Ag & Natural Resources Of Cows and Plows FRANKLIN COUNTY COOPERATIVE EXTENSION MARCH 2024 NEWSLETTER



Franklin County 101 Lakeview Court Frankfort, KY 40601-8750 (502) 695-9035 Fax: (502) 695-9309 franklin.ca.uky.edu



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Managing Mud: Strategies for Reclaiming Disturbed Areas

Dr. Chris Teutsch, UK Research and Education Center at Princeton

Hoof damage from livestock during the winter months can result in almost complete disturbance of desired vegetation and soil structure in and around heavy use areas. Even well-designed hay feeding pads will have significant damage at the edges where animals enter and leave. Highly disturbed areas create perfect growing conditions for summer annual weeds like spiny pigweed and cocklebur. Weed growth is stimulated by lack of competition from a healthy and vigorous sod and the high fertility from the concentrated area of dung, urine, and rotting hay. The objective of this article is to describe two approaches to revegetating these areas.

Regardless of the reclamation strategy that is employed, it is important to create an environment that will allow seeds to germinate quickly and uniformly, resulting in rapid canopy closure. This will help to inhibit weed seeds from germinating. Creating this environment starts with making sure that soil fertility is in the medium to high range, soil pH is 6.0 to 6.4, and preparing a fine, but firm, seedbed.

Plant cool-season grasses and legumes.

The first strategy is to seed cool-season grasses or a mixture of grasses and legumes in the spring. While this is commonly done, results are usually less than spectacular in most years. Seedings are normally delayed until late spring or early summer. Consequently, seedlings do not have time before the hot summer months set in. The second reason is that summer annual weed pressure is usually very high. Summer annuals weeds like foxtail, goosegrass, spiny pigweed, cocklebur, and others actively compete with cool-season seedlings for light and water, often causing stand failures.



Figure 1. Excessive rainfall and high livestock concentration in and around hay feeding areas can result in almost complete disturbance.

If a spring planting of cool-season grasses and leg-

umes is attempted, there are several things that can be done to enhance, but by no means guarantee, success. These are listed below.

- *Plant adapted forage species.* Plant forages that are well adapted to Kentucky and the soils and drainage found on your farm. Tall fescue, red clover, and ladino clover are, by far, the best adapted and most versatile forage species for pastures in the Commonwealth. If this area is disturbed again, then investment in novel endophyte tall fescue varieties is not recommended. Information on the best adapted varieties for Kentucky can be found on the <u>University of Kentucky Forages webpage</u>.
- *Consider leaving legumes out of the mix.* While legumes are an important part of grassland ecosystems, herbicide options for controlling weeds in grass-legume mixtures are limited. Leaving legumes out will allow you to apply selective herbicides to control broadleaf summer annual weeds. For specific herbicide recommendation, you can visit with your <u>local Extension Agent</u>.
- Use the high end of the recommended seeding rate. Seeding rates are normally given as a range (Table 1). For spring seedings, make sure and use the high end of this range. Rapid canopy closure is critical to suppressing summer annual weeds.
- Plant as early as possible. Spring seeded cool-season forages should be planted starting in early to mid-March. Early plantings will have more time to emerge and form a canopy that can shade summer annuals weeds. Early planted grass seedlings will also have additional time to develop a root system that can sustain the new planting during the summer months.
- *Plant in two directions*. If drilling, cut seeding rates in half and plant in two directions. This will aid in obtaining quicker canopy closure, helping to reduce the germination of weed seeds.
- Use a shallow seeding depth. Small seeded cool-season forages should not be planted deeper than ½ inch. Make sure to check and recheck your seeding depth. Seeding deeper than ½ inch will delay emergence, result in uneven stands, and in many cases cause complete stand failure.
- *Control broadleaf weeds in cool-season grasses.* Once seedlings have four collared leaves, some herbicides can be applied. Always consult and follow label directions. For the most up to date information on using herbicides on new seedings, contact your <u>local Extension Agent</u>.

