Ag & Natural Resources Of Cows and Plows



FRANKLIN COUNTY
COOPERATIVE EXTENSION
OCTOBER 2023 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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Forest Farming Resources Abound through Coalition

Are you interested in forest farming, including production of syrup, mushrooms, medicinal herbs, decorative forest products for crafts, or other non-timber forest products (NTFPs)? Then look at the extensive library of resources and learning opportunities available from The Appalachian Beginning Forest Farmer Coalition (ABFFC).

The ABFFC, which was initiated in 2014, is a network of forest farmers, universities, and governmental and non-governmental organizations that work to improve forest farming opportunities for growers through education and networking. The ABFFC promotes stewardship of existing plant populations and trains landowners to cultivate high-value specialty crops within their forests.

The ABFFC has been funded by the National Institute of Food and Agriculture's <u>Beginning Farmer and Rancher Development Program</u>. University partners include Virginia Tech, North Carolina State University, Penn State University, and Warren Wilson College. John Munsell, professor and forest management extension specialist in the Department of Forest Resources & Environmental Conservation at Virginia Tech is the project director. Margaret Bloomquist, a research scholar in Horticultural Science at North Carolina State University is the associate director.

AG & NATURAL RESOURCES

"The work of the ABFFC's partners has reached thousands of existing and aspiring forest farmers and wild stewards in Appalachia over the past decade," Bloomquist said. "The network continues to grow and remains based on a strong foundation of collaboration and participatory approaches."

Membership in the coalition is free, and provides hands-on workshops and support, forest farming resources, including help accessing free and reduced rate seed distribution programs, connections to other growers, a growing body of technical service providers, a forest farmer to forest farmer mentorship program, and a Forest Farming Footnotes newsletter to those who join the coalition's email list. Go to https://www.appalachianforestfarmers.org/membership for details and to join.

Resources on the coalition's website include publications on a variety of topics, ranging from Forest Farming and Non-Timber Forest Products to specific plants such as goldenseal and black cohosh, and a forest farming video library with more than 180 videos, including such topics as Forest Farming Medicinal and Decorative Plants for Market Sale, Value-Added Production – Teas, Salves, and More, a Forest Farming Beekeeping Series, Forest Farming Maple Syrup, and Forest Farming Ramps. The coalition also offers webinars and webinar recordings, and technical assistance trainings for university, extension, and agency personnel. A Forest Farming Office Hours Series allows anyone interested in learning more about forest farming to join N.C. State Extension personnel and friends of the ABFFC online for questions and answers, updates, and conversations about forest farming. The next office hours session is scheduled for October 13th from noon to 1:30 p.m. Eastern Time. You must register in advance to receive a confirmation email with information about joining the meeting. To register, click here. Also coming up soon (October 26th, 7:30 p.m. Eastern Time) is a Forest Farming Series webinar on goldenseal. For more information and to register, visit https:// extension.psu.edu/forest-farming-series-goldenseal.

In June, the Appalachian Regional Commission awarded a \$490,647 Appalachian Regional Initiative for Stronger Economies (ARISE) grant to Virginia Tech to support a planning project, "Accelerating Forest Farming in Central Appalachia: Strengthening Market Connections and Collaboration for Long Term Sector Impact and Sustainability." The project is designed to grow forest farming businesses and the NTFP supply chain in Kentucky, Maryland, North Carolina, Ohio, Viginia, and West Virginia. Virginia Tech is collaborating on the project with 11 organizations across these six states, including N.C. State University, Grow Appalachia (a strategic initiative of Berea College), and the Organic Association of Kentucky. Jeanine Davis, associate professor and extension specialist in Horticultural Science at N.C. State, and her staff will lead that university's component of the project with a focus on production issues and increasing supplies of planting stock.

2



AG & NATURAL RESOURCES

After years of working to help forest farmers, the ABFFC is set to evolve into the American Forest Farming Association in 2024, which will allow its extensive efforts to continue after current grant funding ends.

"The current momentum for forest farming is palpable, we are excited to see what becomes of these efforts that bring together many walks of people, types of organizations, and multidisciplinary approaches, as we move into national and international conversations for further growth *under the canopy*," Bloomquist said.

Registration will be opening soon for the 2024 Forest Farming Conference, scheduled for March 22nd-24th in Roanoke, VA. The conference will feature keynote speakers, working group meetings, field tours, exhibitors, and more. For details, visit https://www.appalachianforestfarmers.org/2024-conference.

