

MCCRACKEN AG NEWS



McCracken County's Agriculture and Natural Resources Update

Cooperative Extension
University of Kentucky
McCracken County
2025 New Holt Rd
Paducah, KY 42001
270-554-9520



Meet the New Agent

Hello everybody! My name is Gracey Moffitt and I am the new Ag agent here in McCracken County. I am very blessed to have been chosen to take on this position and I am so excited to see what all the future holds!

Programming Survey

I am brainstorming different ideas for various programs, classes, and events to make available for all of McCracken County to come and enjoy! I have a survey linked to the QR code below, please scan with the camera on your phone and it will take you to the survey link to fill out. This survey will help me come up with ideas for programming! You can also find the survey under the Agriculture and Natural resources tab on our website - mccracken.ca.uky.edu. If you ever have any questions, feel free to reach out by calling or coming up to the office and I would be more than happy to help!



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Ag & Natural Resources

Events and News for Everyone



All About Eagles

Join LBL (Land between the Lakes) conservationists as they share the conservation history of eagles and offer tips for successful local eagle watching! 🦅

Two Chances:

February 21st
10:00am
Marshall County
Extension Office
1933 Mayfield Hwy
Benton, KY 42025

February 26th
5:30pm
McCracken County
Extension Office
2025 New Holt Rd
Paducah, KY 42001

Come join us on February 26th here at the McCracken County Extension Office to learn about Eagles and how to become an expert Eagle watcher!



McCracken County Cooperative Extension

Like and follow us on Facebook for updates about programs and events!

Know someone who would be interested in my newsletter? Have them contact Carla Wilkey at carla.wilkey@uky.edu or call the office at 270-554-9520 to be put on the mailing list!

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



YAIP Application is Open!

Like CAIP, the Youth Agricultural Incentives Program is offered to provide financial assistance in a cost share format. This program is for youth to apply for project funding. Applications are found at the McCracken Co. Extension Office and the Soil Conservation District Office. For more information call me at the extension office or the Soil Conservation District at 270-408-1244.

Livestock Events and News

Tips to Stretch Short Hay Supplies

Dr. Jeff Lehmkuhler, PhD, PAS, Beef Extension Professor, University of Kentucky

Below are a few tips to consider stretching limited hay supplies. For additional information contact your local Extension agent. It is recommended to consult with your feed nutritionist or County ANR Agent before making drastic changes in your feeding program.

- 1) Inventory hay** – know how much hay you available; weigh a few bales to get an average weight or estimate the weights based on available information from Extension publications.
- 2) Minimize storage losses** – keep hay off the ground on a surface that will allow water to drain away; keep bales covered or stored inside a barn; if bale grazing limit the number of bales placed in the field to provide 2-4 weeks of feeding to reduce weathering losses.
- 3) Reduce feeding loss** – consider minimizing feeding losses; using hay rings with skirts / metal on the bottom, tapered ring designs, chains to suspend bales, or cone inserts to keep hay inside the feeder has been proven to reduce hay feeding losses compared to hay rings with openings at the bottom; using an electrified temporary poly-wire placed down the center of unrolled hay will reduce losses from cows laying on the hay, trampling it into the mud, and defecating on the hay; feeding processed hay into a bunk or large industrial tire reduces waste compared to feeding processed hay on the ground.
- 4) Cull** – consider selling less productive females, open cows, and cows with structural/functional issues to reduce the number you must over winter; consider selling the bull as the market may provide the opportunity to sell a mature bull and replace him with a younger bull next spring.
- 5) Limit time access to hay** – research has shown dry cows in mid-gestation can be maintained on good quality hay when they have restricted access time to only 6-8 hours a day; the hay savings comes from less waste as feeding behavior is altered; all cows must be able to access hay at any given time; this is not recommended young or thin cows, lactating cows or growing animals.
- 6) Substitute hay with grain** – calories and protein can be provided from supplements; grain/commodity mixes can be used to replace hay; cows can be maintained on a low hay diet by using grain supplementation that balances the nutrient supply and animal requirements; consult a nutritionist before making extreme feeding changes.
- 7) Deworm young animals** – animals with an internal parasite burden will have reduced efficiency.
- 8) Feed an ionophore** – if grain supplementation will be used, consider adding an ionophore to increase the energy efficiency of the feed consumed. Consult your nutritionist to discuss inclusion rates and developing a supplement program. Previous work has shown that feeding 200 mg of monensin allowed cows to maintain body condition on 10-15% less hay.

Cattle Market Notes Weekly

Josh Maples



James Mitchell



Kenny Burdine



Subscribe to the *Cattle Market Notes Weekly Newsletter* and find other beef related articles by going to the UK Beef Center of Excellence under Current Market Information
<https://bce.ca.uky.edu/economics/current-market-information>

It's KY Lamb Month!

It has been announced by our new Ag Commissioner Jonathon Shell that his office is working with the Kentucky Sheep and Goat Development Office for a social media campaign. This campaign is to help KY lamb producers to get the word out about their operation and connect them with consumers. You can find more about this campaign on his Facebook along with using the hashtag #2024KYLamb.