Clip or flash graze new stands. Summer annual weeds compete very aggressively for light, water, and nutrients with cool-season grass seedlings. If not controlled, plantings will likely fail. The most effective control of competition is to flash graze paddocks before weeds get well established. Flash grazing is accomplished by placing a large number of animals in	Table 1. S planted A Spo Tall fescue Orchardgr Perennial Kentucky Red clove White clove *NR, not
effective control of competition is to flash graze paddocks before weeds get well established. Flash grazing is accomplished by placing a large number of animals in small areas for a short period of time. This reduces selective grazing and increases grazing uniformity.	Perennial Kentucky Red clove White clov [†] NR, not ^{††} Do NOT to cont

Table 1. Seeding rates	for perennial	cool-season	forage	species
planted ALONE or in a	MIXTURE.			

Species	Seeding Rate (Ib/A)	
	Alone	In a Mixture
Tall fescue	20-25	10-15
Orchardgrass	15-20	6-8
Perennial Ryegrass	20-25	10
Kentucky Bluegrass	NR [†]	4-6
Red clover ⁺⁺	NR	6-8
White clover ⁺⁺	NR	1-2
⁺ NR not recommend	ad	

include red and white clover if herbicides will be used rol broadleaf weeds.

Plant warm-season annual grasses

The second strategy involves planting a summer annual grass in late spring or early summer. This strategy has a much higher probability of success than planting cool season grasses in late spring. Summer annual grasses, especially sorghum-sudangrass or sudangrass, have very rapid emergence and canopy closure. This will prevent summer annuals weeds from germinating and provide forage for grazing or harvesting during the summer months (Figure 2). Perennial cool-season grasses can then be reseeded under more ideal conditions in late summer or early fall.

The following tips will help to enhance your chances of success when using warm season annual glasses.

Plant adapted summer annuals species. Always plant forages that are well adapted to Kentucky and the soils and conditions on your farm. Summer annuals that can be used to reclaim hay feeding areas include sudangrass, sorghum-sudangrass, pearl millet, and crabgrass. A description of these species can be found in AGR-229, Warm Season Annual Grasses in Kentucky.



Figure 2. Sorghum-sudangrass (left) formed a quick canopy that was able to shade out summer annual weeds compared with forage (right).

Use the high end of the seeding rate. Seeding rates are normally given as a range. (Table 2). Make sure and use the high end of this range. Even with summer annuals, rapid canopy closure is critical for reducing unwanted weed competition.

Plant after soil warms. For summer annual grasses to germinate and rapidly emerge, soil temperatures at planting should be at least 60 degrees F. This should allow plenty of time to let hay feeding areas dry out and to get them smoothed up prior to planting. If there is a delay in planting the summer annuals after final tillage, it may be a good idea to do one more pass of light tillage to disturb any weed seedlings that may have germinated.

Control broadleaf weeds. Once warm-season annual grasses are established, some herbicides can be applied

to control summer annual broadleaf weeds. If cool-season perennials are to follow in the fall, make sure and check the label for reseeding restrictions prior to application. Always consult and follow label directions. For more information on using herbicides on summer annual grasses, contact your local extension agent.

Grazing summer annual grasses. Allow taller growing summer annuals like sorghum-sudangrass and pearl millet to reach a height of 18-24 inches before grazing and stop grazing at 8-10 inches. Regrowth can be stimulated be applying 40-60 lb N/A after each grazing but the last. Crabgrass can be grazed once it reaches a height of 6 to 8 inches. Cattle should be pulled off once it has been grazed to a height of 3 to 4 inches. Detailed management recommendations on for individual summer annual species can be found in <u>AGR-229</u>, <u>Warm Season Annual Grasses in Kentucky</u>.

Haying summer annual grasses. Allow taller growing summer annuals to reach a height of 30 to 40 inches before mowing. This will optimize yield and forage quality. If regrowth is desired, do not mow closer than 6 inches. Apply 40 to 60 lb N/A after each cutting, but the last. Crabgrass should be cut for hay at the late boot-stage. Care should be taken to not mow crabgrass closer than 3 to 4 inches. With the taller, thicker stemmed species, a crimping mower-conditioner will help the crop dry to safe baling moistures, although this may take some time. Ideally, summer annuals should be conserved as chopped silage or baleage.