To check out the ABFFC's wealth of resources, visit https://www.appalachianforestfarmers.org, and be sure to visit its Facebook and Instagram pages.



The Franklin County Cattlemen grilled lunch during Farmer Appreciation Day on September 20, 2023 at the State Capitol.





This event focused on celebrating national Farm Safety and Health week.



For more information and to register online visit edenshalefarm.com







Household Hazardous Waste Fall Collection 2023

Saturday, October 21 8:00 AM- 12:00 PM Frankfort Recycling Center 309 Rouse Ave (off Holmes St)

Open for Frankfort and Franklin County residents. Must show valid identification.

First 500 vehicles. Please stay inside your vehicle.

Please, no early drop-offs.

Items to be collected include:

Poison (liquid and solid) • Herbicide (liquid and solid) • Batteries (all types) • Aerosol cans • Propane cylinders • Oil based paint • Solvents, gasoline, thinners • Antifreeze • Fluorescent tubes • Fire extinguishers • Adhesives, tars • Asbestos • Corrosive acids, bases, cleaners • Dioxins • Fertilizers • Organic peroxides • Reactive solids • Oxidizers • Flammable solids • Mercury • Freon, acetylene, etc • Electronics (including box-style TVs) •

Items not accepted:

<u>Water based paints (latex or acrylic):</u> These paints may be hardened with sand, kitty litter or a paint hardener and disposed of in the trash.

Motor oil and hydraulic oil: These materials are accepted at local retailers or at the Franklin County Road Department on the first Wednesday of each month.

<u>Medications:</u> may be disposed of at the Frankfort Police Department or the Health Department during a Drug Takeback Event

Questions? Contact Franklin County Solid Waste, 875-8751

Conservation Corner

Updates from the Franklin County Conservation District

District is still taking applications for the Urban Cost Share Program which consists of Beehives, Pollinator Gardens, Compost Bins, Raised Garden Beds and Rain Barrels.

Local cost share applications are also ongoing. New this year for local cost share, you may select any combination of the 12 programs listed, but approved applicants are limited to \$2,500 total costs during the program year on a completed basis.

- Cover Crop/Fall Seed Program (50% up to \$750) Fall Program
- Pasture Stockpiling Program (50% up to \$750) Fall Program
- Rock Gateway Program (50% up to \$750 on 1 gateway)
- Lime Program (50% up to \$750)
- Weed Control Program (50% up to \$750)
- Forage Management Program (50% up to \$750)
- Fertilize Program (50% up to \$750)
- Spring Seed Program (50% up to \$750)
- Heavy Use Area (50% up to \$2,500)
- Pipeline and Water Tank (50% up to \$2,500)
- Pond Cleanout/Dam & Spillway Repair (50% up to \$2,500) Conservation Resource Concern (50% up to \$2,500)



Signups for both programs run from August 1, 2023 to May 1, 2024 with all receipts being submitted by June 1, 2024



Fall 2023 at the Farmers Market





www.fcmarket.org



Every Sat. thru Nov. 18 | 8:30-12 noon Every Thurs. thru Nov. 16 | Online order/Curbside pickup

Special Events for Kids





- Sat., Oct. 28: Trick or Treat at Market
- Sat, Nov 11: Candlelight at Market & November Kids Day*
- Sat, Dec. 9: Dec Holiday Market & Kids Day | 10am-1pm*







Shop with SNAP/PEBT? Expecting a baby & have Medicaid? We have extra money for fresh, local food for you!

Franklin County Junior Cattlemen's Association



Jackson have them a behind the scenes tour and explained the process of selling at the stockyard. After the tour, the juniors got to watch an actual sale to have hands on experience for the future!

Calling All Junior Cattlemen,

You and your family are invited to come to the Franklin County Cattlemen's Association Annual Meeting! The Annual meeting is a time to gather with fellow Cattlemen to enjoy a meal and hear from a guest speaker. The meeting will be held on Tuesday, October 17th, 2023, at the KSU Farm on Mills Lane. We hope to see you there!

The Junior Cattlemen will be selling t-shirts and pullovers to help raise money so that we can attend the North American International Livestock Exposition Show and Rodeo in November and also attend the Kentucky Cattlemen's Convention in January 2024. But no worries, you all will not have to individually sell!

It's also time to renew our dues. If you are still interested in being a Junior Cattleman, fill out the attached form and return it to me along with your \$10 dues. Please do not mail these directly to the Kentucky Cattlemen's Association. I will collect all the sheets and dues and submit them at one time.

