Ag & Natural Resources

OF COWS AND PLOWS FRANKLIN COUNTY COOPERATIVE EXTENSION MAY 2023 NEWSLETTER



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

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Franklin County

Franklin County High School FFA Drive Your Tractor to School Day April 28th, 2023



Franklin County High School's FFA had another great turnout for their annual Drive Your Tractor to School Day. Agricultural Commissioner Ryan Quarles participated as usual, driving an International M as did KSU Research and Extension with Farm Manager Megan Goins in their John Deere. The students start at the

Extension Office parking lot and with a police escort from the Sheriff's Office travel down Steadmantown Lane to Georgetown Road before arriving in the front of FCHS where the rest of the student body greets them. This is an excellent opportunity for the FFA students to interact with their school mates and educate them about the farming process and the machines required to get the work done!



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10 Backyard Chicken Basics

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

- 1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances require a minimum amount of land and some subdivisions and homeowners' associations have their own rules.
- 2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.
- 3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.
- 4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.
- 5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.
- 6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.
- 7. The egg season will come to an end. Chickens stop producing eggs at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.
- 8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, next boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.
- 9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.

Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.



Upcoming Deadlines-

Producers that would like more information can check with **Versailles Service Center** at (859) 873-3411 Ext 2 to learn more about all available programs, and programs that have local or state level deadlines.

Pandemic Assistance Revenue Program (PARP)

Deadline to Apply: Jun 2nd, 2023.

USDA's <u>Pandemic Assistance Relief Program (PARP)</u> wraps-up and fills remaining gaps in previous pandemic assistance. To be eligible for PARP, an agricultural producer must have been in the business of farming during at least part of the 2020 calendar year and had a 15% or greater decrease in allowable gross revenue for the 2020 calendar year, as compared to a baseline year. Signup opens Jan. 23 and closes on June 2, 2023.

Emergency Relief Program (ERP 2) Phase Two

Deadline to Apply: June 2nd, 2023.

USDA's Emergency Relief Program (ERP 2) Phase Two fills remaining gaps in previous ERP natural disaster assistance. To be eligible for ERP Phase Two, producers must have suffered a decrease in allowable gross revenue in 2020 or 2021 due to necessary expenses related to losses of eligible crops from a qualifying natural disaster event. Assistance will be primarily to producers of crops that were not covered by Federal Crop Insurance or NAP, since crops covered by Federal Crop Insurance and NAP were included in the assistance under ERP Phase One. Signup opens Jan. 23 and closes on June 2, 2023.

Emergency Conservation Program (ECP)

Deadline to Apply: June 9th, 2023.

The Emergency Conservation Program (ECP) helps farmers and ranchers repair damage to farmlands caused by natural disasters and put in place methods for water conservation during severe drought. The ECP does this through funding and technical assistance. Anderson, Franklin, and Woodford Counties has been approved for the ECP program for the storm that occurred on March 3rd, 2023. For more information contact the local service Center at 859-873-3411 Ext 2

Margin Protection Insurance Plan

Deadline to Apply: Sep 30th, 2023.

USDA's Risk Management Agency's <u>Margin Protection insurance plan</u> has been expanded for corn and soybean producers in more than a thousand additional counties. Margin Protection insurance provides coverage against an unexpected decrease in operating margin caused by reduced county yields, reduced commodity prices, increased prices of certain inputs, or any combination of these perils.

The expanded coverage will be available by June 30, 2023. The Sales Closing Date to purchase Margin Protection coverage for 2024 crop year corn, soybeans and wheat is September 30, 2023.

Food Safety Certification for Specialty Crops Program

Deadline to Apply: Jan 31, 2024.

USDA's Farm Service Agency's Food Safety Certification for Specialty Crops Program (FSCSC) assists specialty crop operations that incur eligible on-farm food safety program expenses related to obtaining or renewing a food safety certification in calendar years 2022 and 2023. The deadline to apply for FSCSC assistance for calendar year 2023 is January 31, 2024.

Local Deadlines and Ongoing Programs

The following federal USDA programs either do not have a deadline or have ongoing signup. Check with the Versailles Service Center at 859-873-3411 Ext 2 to learn more about programs that have local or state level deadlines.

Conservation Reserve Program (CRP) - Continuous

The Conservation Reserve Program (CRP) provides farmers and ranchers an income source in exchange for removing environmentally sensitive land from agricultural production in an effort to improve environmental health and quality.