Reseeding cool-season grasses in the fall. Pastures with summer annuals should be sprayed with a non-selective herbicide in late summer to control any remaining summer annual grass and any weeds that have germinated. Use a no-till drill to plant cool-season grasses into the killed pasture area. More information on forage establishment can be found in <u>AGR- 64: Establishing Forage Crops</u>.

For more information on renovating pastures and no-till seeding techniques visit UK Forage Extension website at <u>http://forages.ca.uky.edu/</u> or contact the Frankin Co. extension office.

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For more information on renovating pastures and notill seeding techniques visit UK Forage Extension website at <u>http://forages.ca.uky.edu/</u> or contact the Frankin Co. extension office.

Table 2. Seeding rates for commonly planted		
summer annual grasses in Kentucky [†] .		
Species	Seeding Rate (Ib/A)	
Sorghum-sudangrass	30-40	
Sudangrass	15-20	
Pearl millet	15-20	
Crabgrass	4-6	
[†] A small amount of crabgrass, 2-3 lb/A, can be		
seeded with the taller growing summer annual species to fill in thin spots in the stand that may develop		

THIRD THIRD THURSDAY THIRD MARCH 21, 2024 I 10 A.M.

FARMERS MARKETS AND LOCAL FOODS



Harold R. Benson Research and Demonstration Farm 1525 Mills Lane Frankfort, KY 40601 This institution is an equal opportunity provider.



2024 Central Kentucky Tobacco Grower Meeting Production & Economic Update

When: March 7, 2024 @ 6:30 PM Where: Woodford County Extension Office 184 Beasley Drive Versailles, KY 40383

Dinner will begin at 6:30, with the program to follow.

Speakers Dr. Bob Pearce - UK Tobacco Specialist Dr. Will Snell - UK Economic Specialist For more information and to RSVP, please contact your county Ag Agent!

Anderson	(502) 839-7271
Fayette	(859) 257-5582
Franklin	(502) 695-9035
Jessamine	(859) 885-4811
Scott	(502) 863-0984
Woodford	(859) 873-4601

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disabilit may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Lexington, KY 40506





Cow-Calf Profitability Conference

Cow-Calf Profitability Conferences are one day, intensive seminars focusing on key topics for beef producers. Conferences are funded by the Kentucky Agricultural Development Fund through the Kentucky Beef Network and delivered by UK Agricultural Economics' Kenny Burdine, Greg Halich and Jonathan Shepherd.



Cooperative Extension Service

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

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Lexington, KY 40506



ROBINSON CENTER

RESEARCH FARM TOUR AND WOOD CENTER ACTIVITIES

FRIDAY, MARCH 22, 2024 10:00 AM-2:00 PM EST 130 Robinson Rd, Jackson, KY

TOPICS ON THE TOUR

2024 Research Trial Planning for Hemp, Soybeans, Greenhouse, Beef Research Projects, etc.

WOOD CENTER ACTIVITIES

Learn how to make a woodworking product while on site, learn about the history of the Wood Center and the impact that the Wood Industry has on Kentucky.

Robinson Center

176 Pasadena Drive Lexington KY 40503 kbn@kycattle.org

Lexington, KY 2/12/2024

University of Kentucky Extension and Kentucky Beef Network offer Free BQCA Certifications in April and September

The Kentucky Beef Network and University of Kentucky Extension are pleased to announce that they will be offering free Beef Quality and Care Assurance (BQCA) certifications in April 2024 and September 2024.

The Kentucky BQCA program takes national BQA practices one step further to provide a holistic program for Kentucky producers, by adding cattle handling and animal care components to the training modules. Educational modules provide the best management practices for handling cattle and providing for their well-being, in addition to training on the core principles of BQA.

