

Ag & Natural Resources Of Cows and Plows

FRANKLIN COUNTY

COOPERATIVE EXTENSION

DECEMBER 2023/ JANUARY 2024 NEWSLETTER



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What is the Cost of a Cheap Mineral?

Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky

The quality and cost of mineral supplements can vary greatly, and it can be overwhelming trying to make sense of all the numbers and information listed on the feed tag. While I am always a proponent of trying to manage feed costs, I caution producers against exchanging an adequate mineral for a poor-quality mineral. While saving a couple of dollars on a bag of mineral can certainly add up, it is important that the mineral being provided is still adequate to meet the needs of the herd to prevent mineral deficiencies which can become costly!

In the fescue belt, cattle are especially susceptible to selenium deficiency. Symptoms of selenium deficiency include white muscle disease in calves and decreased immune function and growth. Unfortunately, signs of mineral deficiency can be difficult to spot, and often producers may not realize they have an issue until testing is completed as part of a necropsy. Many complications from mineral deficiencies can be avoided all together by feeding an adequate mineral.

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In the United States, concentrations of selenium in the feed are regulated by the Federal Drug Administration. This regulation exists to prevent selenium toxicity from occurring due to over supplementation which could have negative impacts on the health of livestock, wildlife, and humans. Since the inclusion rate of selenium is regulated not to exceed 3 mg per head per day, rarely will you see differences in selenium concentration in free-choice minerals formulated for a similar intake. For example, mineral supplements formulated to be consumed at 3 oz. per head per day will typically contain 35 parts per million of selenium. Since more selenium cannot be added to the mineral supplement, the type of selenium included in the supplement is especially important. Research from the University of Kentucky has shown that feeding a mix of selenium sources can be better than a single selenium source. For this reason, it is recommended that producers choose a mineral that provides 50% of the selenium from sodium selenite and 50% from a selenium yeast.

What is the cost of providing a better form of selenium in the mineral? Recent price comparisons have shown that the difference in price for providing a 50/50 blend of selenium sources increases the cost of the mineral by as little as \$1 per bag, assuming all other inclusions were similar. If we assume that a cow typical consumes 1.4 50 lb. bags of mineral per year, that is a difference of \$1.40 per cow per year. How does that compare that to cost of losing a single calf due to selenium deficiency?

Fortunately, it is possible to manage mineral costs while still providing a mineral that will meet the nutritional needs of the herd. Take some time to evaluate your mineral tag this year. What source of selenium is included? How much zinc or manganese is included in the mineral? Current recommendations from the UK Beef IRM Basic Cow-Calf Mineral are 3,200 ppm for zinc and 3,750 ppm for manganese. We rarely see deficiencies of these minerals in the state, so over feeding might be adding to your mineral cost without providing an added benefit. Producers can purchase the UK Beef IRM Mineral from local feed suppliers or use the sheet as a guide for selecting a mineral available locally. It is not uncommon for producers to show me a couple of mineral tags and ask me which they should be feeding. Much to their surprise, I don't always recommend the more expensive mineral. Sometimes the better mineral is cheaper, but this isn't always the case. It is important to evaluate mineral choices and select the mineral that meets the needs of your herd, without providing excess quantities of minerals or other ingredients that may not be beneficial. For help evaluating mineral choices, please reach out to your local Cooperative Extension Service.



Cattlemen's Corner

Franklin County Jr. Cattlemen's has been working hard on their float for the Frankfort Christmas parade. The Parade is December 9th starting at 6pm. We hope to see everyone there!



UK Beef Webinar Series

Dr. Darrh Bullock, Beef Extension Professor, University of Kentucky

We will be restarting our UK Beef Webinar Series in December. These sessions are open to any beef producers, but a one-time registration is required. If you have received notices in the past then you are registered and should get the notification, if not, you can register by sending an email with your name and county to dbullock@uky.edu with the topic heading of UK Beef Webinar Registration. The dates and topics are:

December 12, 2023 – Shooting the Bull – UK Beef Specialists will provide information on a hot topic in the beef industry and answer any questions posed by the attendees.

January 9, 2024 – Prebreeding Vaccination Considerations – Dr. George Perry, Texas A&M University

February 13 – What's the Cost of a Cheap Mineral – Dr. Katie VanValin, University of Kentucky

All webinars start at 8:00 EST/7:00 CST. All registered members will receive a Zoom invitation the morning of the presentation with the link and password.

For more information contact Darrh Bullock at dbullock@uky.edu

*Join us for an evening
of all things hay!*



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

CENTRAL KENTUCKY HAY PROGRAM

PROGRAM FEATURES:

- ✓ Central KY Hay Contest Results
- ✓ Understanding your forage test results
- ✓ Supplementing for your livestock needs

When: Monday, December 4th, 2023

Where: Fayette County Extension Office,
1140 Harry Sykes Way, Lexington, KY 40504

Time: 6:00 – 8:00pm

Please RSVP to the Fayette County Extension Office
at 859-257-5582 before November 27th!