We love having you as a Junior Cattleman and hope that you will join us again in the coming year! Please feel free to invite a friend!

If you can attend the Annual Meeting on the 17th of October, please RSVP to Crystal by October 13th.

Sincerely,

Crystal Harrod & Ally Harrod Franklin County Junior Cattlemen Advisors 502-330-5084 14 october 2023

2023 KY ANNUAL PRODUCER CONFERENCE

• Boyle County Extension Office • 99 Corporate Dr, Danville, KY 40422



Keynote Speaker Dr. Braden Campbell. The Ohio State University

CONFERENCE HIGHLIGHTS

- Pre-Conference Workshops
 - Parasitology Clinic
 - Exploring Fiber Tools
- Market Trends with Jason Wachter
- Being Practical and Efficient in: Forages,
 Minerals, & Feeding Dr. Braden Campbell
- Kentucky Forage Testing
- KGPA and KSWPA Association Meetings



Jason Wachter, Kentucky Department of Agriculture

Cost: \$30/single; \$50/couple - LUNCH IS PROVIDED!

Registration 8:00 a.m. (EST) • Program starts at 9:00a.m.

(be sure to renew your membership with registration)

FOR MORE INFORMATION & REGISTRATION VISIT

www.kysheepandgoat.org/annual-producer-conference



FOR SPONSORSHIP INFORMATION

www.kysheepandgoat.org/product-page/ky-annual-producer-sponsor













2023 CENTRAL KENTUCKY HAY CONTEST

Is your hay the best?

Testing provides nutritional value of hay to assist in balancing rations, and can result in reduced feed cost, increased animal performance, and information to improve forage stands.

Free analysis to determine hay quality and livestock needs.



Scan the QR code or call 502-695-9035 to sign up.



DEADLINE TO REGISTER: OCTOBER 20, 2023

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

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 disability 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.





FREE SOIL SAMPLE COUPON

During the month of October, we are offering FREE soil testing. By testing in the Fall, you will be ready to plant in the Spring. Eliminate those long waits to get your results.

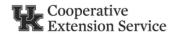
Test NOW!

Compliments of the Franklin County Cooperative Extension Service. Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

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

For information on how to take a soil sample: www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf

LIMIT 5 (FIVE) FREE SAMPLES PER ADDRESS NO COMMERCIAL SAMPLES WITH THIS OFFER



Adam Leonberger County Extension Agent for Horticulture

Keenan Bishop County Extension Agent for Agriculture and Natural Resources



Franklin County 101 Lakeview Court Frankfort, KY 40601-8750 502-695-9035 franklin.ca.uky.edu

FREE 5	OIL SAMP	LE COUPON
NAME		
PHONE		
Form A or H		
Sample #1		Cooperative Extension Service
Sample #2		Franklin County 101 Lakeview Court Frankfort, KY 40601-8750
Sample #3		502-695-9035 franklin.ca.uky.edu
Sample #4		
Sample #5		
Staff	Date:	



"Today's Challenges, Tomorrow's Opportunities"

Kentucky Beef Conference

October 26, 2023

In person

Clark County Extension Office 1400 Fortune Dr Winchester, Kentucky 40391

9:00—10:00
Registration, visit sponsors

\$10 registration fee

RSVP by October 20th to Clark County Extension Office 859.744.4682



10:00—Welcome & Sponsor Recognition

Levi Berg, Clark County Agriculture & Natural Resources Extension Agent

University of KY Remarks & Welcome

Dr. Scott Radcliffe, UK CAFÉ Animal & Food Sciences Department Chair

Beef Outlook & Marketing Strategies

Troy Applehans, Cattle-FAX Analyst

11:00- Fecal Egg Count Reduction Test

Dr. Jeff Lehmkuhler, UK Beef Nutrition Extension Specialist and Dr. Michelle Arnold, UK Ruminant Extension Veterinarian

11:30— Tools for Beef Producers

Dr. Les Anderson, UK Beef Extension Specialist

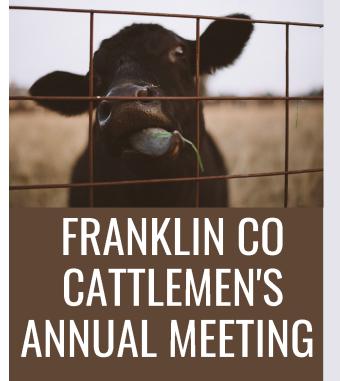
12:00 Lunch

1:00— LRP & Price Risk Protection

Dr. Kenny Burdine, UK Beef Economic Extension Specialist

2:00—Adjourn

Have you herd? Its Annual Meeting Time!



