

MAY 2024



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

Nicholas County Extension

Ag and Natural Resources Newsletter

Soil Samples

It's that time of year again and Spring is in the air. The Nicholas County Soil Conservation has agreed to pay for (5) samples per Nicholas County resident. After (5) they are \$6 each cash or check only.

Forage Timely Tips

- Graze cover crops using temporary fencing.
- As pasture growth begins, rotate through pastures quickly to keep up with the fast growth of spring.
- Creep-graze calves and lambs, allowing them access to the highest-quality pasture.
- Finish re-seeding winter feeding sites where soil disturbance and sod damage occurred.
- As pasture growth exceeds the needs of the livestock, remove some fields from the rotation and allow growth to accumulate for hay or haylage.
- Flash graze pastures newly seeded with clovers to manage competition

Upcoming Events:

- **May 10th Soil Conservation Producer meeting (CAIP Eligible)**
- **June 27th Hay Field Day (CAIP Eligible)**



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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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Lexington, KY 40506



Disabilities accommodated with prior notification.

University of Kentucky Extension presents:

Producing Hay for Horse Markets: Quality Hay Takes Effort

Event Schedule

- 5:30 Registration
- 6:00 Meal
- 6:15 Farm Overview- JP Judge
- 6:30 Marketing hay to horse owners - Dr. Bob Coleman
- 7:00 Demos
 - Seeding hay fields with a drone
 - Harvesting top quality hay - JP Judge

Date

June 27, 2024

Rain Date

July 2, 2024

Venue

Judge Farms

4088 Moorefield Rd.

Carlisle, KY 40311

Registration- \$10

Advanced registration is very appreciated. Deadline to register is June 24



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

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NICHOLAS COUNTY CONSERVATION DISTRICT FARM FIELD DAY AND PRODUCER MEETING



Informational Day

- Farm Field Day at Four Quarters Farm 4:30-5:30
- Producer meeting at 4h barn 5:30-7:30
- Food provided- **FREE** (please RSVP by May 6th, 2024 to (859)587-2132 or nicholasconservation@hotmail.com)
- KAOP Speaker (CAIP/YAIP)
- NRCS Speaker (SCS, EQUIP, & CSP)
- Ag Booth's setup
- Kentucky Commissioner for Fish and Wildlife
- Conservation District speakers
- This will count as CAIP Education

May 10, 2024 4:30-7:30

Four Quarters Farm: 395 E Headquarters Rd. Carlisle, KY 40311

4H Barn: just past eagle cycle 1423 Concrete Rd. Carlisle, KY 40311



NICHOLAS COUNTY CONSERVATION DISTRICT

115 West Main St. Carlisle, KY 40311

(859)587-2132 | nicholasconservation@hotmail.com

Safely keep your home free of pests as the weather warms up

Our homes serve as tranquil havens, offering a space to retreat and relax. It's essential to safeguard our living spaces and maintain privacy diligently. As the weather continues to warm up, the emergence of insect pests within, and around, our homes can disrupt this privacy. To address pest infestations, some may use pesticides to restore order to their gardens, landscapes, and indoor spaces. When applying pesticides, employing smart, cautious approaches is crucial for the safety of your household. Here are several strategies to mitigate these improper pesticides usage risks for you and your family:

