

# Ag & Natural Resources Of Cows and Plows

## FRANKLIN COUNTY COOPERATIVE EXTENSION OCTOBER 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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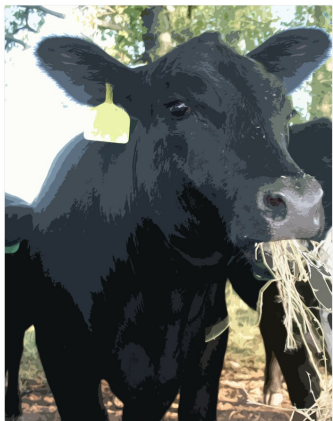
## USING THE UK BEEF COW FORAGE SUPPLEMENTATION TOOL

The following is an example of how to use the UK Beef Cow Forage Supplement tool. We will use the “average” crude protein (CP), neutral detergent fiber (NDF), and total digestible nutrients (TDN) for the 268 hay samples from the East KY hay contest that required supplementation and assume an “as fed” dry matter of 88%. The averages for this sample set were 11.8, 56, and 57% for CP, NDF, and TDN, respectively. When we compare these average values to the nutrient requirements of a lactating brood cow (Table 2), it becomes apparent that this hay will require energy supplementation.

The question then becomes what type of supplement and how much? This can be determined by using the UK Beef Cow Forage Supplement Tool. This application can be used on-line or downloaded to your smart phone. It allows you to enter the results from your forage test (dry matter, neutral detergent fiber, crude protein, and total digestible nutrients) and gives you a range of supplement options and how much of each supplement must be fed to meet the cow’s nutritional requirements at a given stage of production (Table 3). The UK Beef Cow Forage Supplement Tool can be found on-line at <https://forage-supplement-tool.ca.uky.edu/>

*Continue on pg. 2*

Continued from pg. 1



When we enter the average values for crude protein, neutral detergent fiber, and total digestible nutrients for the sample set requiring supplementation, the application indicates that this hay would need to be supplemented with either 2.1 lb corn, 2.1 lb of soybean hulls, 2.1 lb of Corn Gluten Feed, or 2.0 lb of Distillers Dried Grain with solubles on a daily basis (Table 4). When selecting a supplemental feed, it is important to consider local availability, how and where it will be stored, how it will be fed, how much can be safely fed, and of course how much it costs. Special thanks to Dr. Jimmy Henning, Dr. Chris Teutsch and local county agents for organizing the East and the Central KY Hay Contests.

The UK Beef Cow Forage Supplement Tool was produced by Kevin Laurent, Jeff Lehmkuhler and Roy Burris in the University of Kentucky Department of Animal and Food Sciences and serves only as a tool to estimate forage intake and supplementation rates. Many variables such as weather conditions, body condition, animal health, palatability of feedstuffs, etc can affect actual intake and animal response to a feeding program. Actual feed/ forage intake and body condition should be monitored throughout the feeding program. Cattle should also have access to a complete mineral supplement and clean drinking water at all times. Because of the many variables involved in feeding cattle, the developers of this tool make no claims for the accuracy of this program and the user is solely responsible for any outcomes that arise from the use or interpretation of output from this program.

### Forage Analysis - Dry Matter Basis

Dry Matter  %

Crude Protein  %

NDF  %

TDN  %

Stage of Production

#### Supplements

Corn

Soyhull

75% Soyhull / 25% Gluten

85% Soyhull / 15% DDGS

67% Soyhull / 33% Gluten

80% Soyhull / 20% DDGS

75% Soyhull / 25% DDGS

50% Soyhull / 50% Gluten

Corn Gluten Feed (Gluten)

Distillers Dried Grains w/solubles (DDGS)

Soybean Meal

## 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)





## Growing on Principles: Soil Health, Farmer Health and Community Health

October 10, 2024, 9 am - 12 pm ET  
Apostles Garden, Bowling Green, KY

Farming, fellowship and fungi are interconnected at Apostles Garden. On this ½-acre of vegetable production in Bowling Green, Jackson Rolett and his family are creating a collaborative market farm based on soil health, farm and family work-life balance, and mission-driven work on their church's land. Join this OAK Farmer Field Day to learn from Jackson the realities of part-time farming and co-farming, leasing community land, transitioning acreage to organic certification, and balancing crop management with time management in year-round farming.