Signup for the continuous Conservation Reserve Program began on December 9, 2019 and is ongoing.

Crop Acreage Reporting

Crop acreage reports filed with USDA document the crops grown on your farm or ranch and their intended uses. You must file timely acreage reports to be eligible for many USDA programs.

Deadlines to file crop acreage reports vary by crop and by state and county. Farm Service Agency staff at your <u>local USDA Service Center</u> can help by providing you with maps and acreage reporting deadlines by crop for your county. Your <u>crop insurance agent</u> can assist you with reporting information necessary for crop insurance benefits.

July 15 is a major deadline for most crops.

General Disaster Programs

USDA offers a variety of helpful programs with ongoing and localized deadlines to **support agricultural producers** including:

<u>Emergency Conservation Program (ECP)</u> which provides funding and technical assistance for farmers and ranchers to restore farmland damaged by natural disasters and for emergency water conservation measures in severe droughts.

<u>FSA Emergency Forest Restoration Program (EFRP)</u> which provides funding to restore privately owned forests damaged by natural disasters.

<u>Noninsured Crop Disaster Assistance Program (NAP)</u> which provides financial assistance to producers of non-insurable crops to protect against natural disasters that result in lower yields or crop losses, or prevents crop planting.

<u>Tree Assistance Program (TAP)</u> which provides financial cost-share assistance to qualifying orchardists and nursery tree growers to replant or, where applicable, rehabilitate eligible trees, bushes, and vines lost by natural disasters.

Livestock Disaster Programs

USDA offers a variety of helpful programs with ongoing and localized deadlines to **support livestock producers** including:

<u>Emergency Livestock Assistance Program (ELAP)</u> which provides financial assistance to eligible producers of livestock, honeybees and farm-raised fish for losses due to disease, certain adverse weather events or loss conditions, including blizzards and wildfires, as determined by the Secretary.

<u>Livestock Indemnity Program (LIP)</u> which provides benefits to livestock owners and some contract growers for livestock deaths in excess of normal mortality caused by eligible loss conditions, including eligible adverse weather, eligible disease and attacks by animals reintroduced into the wild by the federal government or protected by federal law (including wolves and avian predators).

<u>Livestock Forage Disaster Program (LFP)</u> provides payments to eligible livestock owners and contract growers who have covered livestock and produce grazed forage crop acreage that has suffered a loss of grazed forage due to a qualifying drought during the normal grazing period for the county.

NRCS Conservation Programs - State Ranking Dates

USDA's Natural Resources Conservation Service (NRCS) accepts applications for its conservation programs year-round. Producers should apply by their state's ranking dates to be considered for funding in the current cycle. Applications received after ranking dates will be automatically deferred to the next funding period.

Please Don't Mail Us Live Ticks!

By Jonathan L. Larson, Entomology Extension Specialist

If you are active on social media, you might find some people posting about a project to collect ticks and send them to the University of Kentucky called the UK Tick Surveillance Program. Unfortunately, as with many things on Facebook, while there is a nugget of truth to these posts; they also get a lot of information wrong. The UK Tick Surveillance Program is real and will accept tick submissions in 2023. However, there are a lot of caveats that need to be considered before you slap a stamp on the back of that dog tick.



Figure 1: This is currently the most common Facebook post about the Kentucky Tick Surveillance Project. While it is great to see so many people are interested in public health entomology,



Figure 2: Another type of Facebook post about the project. Again, the submission advice is incomplete and there are promises of medical services, which also are not a part of this project.

this post unfortunately contains several errors that will result in the submitted tick being discarded.

UK Tick Surveillance Program Facts

This project is not a free medical service

Despite what some posts on Facebook say, this is not a free alternative to paying for a tick to be tested for pathogens. The Tick Surveillance Program is designed as a citizen science volunteer opportunity, where Kentuckians can help with public health monitoring in the state. It is not designed as a testing service where a volunteer will be contacted with a possible "diagnosis." If a submitted tick tests positive for one of the three pathogens being monitored for, the submitter will be notified but this could be multiple weeks after the tick was sent in. If you are concerned with a possible tickborne infection, you need to seek medical help from a physician.

There is a form you have to fill out

Ticks that are submitted must be accompanied by a form, found at your local extension office or online. Any tick submitted without this form is discarded.

Submitted ticks should also conform to required specifications

- Only ticks submitted from Kentucky residents are accepted; any ticks submitted from out-of-state are discarded.
- Ticks should be dead when submitted.