Mark your calendars for the Annual Membership Meeting. This year's event will be on Tuesday, October 17, 2023, at the KSU Research Farm, located off Mills Lane.

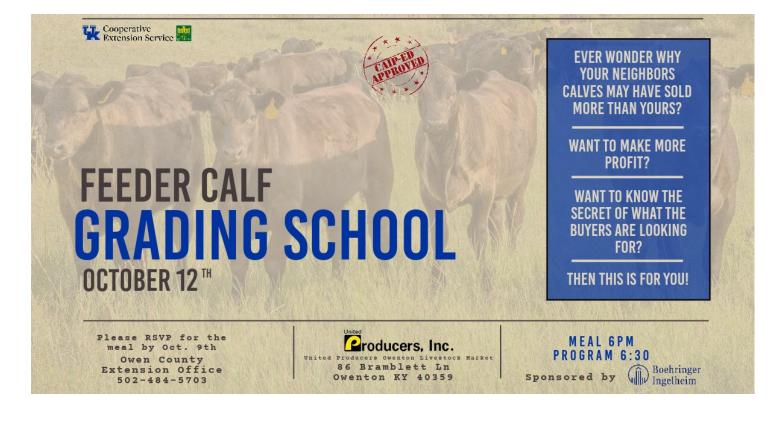
Existing, new or potential members are encouraged to attend.

Dues are \$25.00 for individual (\$40 couples) to join the Franklin County Cattlemen's Association. Dues can be paid the night of the meeting or can be mailed to the Extension Office or KCA.

The KCA operates on an October to October year but you can join anytime.

Must RSVP to Crystal Harrod by October 13th, 2023

(502) 330-5084 crystal.harrod@yahoo.com



Grazing Conference

Low Stress Livestock Handling for Serious Graziers

October 31, 2023 Elizabethtown

Hardin County Extension Office 7:30 AM - 3:30 PM CDT

November 1, 2023 Lexington

Fayette County Extension Office 7:30 AM - 3:30 PM EDT



Reducing Livestock Stress in Grazing Systems

Curt Pate, Curt Pate Stockmanship



Fencing for Multi-Species Grazing

Lewis Sapp, Stay-Tuff Fence





Designing Flexible Watering Systems

Jeff Lehmkuhler, University of Kentucky



Designing Livestock Handling Facilities for Existing Structures

Chris McBurney, McBurney Livestock Equipment



Local Producers and Spokesperson Contest



Optimizing Resources with Multi-Species Grazing

Greg Brann, Greg Brann Consulting

For more information please visit KFGC.ORG

Our speakers...

Curt Pate is a nationally renowned expert in low stress livestock handling. His focus on reducing stress in grazing systems makes him unique.
 Lewis Sapp is a nationally recognized fencing expert with extensive experience in both temporary and permanent fencing systems.
 Jeff Lehmkuhler is an award winning extension educator with more than 20 years of experience in designing flexible watering systems.
 Chris McBurney has over 25 years of experience in designing, fabricating, and installing livestock facilities throughout the eastern United States.
 Greg Brann is well known for his extensive knowledge of grassland ecosystems, grazing management, and mixed species grazing.

Tickets: \$45 Advance / \$60 Onsite / \$15 Students

Register Online:

Elizabethtown-https://2023-KY-Grazing-Conference-Hardin Lexington-https://2032-KY-Grazing-Conference-Fayette

> Register by Email: info@kfgc.org Register by Phone: 513-470-8171

Register by Mail: Christi Forsythe, PO Box 469, Princeton, KY 42445

Make Checks payable to: **KFGC**

Name:			MULK	
Street:			DEVELOPMENT FUND	KY BEEF NETWORK
City:			The KENTUC Forage and G	CKY
State:	_Zip Code: _		Torage and G	COUNCIL
Cell Phone:	1	1961 1 M Mary	Cooperativ	ve
Email:	1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1	A 1/ 52200	Cooperative Extension	Service
Number of partic	ipants	_ x \$45per participant :	= Total .	<mark>Am</mark> ount
Names of additio	nal Particip	ants:		38.