Tour their Warren County gardens to see Jackson's efficient practices of cover cropping, crop rotations and field and tunnel vegetable production - yielding healthy crops and benefiting the natural resources of soil, water and pollinators. Learn how OAK programs can assist growers and farmers in on-farm conservation, organic production and organic transition, and hear from the Natural Resources Conservation Service (NRCS) on funding and technical assistance available for conservation efforts.

*Thanks to a cooperative agreement with the U.S. Department of Agriculture (USDA)'s Natural Resources Conservation Service (NRCS), registration fees are waived for this event. Registration is required.*



**[oak-ky.org/field-days](https://oak-ky.org/field-days) or 502-709-8732 to register**

The Organic Association of Kentucky's (OAK) Field Days are on-farm and virtual learning opportunities offered monthly for farmers, ag professionals and local food system advocates. OAK welcomes farmers from all types and scales of farms - large and small scale, organic and conventional, urban and rural.

# EDEN SHALE OPEN HOUSE

WINTER FEEDING STRATEGIES  
RAINWATER COLLECTION CONCEPTS  
CATTLE FACILITIES



Call **859-278-0899** to register or scan QR above to register online.



OCTOBER 19

Tour begins at 10 AM ET • Lunch at Noon  
400 Eden Shale Road, Owenton Kentucky



# REFRESH YOUR DRIVING SKILLS



**Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\***

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

**THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!**

**Date & Time:**

Saturday, October 19, 2024  
9:00AM - 1PM

A light lunch will be provided.

**Location:**

Franklin County Cooperative Extension  
101 Lakeview Court  
Frankfort, KY 40601

**Register Now:**

SPACE IS LIMITED!  
CALL 502-695-9035 TO REGISTER TODAY!

**CLASSROOM COURSE**

**\$20** for AARP members  
**\$25** for non-members

**FOR MORE INFORMATION**

Call: 1-888-773-7160  
Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

FRANKFORT AREA CHAMBER OF COMMERCE

# FARM TO TABLE

ONE TABLE, ONE COMMUNITY!

PRESENTED BY:  
FARM CREDIT MID AMERICA

# Register now!



\$60 for members

\$75 for Non- members



THURSDAY, OCTOBER 24TH

5:00 PM - 7:30 PM  
LAKEVIEW PARK



[WWW.FRANKFORTKY.INFO](http://WWW.FRANKFORTKY.INFO)

# 2024 HEART OF AMERICA GRAZING CONFERENCE

*Regenerative grazing... Merging science and practice*

**Tuesday, October 15, 2024**

Pasture Ecology Workshop with Matt Poore, North Carolina State University  
 9:00 a.m. - 5:00 p.m. ET  
 Glenmar Farms, 16943 St. John Road, Cecelia, KY 42724

Heart of America Banquet  
 6:00 p.m. - 8:00 p.m. ET  
 Hardin County Extension Office, 111 Opportunity Way, Elizabethtown, KY  
 Capturing the Beauty of Forages with Dr. Jimmy Henning

**Wednesday, October 16, 2024**

Heart of America Grazing Conference  
 7:00 a.m. - 3:00 p.m. ET  
 Hardin County Extension Office, 111 Opportunity Way, Elizabethtown, KY

- Healing the Land with Grazing  
Ray Archuleta, Raythesoilguy LLC
- Soil Health: Separating Fact from Fiction  
Alan Franzluebbers, USDA Ag Research Service
- Bale Grazing for Biological Fertility and Soil Health  
Greg Halich, University of Kentucky
- My Regenerative Journey  
Sam Kennedy, Kettle Mills Livestock Co.
- Build It and They Will Come... Managing for Soil Life  
Chris Teutsch, University of Kentucky
- Putting it All Together... A Call to Action  
Matt Poore, North Carolina State University

**Thursday, October 17, 2024**

Pasture Walk at Greg Brann's Big Springs Farm  
 10:00 a.m. - 4:00 p.m. CT  
 683 Blankenship Rd, Adolphus, KY 42120

Tickets can be found at <https://2024HeartofAmerica.eventbrite.com>



Ray Archuleta



Greg Brann



Matt Poore



Alan Franzluebbers



Ray Smith



Greg Halich



Chris Teutsch

Tickets can be found at <https://2024HeartofAmerica.eventbrite.com>



If registering by mail, please send checks payable to KFGC to: Caroline Roper, UKREC, PO Box 469, Princeton, KY 42445