Ticks should be shipped inside of a hardened container, which is then placed in a padded envelope. You cannot ship free floating alcohol through the U.S. Postal service.

How to prepare a tick for shipment

There is a step-by-step guide at the above link but in the interest of completeness, here is how to prepare a tick for shipment.

You will need the following supplies:

- 91% isopropyl alcohol (can be found at nearly any pharmacy)
- One hard plastic container, for example pill bottles with identifying info removed, small plastic travel jars, etc.
- Tweezers
- One plain cotton ball
- Two Ziploc bags

A padded envelope

Step 1 Take your hard plastic container and pour alcohol into the container. You only need to pour in enough liquid to submerge the tick into.

Step 2 Use the tweezers to pick the tick up and submerge it in the alcohol inside of the container. Leave the tick submerged in alcohol for 24 hours.

Step 3 After 24 hours, pour the excess alcohol out of the container into a waste receptacle. There should be no liquid alcohol left. Next, take a cotton ball, or a cut off section of cotton ball, and stuff it into the container.

Step 4 Seal the tick and cotton ball by closing the container lid. Take the closed container and insert it into a sealable Ziploc bag. Then, seal the Ziploc shut.

Step 5 The Ziploc bag that has the container with the tick and cotton ball in it will then itself be inserted into a second sealable Ziploc bag which is also sealed shut. This double bagging helps preserve the sample. The sample is now ready for shipping.

Step 6 Insert the double bagged sample into a padded envelope. Ship the padded envelope and contents to this address:

Tick Surveillance Program C/O Subba Palli Department of Entomology S-225 Ag Science Center N Lexington, KY, 40546-0091

If you have found a tick and you merely want to have it identified, you can also ask your local Extension agent for help in contacting the UK Department of Entomology.





Topic: Aquaculture

May 18, 2023 10:00 AM EDT

Join us in person at the Harold R. Benson Research & Demonstration Farm or online!

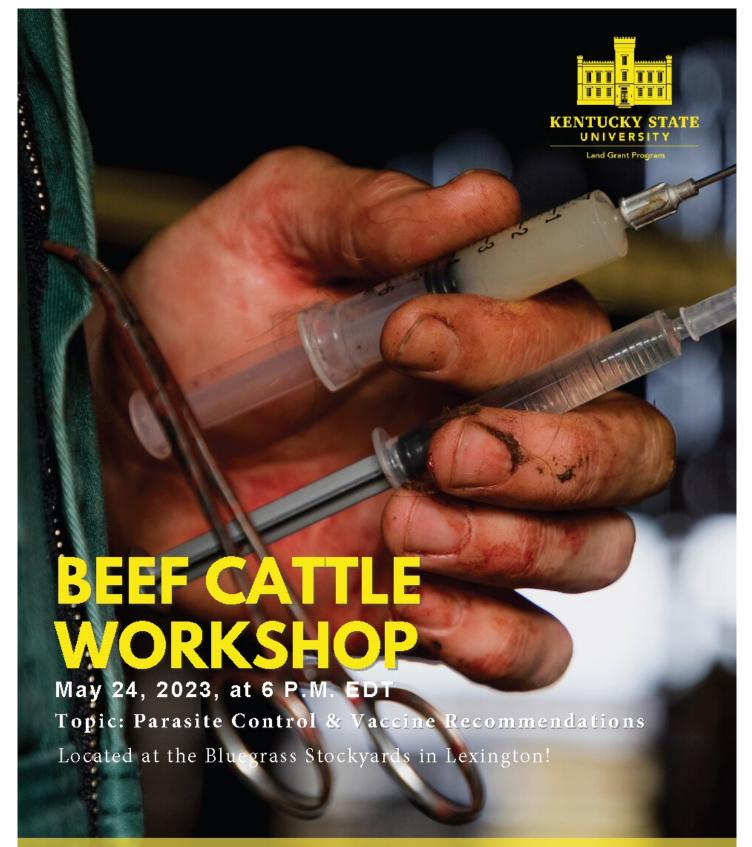


1525 Mills Lane, Frankfort, KY 40601



youtube.com/kysuag/live

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Join us online:

YouTube.com/kysuag/live

This institution is an equal opportunity provider.



Join us for Getting Started, a Farming Series. Participants will take a deep down into how to start and maintain a farm. Covering topics like marketing, grants, finances, and more.