UK BEEF MANAGEMENT WEBINAR SERIES

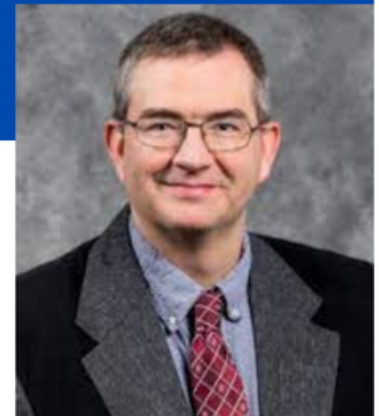
If you are interested and would like to be registered send an email to dbullock@uky.edu with Beef Webinar Series in the Subject and your name and county in the message to receive a Zoom link and password. You will receive an invitation and password the morning of the presentation.

JOIN OUR MEETING

● ● ● ● ● **8:00PM EST / 7:00PM CST**

TUESDAY, JANUARY 9

Dr. Perry joins us and presents on "Management decisions that impact reproductive efficiency in beef heards."



Dr. George Perry
Texas A&M University

TUESDAY, FEBRUARY 13

Dr. VanValin will be covering "What's the Cost of Cheap Mineral".



Dr. Katie VanValin
University of Kentucky

If you have any questions or need additional information please email dbullock@uky.edu. If you are already registered you will get a Zoom invitation the morning of each session with the link and password.

Row Crops & Forages

Events and News

Six easy steps to maximize your pasture success with clover frost seeding

Source: Jimmy Henning, plant and soil science professor

Kentucky's weather conditions are predictably unpredictable. During the Kentucky Forage and Grassland Council assembly in November, board members discussed a possible shift in optimal timing for frost seeding clover -- broadcasting red clover into winter wheat just before green-up -- due to the increasingly milder winters.

The advantages of cultivating clover are substantial, encompassing natural nitrogen fixation, and enhanced forage quality and yield. Particularly noteworthy is recent U.S. Department of Agriculture research indicating that red clover can significantly mitigate the vasoconstrictive effects of toxic endophyte tall fescue, making it an exceptionally valuable crop.

Frost seeding is a preferred establishment method due to its minimal equipment requirements. Typically, a small spinner seeder attached to a tractor or four-wheeler is all you would need for seed distribution. Red and/or white clover are well-suited for frost seeding as they exhibit rapid germination, shade tolerance, and vigorous root and shoot development in their seedling stages. Their small, smooth seeds are readily incorporated into the top quarter inch of soil through natural weather patterns or animal movement.

Despite the numerous advantageous clover traits are for establishment, it is crucial to adhere to the fundamental requirements of forage establishment, even in low-input methods like frost seeding. These essentials include:

1. **Conduct soil analysis and apply necessary nutrients.** Clovers thrive in soil with a pH of 6.5 to 7 and medium to high levels of phosphorus and potassium. Nitrogen should only be added when diammonium phosphate is required for phosphorus provision.
2. **Choose a high-quality variety.** Opt for an improved variety with established performance and genetics. Selecting a superior red clover variety can yield up to three tons more hay per acre and extend the stand's lifespan compared to common, unclassified seeds. The University of Kentucky provides extensive yield data and persistence of white and red clover varieties for hay and pasture, available at http://forages.ca.uky.edu/variety_trials. It is advisable to check with seed suppliers to see if your favorite variety is available.
3. **Apply an adequate quantity of seed.** Typical seeding rates range from 8 to 12 pounds of red clover and one to two pounds of white/ladino clover per acre. A reduced rate, such as six pounds of red and one pound of white clover, still results in over 55 seeds per square foot (37 red and 18 white).
4. **Ensure seed contact with bare soil.** Removing excess grass or thatch, revealing bare ground, is imperative before overseeding. A major cause of frost seeding failures is excessive ground cover. Farmers can achieve bare soil exposure through controlled cattle movement or mechanically using a chain harrow.
5. **Achieve optimal seed-soil contact.** Frost seedings rely on precipitation and the freeze-thaw cycle to integrate clover seeds into the top quarter inch of soil. Utilizing a corrugated roller post-seeding can further enhance soil contact.
6. **Manage competition the following spring.** Avoid additional nitrogen application on overseeded fields. Be prepared for timely mowing to control grass or weed overgrowth above the clover. Although clover seeds are inherently vigorous, controlling competition can expedite and improve establishment.

With careful attention to soil fertility, variety selection, seeding rate, seed placement and competition management, clover can be successfully frost seeded into existing grass pastures. For more information contact the McCracken County Cooperative Extension office.

Pesticide Licensing and Trainings: I am currently working on getting my own pesticide license so I can give out the tests and conduct trainings. I will release testing and training dates as soon as I can. You are also welcome to go to any of the other surrounding extension offices trainings. The dates are listed on their websites and Facebook. If you have any questions, please feel free to call the office or email me at gracey.moffitt@uky.edu.