Pasture Ecology	\$100 x _____ = _____
Banquet	\$50 x _____ = _____
Grazing Conference	\$75 x _____ = _____
Pasture Walk	\$45 x _____ = _____
Total:	_____

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_



Save the Date



KENTUCKY SMALL, LIMITED-RESOURCE, MINORITY FARMERS CONFERENCE

**November 21-23, 2024**

26th Annual Kentucky State University Small, Limited-Resource, Minority Farmers Conference  
 "Connecting Our Farmers and Communities"



KENTUCKY STATE UNIVERSITY  
 Cooperative Extension Program

Contact- [Edwin.Chavous@kysu.edu](mailto:Edwin.Chavous@kysu.edu) 502-597-6428

This institution is an equal opportunity provider

## Solar Workshop & Open House

**November 15, 6:00pm**

Curious about solar? Join us to see how your Extension Office has made the transition!

Topics include:

- How Solar Panels Work, including Battery Backup
- Hands On Walk Through of our System
- Agricultural Applications
- Incentives for Residential, Small Business and Farm Businesses

### Speakers:

David Gomez, Dailey Green Power,  
[www.dailygreenpower.com](http://www.dailygreenpower.com)

Andy McDonald, Apogee - Climate & Energy Transitions, Kentucky Solar Energy Society,  
[www.ApogeeClimate.org](http://www.ApogeeClimate.org)

Joshua Jackson, UK Assistant Extension Professor

Franklin County Conservation District

FALL SCRAP

METAL COLLECTION

Lakeview Park

Thursday, Friday and Saturday

October 17 – October 19, 2024

8:00 AM – 4:30 PM on

Thursday and Friday

8:00 AM – 12:00 PM on Saturday

Lakeview Park

Items accepted: metal, appliances, appliances w/freon, fencing, sheet metal, farm equipment, etc.

- No tires or oils –No gas cylinders –

No LP or welding tanks

- No electronics/televisions –

Contact: 502/352-2701

DUMPSTERS WILL NOT BE AVAILABLE DURING THE FALL COLLECTION



# SAVE THE DATE

**2025 KENTUCKY FRUIT & VEGETABLE CONFERENCE**

**JANUARY 5-7, 2025**

MARRIOTT GRIFFIN GATE  
 1800 NEWTOWN PIKE  
 LEXINGTON, KY

DETAILS TO COME





# KCA Leadership

Initiated in 1992, the Kentucky Cattlemen’s Association Leadership Program has over 200 graduates. Throughout the two-year program, participants take part in six seminars that work to improve leadership and communications skills, provide an understanding of the beef industry, and excite interest in the political and economic facets of the industry. This year, the Leadership Development Program will welcome it’s 10th class. The program is structured for 25 participants, 22 years or older, from all areas of Kentucky. Franklin County has two residents participating in this program. Crystal Harrod and Chelsea Smither.

**Chelsea Smither** was born and raised in Frankfort, Kentucky where she grew up helping on her grandfather's beef operation. In 2015, she became active in the FFA at Franklin County High School and started her own small dairy herd for her Supervised Agricultural Experience project.

After graduation in 2018, she went on to the University of Kentucky where she earned a degree in Career and Technical Education with minors in Animal Science and Agricultural Economics. Since graduating from UK in May of 2022, she has worked in her current position as a Project Manager at the Kentucky Office of Agricultural Policy and continues to expand her own herd.





## SAVE THE DATE:



### HOUSEHOLD HAZARDOUS WASTE DROP OFF

10/19/24  
309 ROUSE AVE  
8-12



# 19 OCTOBER 2024

# 2024 KY ANNUAL PRODUCER CONFERENCE

• **Fleming County Extension Office** •  
 1384 Elizaville Rd., Flemingsburg, KY 41041

Morning Session 8:30 am - 12:30 pm

Guest Speakers:



Comissioner  
Johnathon Shell



Kentucky Farm Bureau



Afternoon Session Field Day

Forage Management, Reproduction, Lambing/  
Kidding & More! 1:00 pm - 3:30 pm

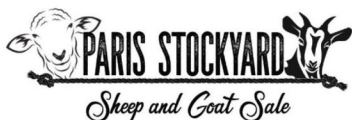
- Schwartz Show Stock & Meat Co.
  - Sheep producers
- Hickory Hollow Acres
  - Goat Producers

Association Business Meetings:

Board of Director and Officer Elections

**Cost: \$35/single; \$50/couple – Includes Lunch!**  
 (ADDITIONAL LUNCHES \$10)  
**Registration 8:30 a.m. (EST) • Program starts at 9:00a.m.**  
**FOR MORE INFORMATION & REGISTRATION VISIT**  
[www.kysheepandgoat.org/annual-producer-conference](http://www.kysheepandgoat.org/annual-producer-conference)

## OUR SPONSORS



KY Sheep & Goat  
**CHECK-OFF**



# 2024 CENTRAL KENTUCKY HAY CONTEST

## TEST YOUR HAY!

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.

