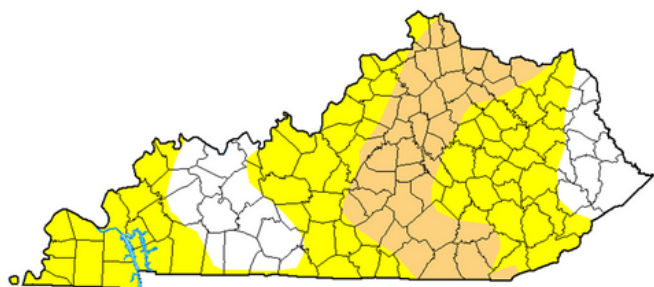


MCCREARY COUNTY EXTENSION

AGRICULTURE NEWSLETTER

Managing Pastures During Dry Times



More than 80% of the Commonwealth is abnormally dry (yellow) or under moderate drought (brown) stress.

Developing and implementing a drought management plan will reduce the economic and emotional impact of drought on your operation and significantly speed up recovery of drought stressed pastures. The time to develop and implement this plan is before it gets dry. The strategies that are used will depend on the resources you have on your farm and your long-term goals. These are some strategies that could be used either alone or most effectively in a combination:

- Ensure that livestock have access to adequate amounts of clean water.
- Set a sustainable stocking rate (2 to 3 acres per cow-calf unit).
- Soil test and apply lime and fertilizer as needed.
- Implement rotational stocking prior to and during drought.
- Incorporate deep-rooted legumes into pastures.
- Incorporate warm-season perennials into grazing systems.
- Incorporate warm-season annuals into grazing systems.

- Feed hay in a sacrifice area BEFORE pastures become overgrazed.
- Feed commodities to extend pasture and hay.
- Sell calves and in some cases cows before markets are flooded.

Implementing any or all of the above will improve drought tolerance of grazing systems in the long-term. In the short-term, the best thing that we can do to mitigate the impact of drought is to close the gates and feed hay in a sacrifice area BEFORE pastures become overgrazed. The worst possible scenario is that we simply open all the gates and allow cows to damage our entire grazing platform. So, keep the gates closed and feed hay on your weakest paddock. This will ensure that the remaining paddocks will be protected and ready to grow when rain finally comes. Last thing, it never hurts to ask the Good Lord for a little rain!

-Chris D. Teutsch, UK Research and Education Center at Princeton

For more information on pasture management during droughts, visit the UK Forages website at forages.ca.uky.edu or contact McCreary County Extension.



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Catch of the Day Burgers



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.



Catch of the Day Burgers

- 1 quart boiling water
- 1 1/2 pounds boneless white fish
- 3 eggs, beaten
- 1/3 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1 clove finely chopped garlic or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup dry panko breadcrumbs
- 1/4 cup vegetable oil
- 6 toasted whole wheat buns
- 1/8 cup tartar sauce (optional)

Bring 1 quart of water to a boil. Place fish fillets in boiling water. Cover and return to boil. Immediately lower heat, and simmer for 7 to 10 minutes or until fish flakes apart easily

with a fork. Drain and flake fish. In a bowl, mix beaten eggs, cheese, parsley, garlic or garlic powder, salt, and pepper together. Combine with fish. Stir just until blended. Chill in refrigerator for at least one hour. Shape chilled mixture into 6 patties, and roll in breadcrumbs. Heat oil in skillet over medium heat. Carefully place fish patties in pan. Cook the patties for 3 minutes on each side or until browned, turning only once. Drain on paper towels. Serve on toasted buns. Optional: add tartar sauce. Note this will increase the sodium.

Yield: 6 servings

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

Nutrition Facts

6 servings per recipe
Serving size 1 sandwich (239g)

Amount per serving
Calories 520

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 710mg	31%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 2mcg	10%
Calcium 194mg	15%
Iron 3mg	15%
Potassium 393mg	8%

* 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!

MCCREARY COUNTY FAIR ENTRIES

It's almost time for the county fair! We will be accepting fair entries for both youth and adults on July 25th from 8am-4:30pm

Stop by the McCreary County Extension office and grab a Fair Catalog or visit our website at mccreary.ca.uky.edu.

***1st place winners are eligible for State Fair, but adults will be responsible for their own transport to and from the Kentucky State Fair in Louisville.

Small Scale Logging Attachments

Saturday, July 8 • 10 a.m.

Lunch will be provided

Whitley County Extension Office

4275 Hwy 25W, Williamsburg, KY 40769

We will be discussing and demonstrating log skidding attachments that can be attached to a farm tractor, 4 wheeler or utility terrain vehicle (UTV). Attachments like the ones we will display can greatly improve the safety and productivity while working in woodlands. They also provide more options for landowners and entrepreneurs with small acreage properties to achieve their management objectives.

Lunch will be provided

Questions call Stacy White 549-1430



McCreary County Farmers Market

Fresh produce, locally raised beef, pork, & chicken, eggs, local crafts, baked goods, flowers, and more!

Every Saturday 9am-1pm

Location:
299 Wilburn K. Ross Hwy
Stearns, KY 42647



FIND US ON FACEBOOK!



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KENTUCKY
DEER & WILDLIFE
RESOURCES

FIELD to FORK

HARVEST YOUR OWN LOCAL MEAT

DEER PROCESSING WORKSHOP
OCT. 12, 2023

TOPICS COVERED
Skinning, Butchering, Venison Cooking Tips, and more!
5:00 p.m. — 7:30 p.m. (Eastern)

Register Online: fw.ky.gov/FieldtoFork
Location: McCreary County Cooperative Extension Services

More info: Tracie.Goodman@uky.edu



Kentucky Extension
Master Gardener

McCREARY COUNTY AG SPOTLIGHT ~VOLUNTEER APPRECIATION~



Amazing work from the men at The Next Chapter LLP on building their own Recovery Garden. Big thank you to our Master Gardener volunteer, Gary Ball, for helping with this project. These beds will serve the facility for years to come.

"to plant a garden is to believe in tomorrow."

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RETURN SERVICE REQUESTED