Row Crops & Forages



Cooperative Extension Service

2024 Winter Ag Conference

FRIDAY FEBRUARY 9th 7:45 AM

LOWRY FARMS 5183 KY-94 W WATER VALLEY, KY

“Drones: Farming on the Fly”

Farmer Representative on Drone Uses
 Drone Technology in Ag and Natural Resources
 Drone Licensing and Sizing
 Using Drones for Custom Aerial Applications
 Panel Discussion

Josh Lancaster
 Jeremy Sandifer
 Josh Jackson
 Jack Tearman
 Above Speakers

Sponsored Lunch and Product Vendors on Site
 KY & TN Pesticide and CCA CEU's are pending



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 4-H Youth Development
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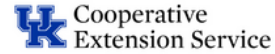


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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating



Call Your County Office to Register:
 Carlisle: 270-628-5458
 Calloway: 270-753-1452
 Graves: 270-247-2334
 Fulton: 270-236-2351
 Marshall: 270-527-3285
 McCracken: 270-554-9520
 Hickman: 270-653-2231



Land Rental Considerations

New Date!

Tuesday, February 27, 2024
 6:00pm

Graves County Extension Office

Join us as Jennifer Rogers from Purchase Farm Analysis Group talks through what to consider when working through land rental agreements.

A meal will be provided!

Please RSVP to 270-247-2334 if you will be attending.



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Upcoming Office Events

McCracken County Cooperative Extension Service

2024 FEBRUARY EVENTS (OPEN TO ALL UNLESS NOTED)

Feb 1st

10:00am Needlework
1:00pm Crochet Alley & Knit Row
6:30pm 4-H Robotics Elem Team

Feb 3rd

9:00am 4-H Sewing
Pre-reglstration required

Feb 5th

6:00pm 4-H Robotics MS Team

Feb 6th

9:00am Game Day ages 18+
9:00am Adult Sewing
5:00pm Toolbox: Electric Canning
*10:00am Canned to Cooked call Family Services Society
270-433-4838*

Feb 7th

10:00am Paint Fan Dance for ages 18+

Feb 8th

1:00pm Beading Circle
6:30pm 4-H Robotics Elem Team

Feb 9th

9:30am Homemaker International Day

Feb 10th

9:00am 4-H Sewing
Pre-reglstration required

Feb 12th

10:00am Quilting Club
11:00am District Board Meeting
6:00pm 4-H Robotics MS Team

Feb. 13th

9:00am How to make a King Cake Class-
Pre-Registration Required
*10:00am Canned to Cooked call Family Services Society
270-433-4838*

Feb 14th

10:00am Tech Class- Learn the Basics of Google Docs



Feb 15th

9:00am Game Day
10:00am Needlework
6:30pm 4-H Robotics Elem Team

Feb 16th

9:30am Arts & Crafts- Sashiko
5:00pm CPR Course **Pre-Registration Required**

Feb 17th

9:00am 4-H Sewing
Pre-reglstration Required

Feb 19th

9:00am Heirloom Sewing Class
1:30pm Basic Sewing Ages 18+
2:00pm Four Rivers Home School & Clover Buds
6:00pm 4-H Robotics MS Team

Feb 20th

9:30am Bags of Love
*10:00am Laugh & Learn at the McCracken Co Library (Teaching Caregivers -How to teach children kindergarten readiness skills)
*10:00am Canned to Cooked call Family Services Society
270-433-4838*
11:00am Interracial Women's Group

Feb 21st

9:00am Scrapbooking
11:00am Paint Fan Dance ages 18+

Feb 22nd

1:00pm Beading Circle
6:30pm 4-H Robotics Elem Team

Feb 26th

6:00pm 4-H Robotics MS Team
5:30pm All About Eagles

Feb 27th

9:00am Adult Sewing
*10:00am Canned to Cooked call Family Services Society
270-433-4838*

mccracken.ca.uky.edu



Off-Site
Times & Dates are Subject to Change
Call (270) 554-9520 for more information on any event.

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Disabilities accommodated with prior notification.

Recipe of the Month



Spinach and Mushroom Quiche

1 tablespoon olive oil
4 cups chopped spinach
2 cups chopped mushrooms
1/2 medium yellow onion, chopped
1 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder

8 large eggs
1 cup shredded Colby-Jack cheese
1 cup skim milk
4 tablespoons melted butter
2 (9-inch) unbaked pie shells
4 tablespoons grated parmesan cheese

Preheat oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

Yield: 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

Nutritional Analysis: 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.

Kentucky Spinach

SEASON: May through June and September through November

NUTRITION FACTS: One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

SELECTION: Look for bright green leaves that are fresh, young, moist, and tender. Avoid coarse stems, injured, torn, dried, limp, or yellowed leaves.

STORAGE: Store in the coldest part of the refrigerator for no more than two to three days.

PREPARATION: Wash in lukewarm water in a large bowl. Remove any roots, rough ribs, and the center stalk if it is large or fibrous.

PRESERVING:

Freezing:

Wash leaves and remove large stems. Blanch for 2 minutes, cool, drain, and package, leaving 1/2-inch headspace. Seal, label, and store up to one year in the freezer.

KENTUCKY SPINACH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2021

Source: FruitsAndVeggies.org

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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