Session 1, sponsor:



Dr. Steve Issacs; University of Kentucky Caleb Thomas; Farm Service Agency May 25th, 6-8pm @ the Scott County Extension Office, 1130 Cincinnati Rd. Georgetown

Session 2, sponsor:

tarmcredit

Cara Stewart: KCARD Clint Quarles; Attorney, KDA Adam Jones & Joe Ulrich; NRCS

June 13th, 6-8pm @ the Franklin County **Extension Office, 101 Lakeview Ct, Frankfort**

To sign up call the Scott County Extension Office or scan the QR Code below. Spots are limited to 30 participants only. There is a \$30 fee to help cover materials and food.









Scott County Office: 502-863-0984 brittany.brewer@uky.edu

Franklin County Office: 502-695-9035 keenan.bishop@uky.edu







Spring Weather Can Bring Heavy Rain and the Risk of Flooding



By Derrick Snyder - National Weather Service Paducah, KY

As we head deeper into spring, we wanted to talk to you about something that's on our minds this time of year: flash flooding. Now, we know Kentuckians are no strangers to heavy rain and overflowing creeks, but it's important to be prepared for the worst.

So, what can you do to stay safe during a flash flood? Here are a few tips to keep in mind:

- 1. Keep your eyes and ears open: Listen for weather reports and stay alert for any signs of flooding in your area. If you see water starting to rise, don't wait until it's too late to take action.
- 2. Have a plan in place: Talk to your family about what you would do in case of a flood. Make sure everyone knows how to get to high ground and where to meet up if you get separated.
- 3. Don't take any chances: Never try to drive or walk through flooded areas. The water might look shallow, but it could be a lot deeper and faster than you realize. It only takes 12 inches of water to cause your vehicle to lose traction, and only 6 inches of water to sweep you off your feet.
- 4. Get your homestead ready: If you live in a flood-prone area, make sure you have sandbags or other barriers on hand to protect your home. Keep your gutters clean and your downspouts pointed away from your house.

Stay safe during the flood: If a flood does happen, get to higher ground as quickly as possible. And if you have to wade through water, be sure to wear rubber boots and stay away from downed power lines. But there's one more thing you can do to help keep your community safe during floods: report rainfall measurements to the National Weather Service. Measuring and reporting rainfall can help the Weather Service better predict and prepare for flash floods.

Here's how to do it:

- 1. Get a rain gauge: You can buy a rain gauge at a hardware store or online. Make sure it's placed in an open area away from trees or buildings. You can obtain a high-quality rain gauge by becoming an observer with a nationwide network known as the Community Collaborative Rain, Hail, and Snow Network (CoCoRaHS). Learn more at cocorahs.org or call your local National Weather Service (NWS) office.
- 2. Measure rainfall: After a rainfall event, go outside and check the gauge. Write down the amount of rainfall in inches, to the nearest hundredth of an inch. Don't forget to dump your gauge so it's ready for the next event!

Report the measurement: You can report the rainfall measurement to the NWS by calling your local weather office or by visiting their website. Be sure to include your name, location, and the amount of rainfall you measured, as well as the period for which you measured the rain. Reporting rainfall is a simple and important way to help your community stay safe during floods. We hope you'll consider doing your part to keep everyone informed.



Franklin County Conservation District

Backyard Conservation Program
Urban Cost Share Program

April 1, 2023 to August 1, 2023

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

Baleage Mistakes Can Lead to Major Health Consequences



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College of Agriculture, Food and Environment Cooperative Extension Service

By: Michelle Arnold, DVM-UKVDL and Ray Smith, PhD. and Krista Lea –UK Dept. of Plant and Soil Sciences

Baleage or "wet wrapped hay" is simply forage of a relatively high moisture content that is baled with a round baler and then sealed in a plastic bag or wrapped in plastic, to keep oxygen out. Anaerobic bacteria (those that live without air) convert sugars in the forage to lactic acid which in turn lowers the pH and preserves the forage as silage, with full fermentation completed within 6-8 weeks. Round bale silage ("baleage") is an alternative to baling dry hay that allows shorter curing time and saves valuable nutrients by avoiding rain damage, harvest delays, spontaneous heating and weathering if stored outdoors. Grasses, legumes and small grains can be effectively preserved by this method but only if proper techniques are followed. Forages should be cut at early maturity with high sugar content, allowed to wilt to a 40-60% moisture range, then tightly baled and quickly wrapped in 4 to 6 layers of UV stable, 6-8 mm plastic to undergo fermentation ("ensiling" or "pickling"), a process that should drop the pH of the feed below 4.5 where spoilage organisms will not grow. Problems arise when conditions in the bale allow growth of disease-causing organisms and potentially fatal conditions in cattle. Why do problems occur?