Call the Franklin County Extension Office to sign up.  
502-695-9035



## ENDS OCTOBER 4, 2024

### 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. Lexington, KY 40506



Disabilities accommodated with prior notification.



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

# GROWING A BULB MEADOW

**October 23 · 6 - 7pm**

**Cost \$15**

Experience the world of lesser-known spring bulbs that will add a touch of magic to your garden! Attendees will get several types of bulbs to try at home. Don't miss this opportunity to learn about lesser-known gems that will add color and charm to your outdoor space. See you there!

Register by phone, 502-695-9035  
or email, [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu)

Franklin Franklin County Extension Office  
101 Lakeview Court, Frankfort KY 40601

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



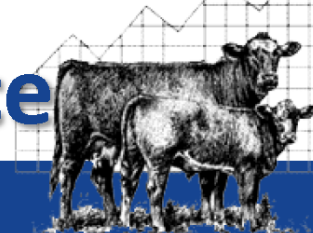
Disabilities  
accommodated  
with prior notice



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

*"Today's Challenges, Tomorrow's Opportunities"*

# Kentucky Beef Conference



## October 24, 2024

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, Kentucky 40504

**9:00—10:00**

Registration, visit  
sponsors

\$10 registration fee

**RSVP by October 22nd  
to Fayette County  
Extension Office  
859.254.3967**

**10:00—Welcome & Sponsor Recognition**

Beau Neal, Woodford County Agriculture &  
Natural Resources Extension Agent

**University of KY Remarks & Welcome**

Dr. Laura Stephenson, UK Director of Extension

**Genomics Technology**

Dr. Troy Rowan, University of Tennessee  
Institute of Agriculture Beef Genetics  
Extension Specialist

**11:00— Marketing Update & Outlook**

Dr. Kenny Burdine, UK Beef Economic  
Extension Specialist

**12:00 Lunch**

**1:00— Animal Tagging Update**

Dr. Michelle Arnold, UK Extension Ruminant  
Veterinarian

**1:30— KY Beef Cattle Health Update**

Dr. Steve Velasco, KY Department of  
Agriculture State Veterinarian

**2:00—Adjourn**

**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



Disabilities  
accommodated  
with prior notification.

# 2024 Kentucky Fencing School Agenda



Scan to register!!!

- 7:30** Registration and Refreshments
- 8:15** Welcome and Overview of the Day – *Chris Teutsch, UK*
- 8:30** Fencing Types and Costs – *Chris Teutsch, 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, UK Extension*
- 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, UK Extension & Eric Miller and Payton Rushing, Stay-Tuff*
  - Knot tying, splices, and insulator installation - *Jeremy McGill, UK Extension & Eric Miller and Payton Rushing, Stay-Tuff*
  - Installation of Stay-Tuff Fixed Knot Fence - *Eric Miller and Payton Rushing, Stay-Tuff*
  - Installation of High Tensile Fencing - *Jeremy McGill, UK Extension*
- 4:30** Questions, Survey and Wrap-up



**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 40546



Disabilities  
accommodated  
with prior notification.

# 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*

**WHAT:** Participants will learn how to install fixed knot woven wire and electrified smooth high tensile fencing

**WHEN:** November 14, 2024

**WHERE:** GREENACRES Lewis Township  
7597 OH-505  
Felicity, OH 45120



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

**Registration DEADLINE:** 2 weeks prior to workshop

**ONLINE Registration with Credit Card:**

<https://2024FallFencingSchool.eventbrite.com>



\*\*\*\*\*

**Registration by U.S. Mail:** Caroline Roper  
UK Research and Education Center  
P.O. Box 469  
Princeton, KY 42445



Name: \_\_\_\_\_

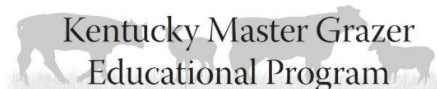
Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Number of participants \_\_\_\_\_ x \$35 per participant = \_\_\_\_\_ **Total Cost**

**Make CHECKS payable to: KFGC**



**2024 Kentucky Fencing School**

For more information contact Caroline Roper at 270-704-2254 or [Caroline.Roper@uky.edu](mailto:Caroline.Roper@uky.edu)



# FRANKLIN CO. CATTLEMENS ANNUAL MEETING

Mark your calendars for the Annual Membership Meeting. This year's event will be on Thursday, October 10, 2024.