- **Select the appropriate pesticide:** Identify the pest causing damage to ensure the ideal pesticide to use. Misusing a pesticide fails to resolve the issue, wasting resources and exposing your family to unnecessary risks. Extension offices are available to assist in accurately identifying pests and selecting the appropriate treatment.
- **Adhering to pesticide label instructions:** Pesticide labels carry legal authority, designed to ensure your safety. Applying a pesticide in a manner not specified could be unsafe or illegal. Additionally, certain pesticides may not be suitable for use in residential areas. You will ensure the safe and effective use of the product against pests by properly following the label's directions.
- **Avoiding combining pesticides with household items:** Use designated equipment for pesticide application, refraining from repurposing these items for household tasks. Mix only the amount of pesticide needed for the task. Properly dispose of any leftovers without using drains or toilets.
- **Wearing protective clothing:** Minimize exposure to pesticides by donning appropriate gear. While specific protective equipment may be recommended on the pesticide label, wearing plastic gloves, closed shoes, socks, long pants and long-sleeved shirts is a minimum safety standard.
- **Keep away from children and pets:** Ensure children and pets are not present in the area during pesticide application, adhering to label guidelines when it's safe to return. If timing is not specified, wait until the pesticide has completely dried is a good best practice
- **Thoroughly cleaning after application:** Clean reusable protective gear and wash application clothing separately from other laundry. Always cleanse your skin and hands thoroughly before consuming food, drinks or tobacco.
- **Storing pesticides safely:** Follow label instructions for proper storage, keeping pesticides out of reach of children and pets and in a temperature-controlled environment. Pesticides should be stored above 40 degrees Fahrenheit, while also avoiding extreme temperatures.

Effective strategies to prevent plant diseases in your garden

- In the unseen sphere of our vegetable gardens, plant pathogens including fungi, bacteria, nematodes, and viruses are ever-present threats. However, with proactive measures, gardeners can successfully manage these threats and maintain healthy vegetable gardens.
- Selecting the right location for your garden is the first step in prevention. Opt for a sunny area with well-drained soil to discourage the growth of pathogens. Raised beds can be an effective solution for improving drainage and air circulation around plants. It's also crucial to clear out old plant debris, which can harbor diseases from the previous season.
- When choosing plants, prioritize disease-resistant varieties and inspect any transplants for signs of disease before introducing them to your garden. For seeds, consider those that have been treated with fungicide to give them a better chance of thriving. Planting in warm soil and ensuring proper spacing between plants are additional measures that can minimize stress and disease susceptibility.
- Crop rotation is an invaluable strategy, especially in smaller gardens. Changing what's planted in a specific area every few years can prevent the buildup of soil-borne diseases. For crops that are particularly disease-prone, consider skipping their cultivation for a few years or growing them in containers separate from the garden.
- Maintaining a weed-free garden throughout the growing season is essential. Weeds can serve as hosts for pests and diseases, transferring them to your vegetable plants. Proper watering techniques can also make a significant difference; water at the base of plants to avoid wetting foliage, and if overhead watering is necessary, do so early in the day to allow leaves to dry.
- Avoiding mechanical injury to plants, such as from gardening tools or rough handling, can prevent openings for pathogens. Furthermore, refraining from working in the garden when plants are wet can reduce the spread of diseases.
- By taking these steps gardeners can effectively manage plant diseases. This approach not only protects the garden from the myriad of pathogens waiting to attack but also leads to a bountiful and healthy harvest.

REPORT TO THE PEOPLE NICHOLAS COUNTY

2024



Did you know? *According to the US Census Bureau, the population of Nicholas County increased 9.3% between 2010 and 2022. Our county is growing and Nicholas County Cooperative Extension is here to support that growth by connecting the community to the University of Kentucky, Kentucky State University, and the world.*

For more information, please contact us at:

Nicholas County Extension Office
368 East Main Street, Carlisle, KY 40311
(859) 289-2312 or email: nicholas.ext@uky.edu



Nicholas County Cooperative Extension



<http://nicholas.ca.uky.edu>

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accommodated
with prior notification.

4-H YOUTH DEVELOPMENT



Nicholas County 4-H Youth Programs

- Livestock Judging
- Cooking
- Cloverbuds
- Horse
- Sewing
- Shooting Sports
- Teen
- Photography
- Nature
- Livestock Skillathon

Thriving with Summer Camp

Kentucky 4-H believes in providing positive youth development experiences that allow youth to experience belonging, mastery, independence, and generosity. Nicholas County youth are fortunate enough to receive those experiences right here in their own backyard at North Central 4-H Camp. Nicholas County Cooperative Extension Service provided 93 campers, 16 teen leaders, and 10 adult leaders the opportunity to attend summer camp during the summer of 2023. This was an increase of 21 campers and 3 teen leaders from 2022. Nicholas County 4-H was recognized for reaching a camp milestone by having the second highest camp attendance in history.