The cost of BQCA enrollment is \$5 for in person training through their local county extension office and \$10 for online training, however from April 1- 30, 2024 and September 1-30, 2024 the Kentucky Beef Network and University of Kentucky Extension will be sponsoring the enrollment costs, making it free for producers.

Producers interested in taking advantage of this opportunity can visit www.kybeefnetwork.com to access the online training platform or contact their county extension office for training opportunities. "We are very excited for this partnership for our Kentucky cattlemen to continue to tell their story to consumers through sound management practices," says Kevin Laurent University of Kentucky Co-BQCA Coordinator.

•••••

The Kentucky Beef Network and University of Kentucky merged their Cattle Handling and Care Program with the National BQA program to create a new program, aptly named the Beef Quality and Care Assurance (BQCA) program. This program was implemented to raise awareness of practices that ensure the proper handling and welfare of cattle while keeping farmers safe and continuing to supply healthy beef to consumers. In turn, this program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence.

Price Dynamics at Kentucky Farmers Markets

In a <u>previous Economic and Policy Update article</u>, Emily Spencer and Tim Woods covered some of the insights our Center for Crop Diversification team drew from a recent Input Cost survey we conducted. These input costs along with inflation and other direct market trends have direct effects on profitability and pricing at direct-to- consumer markets. This month, we want to share some of the data we have from the most ubiquitous specialty crop direct market type we have in Kentucky—Farmers Markets.

In 2023, there are 170 farmers markets in Kentucky where 3,000+ vendors sell a variety of specialty crops, meat, value-added and other products (personal conversation, Sharon Spencer, KDA). <u>Since 2004</u>, the Center for Crop Diversification has collected price data from Farmers Markets in Kentucky. We have supported partners in Illinois, Indiana, West Virginia, Nebraska, and Tennessee to establish similar reporting systems in their states. Funding cuts have ended some of these programs, though the <u>University of Tennessee still reports prices weekly during the season</u>. The CCD recently published a <u>3-year Average Price Report</u> (2021-2023) for 17 crops at Farmers Markets in Kentucky. Below we have shared several interesting price dynamics from these data, and we are developing more price analysis publications this spring.

Seasonal Price Fluctuations Vary by Crop and Market Location

Tomatoes, beans, cucumbers, and sweet corn are among the prototypical farmers market crops in Kentucky. The pricing for these crops fluctuates very differently across the season. For example, to-matoes in urban markets remain relatively stable across the season and are consistently higher than at rural markets. Rural tomato prices taper off as rural gardens come into production while urban prices stay about the same the whole season. By contrast, prices for cucumbers in urban areas were lower to start the season than rural prices and the prices at the two market types were nearly equal by the end of the growing season. This may indicate cucumbers are less valuable to urban consumers than tomatoes, or that urban vendors prioritize other crops with higher profit margins. We'd love to hear from you about other theories for these differences and others you observe in the full report.

Urban vs. Rural

We chose to divide our price analysis into Rural and Urban markets because we know there are considerable differences between these market types when it comes to infrastructure, customer type and values, product mix, vendor type, and socioeconomic conditions in surrounding areas. A few quick notes below demonstrate some price differences in these market types.

In Kentucky, on average urban prices were higher than rural prices by:

- 24.6% in 2021
- 35.0% in 2022

39.6% in 2023

Over the 2021-2023 window at urban markets:

- Lettuce was 104.4% more expensive
- Apples were 71.8% more expensive
- Garlic was 62.8% more expensive
- Tomatoes were 45.6% more expensive

Asparagus was 6.1% less expensive

Cucumbers were 2.4% less expensive

...relative to rural markets

These data, combined with perspectives shared from partners and vendors working with Farmers markets may indicate that the gap in pricing and profitability between rural markets and urban markets is growing and that future extension and other agricultural technical support needs to specifically address rural market needs if we want these crucial community food supply and cultural
 Cucumber, Average Price 2021-2023 (\$/each)

 \$3.00

 \$2.50

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hubs to persist. In 2024, our group plans to develop more analysis of pre- and post-COVID effects as well as additional consideration of the rural and urban shifts in Farmers Markets.