KENTUCKY 
COOPERATIVE EXTENSION

Franklin County Cattlemen's Association Meeting

Join us for presentations from the
UK Beef Cattle Science Class

**CAIP Educational
Credit approved!**

Student presentation topics are:

- "The Usage and Benefits of Feeding Hemp-Based Feeds to Cattle" by Abram Phillips*
- "The Impact of Natural Beef" by Rebecca Chastain*
- "A Look Into Reproduction in Beef Cattle" by Marissa Lopez Escobedo*
- "Selecting a Genetically Superior Herd" by Haley Rutstein*

December 5th, 2023

**Franklin County
Extension Office**

To reserve your meal, contact
Crystal Harrod (secretary)
@ 502-330-5084 or
crystal.harrod@yahoo.com by
December 1st.

Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.



2024 KCA Convention Registration is now open!

Visit the KCA website at <https://www.kycattle.org/convention.html> to register and for additional information.

WEDNESDAY, JANUARY 10

10:00-5:00	Trade Show Move-In
3:00	KCA Foundation Meeting
4:00	KCA Executive Committee Meeting
6:00	KCA Leadership Dinner (Invitation Only)

THURSDAY, JANUARY 11

7:00-6:00	Registration Hours
7:00-10:00	Trade Show Move-In
9:00-11:30	Beef Efficiency Conference- Getting Ahead of What is to Come
10:00	Trade Show Opens
11:30	Welcome Lunch
1:30-3:30	Opening General Business Session
	Welcome 2024 Kentucky Cattlemen's Association Convention- Andy Bishop 2023 KCA President Agriculture Education Center Update KBN Annual Report Beef Solutions Annual Report KBC Annual Report
6:00	Trade Show Closes

FRIDAY, JANUARY 12, 2024

6:30-5:00	Registration Hours
7:00-9:00	County President Breakfast (Invitation Only)
8:00	Trade Show Opens
10:00-11:00	Regional Meetings
11:00	KCA Concessions Lunch in the Trade Show
12:30-2:00	Closing Business Session
	2023 Financial Review 2023 Communications Review and Outlook A Year in Review and 2024 Outlook
2:00	Trade Show Closes
2:00	KJCA Officer Meeting (Current KJCA Board Members Only)
2:15	KJCA Annual Membership Meeting & KJCA Board of Director Elections
2:30-4:30	Forages at KCA
2:30-4:30	Ladies Program
3:00	KJCA Reception
5:00-6:00	KCA Leadership Alumni & Past President's Reception (Invitation Only)
6:00	Evening Banquet
	KCA & KBC Awards 2024 KCA Hall of Fame Inductions Foundation Auction

OAK Annual Farming Conference

OAK's 13th Annual Organic Farming Conference returns to the KSU Harold R. Benson Research and Demonstration Farm in Frankfort, KY, from January 25-27, 2024. Join 450+ attendees to participate in workshops, educational sessions and farm tours. Farmers and local food advocates connect with inspiring speakers, current research, peer farmers and regional suppliers.

In 2024, OAK's conference program will feature three days of inspiration from local and regional speakers, useful Trade Show resources and abundant networking opportunities to empower and support farmers and food system innovators. OAK's annual conference programming focuses on agricultural production systems, farming techniques and practices and the interwoven threads of community, conservation and collective action, each inseparable from the sustainable agriculture movement. Now in its 13th year, the conference includes a growing audience of hundreds of Kentuckians and neighbors active in the region's food systems: farmers, researchers, nonprofit professionals, federal and state agency partners, allied service providers and conscious consumers working collectively to build a local, resilient and healthy food system for us all.

Register here: <https://www.oak-ky.org/annual-conference>



Non-Discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, 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.



2024 KENTUCKY FRUIT & VEGETABLE CONFERENCE

Jan. 3rd-4th, 2024

Pre-conference events Jan. 2nd

Sloan Convention Center
Bowling Green, Kentucky

The 2024 Kentucky Fruit and Vegetable Conference is fast approaching! Visit the conference website to view the program, book your hotel room, and register for the conference. Can't wait to see you January 3-4, 2024!

We've got a great educational lineup planned and more than 40 vendors confirmed. The Conference is back in Bowling Green at the Sloan Convention Center - Wednesday, Jan. 3 and Thursday, Jan. 4, with free pre-Conference sessions on Tuesday, Jan. 2 Register now: <https://kyhortcouncil.org/kentucky-fruit-and-vegetable-conference/>

Recipe



Ratatouille Soup

- | | | |
|------------------------------------|---|---|
| 1 small eggplant, peeled and cubed | 1 medium bell pepper, chopped | 1 24 ounce jar chunky garden style pasta sauce |
| 2 teaspoons salt | 1 medium onion, chopped | 2 cups water |
| 1 pound lean ground chuck | 1 tablespoon finely minced garlic (about 3 cloves) | 1 teaspoon dried basil |
| 1 tablespoon canola oil | 1 14.5 ounce can low sodium beef broth | 1 cup uncooked whole grain pasta |
| 1 medium zucchini, chopped | | |

Place the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Be sure to follow our Facebook page for all the up-to-date information and articles.
 @FranklinCountyKyCooperativeExtension

SAVE THE DATES:

<p>December 4</p> <p>December 5</p> <p>Dec. 25– Jan. 1</p> <p>January 11-12</p> <p>January 25-27</p>	<p>Central Kentucky Hay Program—Fayette County</p> <p>Franklin Count Cattlemen’s meeting</p> <p>Extension Office Closed</p> <p>KCA Convention</p> <p>OAK Annual Farming Conference</p>
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Keenan R Bishop

Keenan Bishop, County Extension Agent for Agriculture and Natural Resources Education



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506




Disabilities accommodated with prior notification.