Wanted: beef cattle producers for an internal parasite field study

Sources: Jeff Lehmkuhler, UK extension professor, Dr. Michelle Arnold, UK associate professor and

Internal parasites impact animal performance and immunity. Research shows weaning weights of calves burdened with internal parasites are 20-35 pounds lighter. We want to learn more about the prevalence of internal parasites and the efficacy of products available on the market. Most of the anthelmintic products for livestock have been on the market for decades and concerns regarding their effectiveness have been mentioned. We need your help.

Kentucky Cooperative Extension, Kentucky Beef Network and Merck Animal Health, are joining to recruit 100-120 farms to participate in a Fecal Egg Count Reduction Test (FECRT) in beef cattle this fall. Several producers participated in the effort this spring and will participate again this fall. We are looking for an additional 20-30 farms.

Who can participate?

The team wants to gather more information on growing cattle. This includes calves you will wean and hold for at least 14 days, backgrounding/stocker operations buying in fall calves and those developing replacement heifers. We can sample mature cows as well if you have them on the farm.

How many animals do we need?

We need producers who have at least 20 animals in a group. These animals must stay together in a group for at least 14 days after deworming. We cannot collect samples from 15 calves and five cows to reach the 20 samples needed.

What do participating producers need to do?

You'll need to collect fecal samples from at least 20 different animals immediately before you treat for internal parasites. Then exactly 14 days later, collect 20 fecal samples from different animals to examine the difference in fecal egg counts between PRE and POST treatment. Producers may grab samples from freshly excreted fecal pats in the pasture, this works well for POST samples. You will need to send samples to the lab for counting and the lab will send results you/your county extension agent.

What does it cost?

The service is free except for your time and the money to purchase the product you choose to collect samples.

How do I join the study?

Contact your county extension office and speak to your agriculture and natural resources agent if you wish to participate at least three weeks before you plan to work cattle. If your county ANR position is vacant, contact UK extension beef specialist Jeff Lehmkuhler for more information at jeff.lehmkuhler@uky.edu. For more information about beef cattle and other topics, contact the Franklin County Cooperative Extension Service.



FARM CITY

2023 Banquet



— Join us for our 63rd Annual Farm City Banquet -

- Thursday, October 26th
- (S) At 5:00 PM 8:00 PM
- O KSU Research Farm

- Live Music
- Dinner Buffet by Staxx
- Display Tables
- Guest Speakers

More Information: 502-223-8261 office@frankfortky.info

TICKETS - \$20

Organized and Sponsored by the Kentucky Forage and Grassland Council, UK Cooperative Extension Service, and the Master Grazer Program

This program is designed for producers and agricultural professionals to learn the newest fencing methods and sound fencing construction through a combination of classroom and hands-on learning

WHEN: November 7-Scott County, KY

November 9-Caldwell County, KY

WHERE: Scott County Extension Office

1130 Cincinnati Road Georgetown, KY 40324

Kentucky Soybean Board Office

1000 Highway 62 West Princeton, KY 42445



COST: \$35/participant -- includes notebook, refreshments, safety glasses, hearing protection, and catered lunch

Registration DEADLINE: 1 week prior to workshop

ONLINE Registration with Credit Card:

Georgetown, KY Register for KY Fencing School in GEORGETOWN

Princeton, KY Register for KY Fencing School in PRINCETON

High tensile and fixed knot woven wire fencing!!!

Space is

Register

today!!!

LIMITED...

Registration by U.S. Mail: Christi Forsythe

UK Research and Education Center

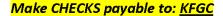
P.O. Box 469

Princeton, KY 42445

Name:______Street:_____

 City:______ State:_____ Zip code: ______

Number of participants_____x \$35 per participant =_____**Total Cost**



For more information contact Krista Lea at 270-625-0712 or Christi.Forsythe@uky.edu