Jr. Cattlemen's Corner

The Franklin County Jr. Cattlemen met on February 22, 2024 and elected officers for the new year. Congratulations to the newly elected officers!

President - Christian Roberts Vice President - Jacob Moore Secretary - Amber Roudonis Treasurer - William McKeehan

The Franklin County Jr. Cattlemen are working on planning many events for this year. Stay tuned for updates!

Love Local Lunch

The Franklin County Cooperative Extension and Kentucky State University Extension supported Frankfort Independent Schools with their Love Local Lunch where local food was served for lunch on February 7th and 8th. Extension provided support through the whole planning process, providing support for the SSS Garden Club and providing agriculture opportunities for students.

The Franklin County Cattlemen's Associations volunteered to grill the sirloin steaks for the lunch. The lunch celebrated community partnerships, the impacts of investing in local agricultural economy.

The menu included sirloin steak from Our Home Place Meat, baked potatoes from Happy Jack's Farm, thyme roasted carrots from salad days farm, butternut squash cornbread made by FoodChain with squash grown by FIS students, and salad with pea shoots and microgreens grown by SSS Garden Club.

FREE SOIL SAMPLE COUPON

During the month of March, the Franklin County Conservation District is sponsoring FREE soil testing for Row Crops, Pasture & Hay.

Redeemable only at the FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE located at 101 Lakeview Court, Frankfort KY. (502) 695-9035 https://franklin.ca.uky.edu

LIMIT 5 (FIVE) FREE SAMPLES PER ADDRESS*

*Limited to Franklin County Residents

ONLY Agriculture Row Crops & Pasture/Hay SAMPLES WITH THIS OFFER

Compliments of the Franklin County Conservation District

Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

Keenan Bishop County Extension Agent for Agriculture and Natural Resources	STATION DISTRICTS
Franklin County 101 Lakeview Court Frankfort, KY 40601-8750 502-695-9035 franklin.ca.uky.edu	Contraction of the second seco
NAME	PHONE
ADDRESS	
Form AP or AR (circle one)	Station DISTRICTS
Sample #1	
Sample #2	- Soil is in our Hants
Sample #3	
Sample #4	Extension Service
Sample #5	_
	For information on how to take a soil sample:
Staff Date:	www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf
Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences	OF AGRICULTURE, FOOD AND ENVIRONMENT are all poople regardless of economic or social status igin, national origin, creed, religion, political belief sex, ancy, marital status, genetic information, age, veteran status, rel vii right activity. Reasonable accommodation of disability rel vii rel vii

4.H Youth Development University of Kentuci Community and Economic Development Lexington, KY 40506

2024 BIG TREE CONTEST osage orange (hedgeapple)

RULES

- 1. Must be Osage Orange (Hedgeapple)
- 2. Measure circumference of tree at $4\frac{1}{2}$ feet from the ground on the high side.
- 3. Tree must be 75% live and be located in Franklin County.
- 4. Tree measurement and date <u>must</u> be verified by landowner.
- 5. Same tree eligible for only one category.
- 6. All entries must be submitted to the Franklin County Conservation District located at 103 Lakeview Court no later than March 22, 2024.

The Winner in each Category will be presented a \$50 cash award

K-5 grade	18 to 55 Years of Age
6-8 grade	Senior Citizen (56 & Over)
9-12 grade	FFA Chapter
Organizations	Over All Winner

Prizes will be awarded in conjunction with Reforest Frankfort/Arbor Day activities.

For any questions, contact the Franklin County Conservation District at 502/352-2701.

ENTRY FORM

Participant Name:	Age:	
Address:	Grade:	
Phone:	Date:	
Measurement at 4 ½ feet from ground:		
Address of Property (tree location):		
Directions/Man to Tree:		

Landowner Verification: On the back, draw a map showing location of tree from nearest designated state highway in Franklin County (Give point to point distance).