Hosted by Triple H Cattle Company/Harrod Farms

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.



THURSDAY  
OCTOBER 10TH



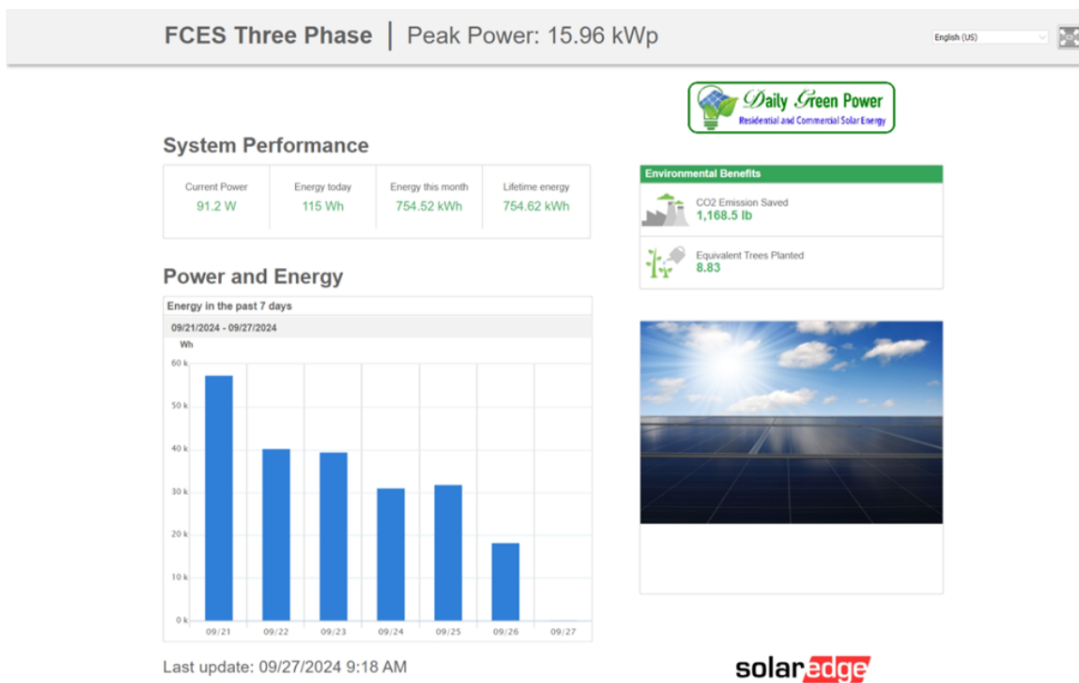
171 SPRINGHILL  
ROAD

PLEASE RSVP TO  
CRYSTAL HARROD  
BY OCTOBER 8TH



(502)330-5084

## The Franklin County Cooperative Extension Office has gone Solar!



As of September 13, 2024 our building is solar powered. We hope to have the daily performance posted on our lobby monitor soon so you can see what we are using and what we are producing on a real time basis!



## **Animal Management Tip: Warning for Prussic Acid or Cyanide Poisoning**

Prussic acid poisoning occurs when livestock graze certain plants that contain cyanide-producing compounds. Such species include, but are not limited to, sorghum, sudangrass, sorghum-sudan hybrids, Johnsongrass, and wild cherry. Cyanide can interfere with oxygen utilization in livestock, especially if consumed in large amounts. Symptoms appear quickly after consumption and may include cherry red colored blood, staggering, labored breathing, spasms, foaming at the mouth, falling, thrashing, severe convulsions, and death. If an animal has these symptoms, seek immediate treatment by a veterinarian.

