

NOVEMBER 2023

# MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

## Horse Hoof Care 101

Hoof care is important to keeping your horses comfortable and healthy. Proper hoof care can help ensure that you enjoy your horse for a long time. Farriers and veterinarians are the experts when it comes to horse hoof care. It is important for you to have a good working relationship with both.

Horses' hooves grow at different rates, depending on the horse and its intended purpose. For example, hooves of performance horses may grow quicker than those used for pleasure riding. Generally, hooves grow quicker during the summertime compared to the winter. In the summer, trim or shod horses every six to eight weeks. In the winter, you might be able to stretch maintenance to every six to 12 weeks, but again, it depends on the horse.

Horses should have balanced hooves. They put less strain on the horse's bones, tendons and ligaments and allow for easier and more fluid movements. When hooves are balanced, they have the following characteristics:

- A straight line from the pastern through the front of the hoof wall.
- Toes that are not too long, square trimmed or rounded and rolled.
- The shoe reaches to the back of the hoof wall and supports the entire leg.

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## Did you know?

McCreary County Extension offers **FREE** agricultural services to local residents, including:

- Home and Farm Visits
- Plant Disease ID
- Insect ID
- Plant Identification
- Soil Testing
- Forage Analysis

Contact Tracie Goodman,  
McCreary County ANR  
Agent, at 606-376-2524





If you wait too long between trimmings, a horse's hooves can crack. This can lead to serious health problems including lameness. Their hooves can also become dry and crack during dry weather, wintertime or frequent changes between dry and wet conditions. If your horse's hooves become dry, brittle or start developing cracks, apply a hoof moisturizer to the hoof wall and sole.

Wintertime calls for specific hoof care. Horses should be left barefoot if they are not normally shod. Bare feet can help them grip surfaces and prevent slipping. However, you may need keep shoes on your horse during the winter if it is prone to bruising. Keep areas where horses frequent clean and dry. Wet, dirty conditions can cause thrush, which is a smelly, black fluid that leaks from the hooves. It can invade the horse's tissues and cause lameness.

Proper nutrition goes a long way to reducing hoof cracks and ensuring optimum horse health. Generally, horses need high quality hay, the appropriate amount of vitamin and mineral supplements and fresh, clean water. You can also purchase a supplement containing biotin, zinc or methionine to improve hoof health.

For more information, contact the McCreary County Extension Office.



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## Upcoming Events McCreary County Extension

Oct 31st, 2pm  
 Master Gardeners

Nov 9th, 6pm  
 Lake Cumberland Wildlife Mgmt:  
 Check Your Crevices  
 Casey County Extension Office

Nov 14th, 12pm  
 Library Lunch Program:  
 Hanging with Houseplants

Nov 14th, 6:30pm  
 McCreary Cattleman's Association  
 Meeting

Nov 16th, 6pm  
 Lake Cumberland Wildlife Mgmt:  
 Small Game Predators  
 Russell County Extension Office

Nov 28th, 2pm  
 Master Gardeners

For more information, contact us at  
 606-376-2524!

Follow us!





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



## Wild Turkey & Broccoli Casserole



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### Wild Turkey & Broccoli Casserole

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- 1/2 cup grated cheddar cheese
- 1/2 cup panko breadcrumbs
- 1 tablespoon melted butter

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to a roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum

foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 1/2 to 3 1/2 hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom, and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Pour over broccoli. Combine cheese, breadcrumbs, and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

**Yield:** 8 servings

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

### Nutrition Facts

8 servings per recipe

**Serving size** (243g)

**Amount per serving**  
**Calories** **270**

**% Daily Value\***

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	<b>0%</b>
Calcium 66mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 355mg	<b>8%</b>

\* 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.

# ***Volunteer Spotlight*** ***~McCreary Extension Master Gardeners~***



**McCreary Extension Master Gardeners- Dora Marlow, Linda Strunk, and Stephanie Silcox- have dedicated many volunteer hours working with the garden club at Pine Knot Intermediate. They donated cole crops, assisted with preparing and planting beds, and conducted hands-on lessons about growing your own food.**

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