College of Agriculture, Food and Environment



Kentucky Master Grazer Educational Program





2023 Kentucky Fencing School Agenda

- 7:30 Registration and Refreshments
- 8:15 Welcome and Overview of the Day Chris Teutsch, UK
- 8:30 Fencing Types and Costs Morgan Hayes, UK
- **9:00** Fence Construction Basics Eric Miller and Payton Rushing, Stay-Tuff
 - Perimeter fences vs. cross fences
 - Fencing options on rented farms
 - Proper brace construction
 - Line posts and fence construction
- 9:45 Break visit with sponsors and presenters
- 10:15 Electric Fencing Basics Jeremy McGill, Gallagher
 - · Proper energizer selection and grounding
 - Proper high tensile fence construction and wire insulation
 - · Electric offset wires for non-electric fences
 - · Underground wires and jumper wires
- 11:00 Innovations in Fencing Technologies Josh Jackson, UK
 - · Wireless fences, fence monitoring, fence mapping
- 11:30 Overview of Kentucky Fence Law Clint Quarles, KDA
- **12:15** Catered Lunch visit with sponsors and presenters
- 1:00 Hands-on Fence Building
 - Safety, fence layout, and post driving demo Jody Watson and Tucker LaForce, ACI
 - H-brace construction Jeremy McGill, Gallagher & Eric Miller and Payton Rushing, Stay-Tuff
 - Knot tying, splices, and insulator installation Jeremy McGill, Gallagher & Eric Miller & Payton Rushing, Stay-Tuff
 - Installation of Stay-Tuff Fixed Knot Fence Eric Miller and Payton Rushing, Stay-Tuff
 - Installation of High Electrified Tensile Fencing *Jeremy McGill, Gallagher*
- 4:30 Questions, Survey and Wrap-up

















REQUIREMENTS

Who can drop tires off?

Any Kentucky Resident from any county

Who CAN'T drop tires off?

Tire Retailers, Scrap/Salvage Yards and Recycle Businesses are Expressly Prohibited from Participating

What tires are eligible?

Tires will be accepted on or off the rim (Semi Truck, Light Truck, Passenger, Implement, Lawn Tractor, Bicycle, Motorcylce, Golf Cart, Etc)

What Tires are NOT eligible?

Foam Filled Tires, Caldium Filled Tires, Off-Road Construction Trires (OTR), Rubber Tracks, Sheet Rubber and Solid Tires With/Without Press on Rims and any tire with a Bead Greater than 134 inches will NOT be accepted





Event Sponsors:

Shelby County Solid Waste & Recycling and KY Division of Waste Management

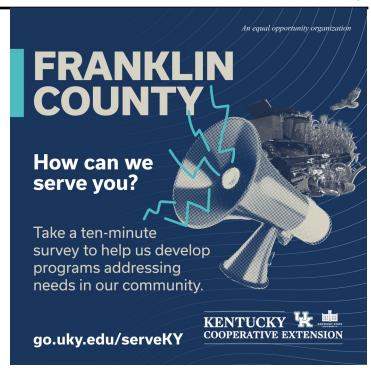
For Questions or clarification, please contact Shelby County Solid Waste Directory, Derek Gould, at

502-633-2699

Important Numbers

Raising Hope (Suicide & Crisis Lifeline) 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)



County Compost Giveaway



October 20th

8 AM to Noon

100 Lewis Ferry Rd



Participants are required to sign a waiver. Compost can be self-bagged or loaded in truck bed.



UK AI and Pregnancy Diagnosis School

On October 11th and 12th, the Woodford County Research Farm will be hosting the UK AI and Pregnancy Diagnosis school. Dr. Les Anderson and partners from Select Sires Midamerica will be leading instruction on proper AI procedure as well as pregnancy diagnosis. Class will begin at 10 am each day and end at 4 pm. Lunch will be provided.

Those who are interested can register and pay online at https://www.eventbrite.com/e/ university-of-kentucky-pregnancy-diagnosisand-ai-school-tickets-707926817167? aff=oddtdtcreator

If attendees would like to register and pay with check or have any other questions, please contact Tyler Purvis via email at tapu228@uky.edu or call 859-257-APPROVE 7512.









ecip



Pumpkin Apple Muffins

11/4 cups all-purpose flour

11/4 cups whole-wheat flour

11/4 teaspoons baking soda

1/2 teaspoon salt

11/2 teaspoons ground

cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground

nutmeg

11/4 cups honey

2 large eggs

11/2 cups fresh pureed pumpkin

1/2 cup canola oil

2 cups Granny

Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, combine flours, baking soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper lined muffin cups, two-thirds full. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 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:

October 5 BQCA Chute-side Certification

October 12 Feeder Calf Grading School, Producers Stockyard Owenton

October 17 FC Cattlemen's Annual Membership Meeting, KSU Farm

October 19 KSU Third Thursday—Small Ruminants

October 21 Household Hazardous Waste
October 26 Farm City Banquet, KSU Farm

November 2-16 North American International Livestock Exhibition

November 16-17 KSU Small Farm Conference



Keener Risty

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

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 disability 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.