The Winner in each Category will be presented a \$50 cash award

FREE TREE SEEDLINGS One Day Only - March 21, 2024

Tree Seedlings will be given away at the Franklin County Conservation District office, on a first come basis, on Thursday, March 21, 2024, from 8:00 am until supply is gone. The office is located at 103 Lakeview Court.

Individuals will be limited to a total of seven tree bags only - each bag will consist of two trees of each species

> Persimmon, Pecan, Pawpaw, Bald Cypress, Silky Dogwood and White Pine

Reforest Frankfort

TREE PLANTING, MUSIC, ENVIRONMENTAL ACTIVITIES, FOOD.

FREE FOR THE COMMUNITY!

SAVE THE DATE

SATURDAY, APRIL 13 | 8 AM - 12 PM WEST SIXTH FARM

more information coming soon!

a harfile

REMINDER

March 22, 2024 Deadline to notify Crystal Harrod if you will not be using your CAIP Funds

May 3, 2024 @ 4:00 pm Deadline for Completion

Franklin County Conservation District

Backyard Conservation Program Urban Cost Share Program

August 1, 2023 to August 1, 2024

Raised Garden Beds, Rain Barrels, Compost Bins, Pollinator Gardens and Behives

- First come, first serve
- Franklin County Residents only
- One application per household
- 50% cost share up to \$250 maximum

Must have approval before you begin project

Franklin County Conservation District 103 Lakeview Court Frankfort, KY 40601 502-352-2701

15

Extension Nominations are NOW being ACCEPTED!

County Agricultural Development Councils 2024-2026

Member Terms

All terms end every two years on even years. Even if an individual is eligible for another term, the current term ends on June 30, 2024.

Members may be reappointed or re-elected to a second term, if eligible. However, no member is guaranteed a second term.

Vacancy Terms

If someone is appointed in an odd-year to fill a vacancy, then that individual's term still ends June 30, 2024. However, if the person served less than 12-months, then this does not count as a full term for the purposes of rotation.

The appointing agency has 60 days to fill any vacant positions.

Please submit all address changes or changes in council membership to KOAP, so that our records will be current. Email <u>KOAP@ky.gov</u>.

Fact Sheet: Council Membership

Purpose

County Agricultural Development Councils were established by the General Assembly in 2000 to develop local strategies for enhancing agricultural opportunities and assisting local farmers [KRS 248.721(7)].

- Farm Service Agency: represented by two (2) farmers
- Conservation District: represented by two (2) members
- Extension Council: represented by two
 (2) members, one with agricultural diversification experience
- At Large: three members chosen (elected) by the six appointed members
- Diversity: at least two of the nine members shall be young farmers (ages 21 to 40); at least one of the nine shall represent an underserved population (e.g. gender, race, etc.)

At Large Members

When electing the three at large members, the six appointed council members should give consideration to minority and young farmer requirements, if not fulfilled within the six appointees.

Term Dates:

July 1, 2024 – June 30, 2026

Staggered Terms

Staggering terms is encouraged, but it is the choice of the appointing agency to appoint or reappoint its representatives, not to exceed two consecutive 2-year terms.

Prior to 2009, some counties chose to begin their own method of staggering terms by making appointments in odd years. If a county already has this in place, then that is fine. However, please notify KOAP if your county makes odd-year appointments and provide updated information.

KOAP will only send out formal requests for membership updates, during even years when terms end according to statute [KRS 248.721(3)].

Visit <u>https://kyagr.com/agpolicy</u>. Click on the KADF drop-down to the right and select County Agricultural Development Councils for other valuable information.

Saturday, March 2, from 11:00 AM - 3:00 PM Paul Sawyier Public Library 319 Wapping Street | Frankfort, KY 40601

Pick up some new seed packets, and bring your own to share. Meet other local gardeners, and exchange gardening tips. Franklin County Horticulture Extension Agent Adam Leonberger and Capital Area Extension Master Gardeners will be on hand to answer questions. Drop in while supplies last!