- Forage cut at the wrong stage of maturity will not have enough fermentable carbohydrates for good ensiling. Coarse, stemmy and overly mature forages have less sugars available for completion of fermentation, especially once the seed head has emerged. Small grains including rye, oats, wheat, triticale, and barley have a narrow harvest window and should be cut before the boot stage.
- 2. Lower bale density makes round bale silage more susceptible to entrapment or penetration of oxygen and increases the chance of air pockets within the bale. Tight, dense bales wrapped with plastic twine, net-wrap or untreated sisal twine are less likely to spoil.
- 3. Baling at the incorrect moisture content is a recipe for disaster. Wet or non-wilted forages are more likely to spoil; bacteria from the *Clostridia* family thrive in wet environments where forage moistures are in the higher 67-70% range. Greater than 70% moisture almost guarantees Clostridial growth and spoilage. Conversely, forage that is too dry does not ferment but has greatly increased mold production.
- 4. Baled silage is also more likely to spoil due to damage to the plastic covering, resulting in the harmful introduction of oxygen. It is important not to puncture the plastic; isolate the area from cattle, pests and vermin. Anything that claws, bites or otherwise punctures the plastic sets the feed up for spoilage.

What are the health risks to cattle?

1. Botulism is a disease caused by one of the most potent toxins known to man. This toxin is produced by *Clostridium botulinum*, a spore-forming anaerobic Gram + rod. These spores are found everywhere in the soil and contaminate baleage during harvest, often

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Baleage Mistakes Can Lead to Major Health Consequences

by raking up dirt. In the absence of oxygen (as is found in wrapped hay) and a pH greater than 4.5 (poor fermentation), the spores enter a vegetative state, multiply and produce toxin. Two forms of the toxin, Types B and C, cause health problems in cattle. Type B is associated with improperly fermented forage while Type C occurs from the accidental feeding of dead animals or poultry litter in the ration of cattle. Both types produce the same characteristic clinical picture in cattle of progressive muscle weakness leading to recumbency (downers) over a 2 to 5 day period of time, depending on the amount of toxin ingested. Signs may develop as early as 24 hours to as many as 10 days after ingesting the toxin. Death is due to paralysis of muscles of the diaphragm, dehydration, or complications from being a "downer".



Decreased Tongue and Jaw Tone-The "classic" features of botulism. The tongue may actually hang from the side of the mouth as the disease progresses. Without tongue control, a cow will have other associated signs such as a dirty nose, difficulty chewing and swallowing, drooling, and plunging the nose deep in a watering trough to drink (Photo: http://www.nadis.org.uk/bulletins/clostridial-disease-in-cattle.aspx)

2. Listeriosis or "Circling Disease" is an encephalitis caused by the bacterium Listeria monocytogenes. This organism proliferates in soil, feces and rotting vegetation. It grows in cool temperatures and at a pH greater than 5.4 under anaerobic conditions. thrives in baleage systems when limited fermentation and entry of air results in spoiled, moldy feed. Common places to find Listeria include spoiled silage at the end of trench silos, decaying forage at the bottom of solid feed bunks, and rotting hay or baleage. A very common mistake by producers is feeding too many bales at once. Baleage that sits out open to the air over several days will begin to rot and spoil, allowing bacteria and molds to proliferate. In order to produce clinical disease, Listeria must survive the fermentation process which it can easily do if the pH never goes below 5. Large numbers of bacteria may gain access to the body through the mucous membranes of the mouth (through small cuts) and travel up the nerves to the brainstem. Fever, anorexia (off feed), depression and neurologic signs develop depending on which cranial nerves are affected. Neurologic signs include leaning to one side, stumbling, circling in one direction, facial nerve paralysis, drooling, difficulty chewing, drooped lower jaw, and head tilt. Early intervention with antibiotic therapy is often successful but, if the cow goes down (becomes recumbent), the odds of survival are low despite aggressive treatment. The prognosis for sheep and goats with listeriosis is poor with an approximate 25% survival rate.