Several management tools exist to reduce the risk of prussic acid poisoning. Before turning livestock into fields with forages that are known to produce prussic acid, contact your local county extension agent to test your forages. Wait to turn out animals once possible risk forages reach 15 inches tall. Do not graze wilted plants or plants with young tillers. Do not graze for 2 weeks after a non-killing frost. For a killing frost, wait at least 48 hours or until the material is dry before grazing. Avoid applying high levels of nitrogen. Cut high risk forages for hay, as prussic acid content decreases significantly during the curing process. For silage, prussic acid escapes as a gas during fermentation but it is still advised to delay feeding silage for six to eight weeks following ensiling to allow preservation of the forage. Although these practices may reduce the risk of prussic acid poisoning, it is still important to be cautious when feeding forages with possible high prussic acid content.

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## **Tire Amnesty**

The Waste Tire Collection Program, established in 1998, is part of the Energy and Environment Cabinet's (EEC) ongoing effort to rid Kentucky's landscape of waste tires.

During a waste tire collection event, individuals can drop off their unwanted tires at a specific location within their county at no cost. The EEC contracts for the removal and delivery of the recovered tires to "beneficial end use" markets where they are recycled to become products such as tire-derived fuel or crumb rubber. Multiple-county programs are included under each contract to achieve an economy of scale necessary to attract large, well-capitalized contractors.

The program is supported by the Waste Tire Trust Fund, which is funded when tire retailers collect a \$2 fee on all new replacement motor vehicle tires sold. Retailers may retain five cents to offset administrative costs, but the balance is required to go in the Waste Tire Trust Fund, which is dedicated to managing scrap tires and developing sustainable markets for recycled tire products.

To date, tire amnesty is responsible for the proper disposal of more than 19 million waste tires. The state has also developed an important end-use market with [Owensboro Municipal Utilities](#) to burn waste tires as fuel in its operation.

**DROP OFF DATES:**           **October 17-19, 2024**

**DROP OFF LOCATION:** **State Department of Highways Garage**  
**1900 US 127 South (SW corner of US127 & I-64)**

**CONTACTS:**                   **Mike Dees 502-564-6998**  
**Ally Hall 502-875-8751, [ally.hall@franklincounty.ky.gov](mailto:ally.hall@franklincounty.ky.gov)**

# Jr. Cattlemen's Corner

Over the next few Of Cows and Plows issues, we will be introducing our Jr. Cattlemen's Executive Board. We are excited these youth have taken on these leadership roles in our community!



Meet our vice president, Jacob Moore. Jacob is the 16 year old son of Jonathan and Erin Moore and the grandson of Mark and Connie Moore. Jacob is a junior at Western Hills High School. He is an outdoor enthusiast who loves fishing, hunting and all things farm related. Jacob is in auto mechanics at the Franklin County Career and Technology Center and plans to attend trade school after high school to become a certified mechanic. Jacob is an active member of North Benson Baptist Church.

## RECIPE



## Pumpkin Apple Muffins

<b>1¼ cups</b> all-purpose flour	<b>½ teaspoon</b> ground ginger	<b>1½ cups</b> fresh pureed pumpkin
<b>1¼ cups</b> whole-wheat flour	<b>½ teaspoon</b> ground nutmeg	<b>½ cup</b> canola oil
<b>1¼ teaspoons</b> baking soda	<b>1¼ cups</b> honey	<b>2 cups</b> Granny Smith apples, finely chopped
<b>½ teaspoon</b> salt	<b>2 large</b> eggs	
<b>1½ teaspoons</b> ground cinnamon		

**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 ¼ 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



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**Adam Leonberger  
County Extension Agent for  
Horticulture**

**Keenan Bishop  
County Extension Agent for  
Agriculture and Natural Resources**

Staff \_\_\_\_\_ Date: \_\_\_\_\_

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<b>October 4</b>	<b>Last Day to Submit Hay Samples</b>
<b>October 10</b>	<b>FCCA Annual Meeting—Triple H Farm</b>
<b>October 17-19</b>	<b>Waste Tire Amnesty</b>
	<b>Metal Recycling</b>
<b>October 19</b>	<b>Household Hazardous Waste</b>
	<b>Eden Shale Open House</b>
	<b>KY Annual Producer Conference</b>
<b>October 23</b>	<b>Growing a Bulb Meadow Class</b>
<b>October 24</b>	<b>KY Beef Conference</b>
	<b>Farm to Fork—Lakeview Park</b>
<b>November 14</b>	<b>KY Fencing School</b>
<b>November 21-23</b>	<b>Kentucky small, Limited Resource, Minority Farmers Conference</b>



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