No registration necessary. For more information, please contact Diane Dehoney at diane@pspl.org. All library programs are accessible to people with disabilities.

AG & NATURAL RESOURCES

March

6th

0

12PM

at the Franklin County Extension Office Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology. This class is a homemaker leader lesson, but you do not have to be a homemaker member to attend. it is open to the public!

FIND MORE LEARNING LESSONS BY CLICKING ON OUR YOUTUBE!

Every third Thursday of the month, January through November, at 10 a.m. ET

January 18: Resources and Funding for Farmers February 15: Organic Agriculture March 21: Farmers Markets and Local Foods April 18: Cattle and Poultry May 16: Aquaculture June 20: Agriculture Technology | Juneteenth Celebration July 18: Field Day August 15: Forestry September 19: Pawpaw October 17: Small Ruminants November 21: Small, Limited-Resource, Minority Farmers Conference

Join us in person: Harold R. Benson Research and Demonstration Farm 1525 Mills Lane Frankfort, KY 40601

Recordings will be available at youtube.com/kysuag

This institution is an equal opportunity provider.

Thinking about spring cleaning? Save these dates! Motal Decugling

Metal Recycling April 25-27, 2024

Save the Date

HOUSEHOLD HAZARDOUS WASTE DROP-OFF

> 4.27.2024 8-12 309 Rouse Ave

Martin-Gatton

College of Agriculture, Food and Environment University of Kentucky

Calendar **COOKING THROUGH THE**

Second Monday of each month starting February 12, 2024 5:30pm - 7:30pm at the

Franklin County Cooperative **Extension Office**

101 Lakev	iew	Court
Frankfort,	KΥ	40601

All 2024 Class Dates Feb 12 March 11 April 8 May 13 June 10 July 8 Aug 12 Sept 9 Oct 14 Nov 11

For more information on how you can attend these FREE cooking classes, please contact your local Nutrition Education Program Assistant:

> Pamela Holbrook 502-695-9035 pamela.holbrook@uky.edu

Dec 9

RSVP Required three days before class

led by USDA's Supp

1 1/4 cups whole-wheat flour 1/3 cup cocoa powder 1 1/2 teaspoons baking powder 1/2 teaspoon salt

1/2 cup sugar

4 tablespoons unsalted butter, softened

Preheat oven to 350 degrees F. Line 12 muffin cups with paper liners. Mix flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, beat sugar, butter, and orange zest until smooth. Add orange juice, eggs, applesauce, and vanilla to the sugar mixture: beat until smooth. Stir about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; repeat with remaining flour mixture in two even additions. Fold in beets and chocolate chips. Divide batter

Zest of one orange Juice of one orange (about 4 tablespoons) 2 large eggs, at room temperature 1/2 cup unsweetened applesauce

1 teaspoon vanilla extract 1 cup finely chopped cooked beets (see back of card for cooking instructions) 1/2 cup semisweet chocolate chips

equally into the lined muffin cups using a 1/4-cup measuring scoop. Bake about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before removing muffins to cool completely on a wire rack.

Yield: 12 muffins Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.

SAVE THE DATES:

March 5	6:00– Pastures Please, Scott County Extension Office
March 7	6:30– Central KY Tobacco Grower Meeting
March 10	Daylight Savings Time Begins
March 14	12:00– Extension District Board Meeting
	9:00– Cow-Calf Profitability Conference
March 21	10:00– Thrd Thursday Thing
March 22	10:00– Robinson Center Farm Tour
April 22	12:00– County Extension County Meeting

Important Numbers

Raising Hope (Suicide & Crisis Life	line) 988
Franklin Co Extension Office	695-9035
Conservation District	352-2701
Farm Service Agency (FSA)	859-873-3411
NRCS	695-5023
Dead Animal Removal	875-8760
Unwanted Pesticide Removal	1-800-205-6543
Fish and Wildlife 1-	800-585-1549
Franklin County Wildlife Biologist	859-879-8411
(All numbers 502 area code unless	otherwise noted)

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

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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