Baleage Mistakes Can Lead to Major Health Consequences

Infection with Listeria may also result in eye disorders and abortion. Anterior uveitis or



"Silage Eye" due to *Listeria monocytogenes*. Photo: http://www.nadis.org.uk/bulletins/eye-conditions-in-cattle.aspx

"silage eye" follows conjunctival infection with *L. monocytogenes*. The symptoms are very similar to pinkeye with tearing, blinking, and sensitivity to light early in the course of disease followed by development of a bluish-white corneal opacity (see photo) then pus and dead cells accumulate just behind the cornea in the anterior chamber. Treatment with long-acting antibiotics should speed healing. Listerial abortion can occur at any stage of pregnancy. The route of infection is through the GI tract into the bloodstream and then to the placenta causing fetal death.

3. Bacterial and fungal abortion is another possible consequence of poorly preserved forages. Forage baled and wrapped too dry provides excellent conditions for germination and growth of a variety of yeast, molds and bacteria. Fungal spores are spread throughout the body by the bloodstream after inhalation or ingestion. Germination and

growth of fungal spores in the placenta results in abortion, typically in the last 1/3 of pregnancy. If submitted to a diagnostic laboratory, fungal lesions are almost always identifiable in the placenta. Not all molds are dangerous though; many bales will develop some white surface mold due to small holes in the plastic but it does not penetrate deep into the bale. This outer layer can be removed at feed out or the cows will usually avoid eating these areas. Bacterial contamination of baleage results in similar abortion risks. *Bacillus* species proliferate in poor quality silage and are partly responsible for deterioration when air is allowed in the bale. Bacterial abortion due to *Bacillus* species occurs when cows ingest the organism which travels through the bloodstream to the uterus followed by growth of the organism in the placenta and fetus. Cows abort in the last month of pregnancy or calves may be born alive but die within 24 hours.

Prevention of health problems from baleage is based on ensuring proper harvest and preservation of wrapped forages and maintaining proper feedout rates to reduce the risk of growth of organisms dangerous to cattle. Details of proper techniques can be found in the UK Extension Fact Sheet AGR-173 entitled "Baling Forage Crops for Silage" at your local extension office or on the web at http://www2.ca.uky.edu/agc/pubs/agr/agr173/agr173.pdf. Another excellent resource is the UK Forage website for more information: http://www.uky.edu/Ag/Forage/ForagePublications.htm#Silage/Balage0 and look for Baleage: Frequently Asked Questions.





SAVE THE DATE

June 3, 2023

Sponsored by:

CPC, Four Hills Farm, Brewer Livestock. Creekside Vet Clinic, Tarter, SEKSPA, Monroe County Extension

KY Sheep and Wool Producers Field Day

Location: Winding Creek Farms, 801 Muse Hollow Rd. Tompkinsville (Monroe Co), KY 42167

Fee: FREE!

Enjoy Monroe Co. lamb bbq!

- · Working dog demo
- · Farm tour
- Sheep handling basics
- Sheep marketing panel
- · Networking with producers

We now have the new 2023 Beef IRM Calendars available.

These are handy for beef cattle management as they have timely suggestions and recommendations for each month.

Stop by the Franklin **County Cooperative Extension Office today** to pick one up!



Honey Raisin Muffins

1/2 cup + 2 tablespoons all purpose flour

1/2 cup + 2 tablespoons whole wheat flour

34 teaspoon baking powder

1 teaspoon ground cinnamon

1/4 teaspoon salt

2 cups bran flake cereal with raisins

1/4 teaspoon baking soda 1 cup skim milk

> 1/2 cup honey 2 egg whites

3 tablespoons

unsweetened applesauce

2 tablespoons canola oil

Yield: 12 muffins.

Nutrition Analysis:

150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate,

2 g fiber, 15 g sugar, 4 g protein.

1. Combine flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.

2. In a large mixing bowl, combine cereal, milk and honey; let stand for 2 minutes to soften. Stir and oil; mix well.

3. Add dry ingredients and stir until moistened.

4. Fill a greased or paperlined muffin pan 3/3 full.

5. Bake at 400°F for 15-18 minutes.

in egg whites, applesauce 6. Cool 10 minutes before removing from pan.

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



SAVE THE DATES:

May 7 Derby Showcase Sale, Lakeview Park

May 7 Bridgeview Angus Production Sale, Switzer

May 18 KYSU Third Thursday—Aquaculture, KSU Farm

May 19 Junior Cattlemen Meeting, Harrod Farm

May 24 KSU Beef Cattle Workshop, Bluegrass Stockyards Lexington

May 25 Getting Started—A Farming Series, Scott County Extension Office



Keena R Bisty

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

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

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Family and Consumer Sciences
4-H Youth Development
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