Summer camp allows youth the opportunity to develop a sense of belonging, gain independence, and develop social skills. The youth learned responsibility that is acquired through independence of living in a group setting to manage their belongings. They also learn how to work together, take on new challenges, and learn skills through the programming that is offered.

Aside from the many ways our campers develop, our Teen Leaders develop leadership skills through their ownership in the programming offered. Teen Leaders take on the responsibility of taking care of younger campers, learn to work as a team, and create bonds with youth under their care that last a lifetime.



**2023
4-H SUMMER
CAMP**



Family and Consumer Sciences



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Disaster Preparedness

Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. Because there is no “one-size-fits-all” disaster model, planning community outreach can be challenging, and Cooperative Extension is often involved in disaster preparation and response at the local level.

As a result of local needs, the County Extension Agent for Family and Consumer Sciences in Nicholas County hosted a workshop to share information with members of the community on September 5th in recognition of Disaster Preparedness Month. The focus of this event was on share information on protecting both their family and home, food and water safety, family finance and resource management, as well as the opportunity to purchase a disaster preparedness kit. Participants were recruited through the social media platforms the county extension office uses, as well as through an article on disaster preparedness and the event opportunity in the local newspaper. Eleven individuals participated in the programming, with word of mouth spreading after the event from other citizens wanting additional information on disaster preparedness kits.

Following the event, participants completed evaluations. 100% of participants gained a better understanding of steps they could take in preparation of natural disasters. 100% of participants increased their understanding of how to find reliable resources on disaster preparation and/or response. Further, 100% of participants can better identify what items they should include in a disaster kit. Most importantly, 9 of the 11 participants purchased a ready-made disaster kit from the extension office, and 2 reported they created a kit upon completion of the program that fits their needs and 100% of participants shared in the follow-up evaluation that they intend to create a disaster response plan to share with their family.

Participants specifically shared the most significant things they learned from the event were.....

1. How to sanitize water with the proper bleach to water ratio
2. To be prepared in regard to the medicine I take that is critical for my survival and have it on hand and ready
3. Preparedness is everything and can certainly mean a life or death situation when Mother Nature strikes
4. The home inventory worksheet was beneficial to put in my fireproof waterproof bag

Programs Offered

- Bingocize
- Real World 101
- Cooking Through the Calendar
- Laugh and Learn
- Disaster Preparedness Event
- Scams and Fraud Prevention
- Cast Iron Cooking Health You
- Money Habitudes
- AARP Safe Driving Course
- Food Preservation Homebased Microprocessor
- Food Preservation Tacos and Trivia
- Women’s Health Issues Seminar
- Go Red Event



Ashley Vice, FCS/4-H Agent

AGRICULTURE & NATURAL RESOURCES



Shelby Cleaver
ANR/4-H Agent



In collaboration with the Nicholas County Soil Conservation, soil samples brought into the office from producers are tested at the University of Kentucky to assist Nicholas Countians in making decisions that will improve and ensure quality crops for the upcoming growing season. Soils brought in for testing included garden, alfalfa, grasses, corn, soybean and tobacco soils. Soils are tested for pH, P2O5 and K2O. Benefits of soil testing include the specific reporting allows producers to make timely decisions on amendments in their soils to ensure the correct amount of lime, potash and/or phosphate into their ground for their crops.

The Nicholas County Agriculture Agent recognizes the benefits of planting and replacing trees and their importance in maintaining a healthy environment and ecosystem. Trees play a vital role in absorbing carbon dioxide, a major greenhouse gas, from the atmosphere, helping to mitigate climate change. They also provide habitat and food for wildlife, contribute to soil health, and help regulate local temperatures. Additionally, trees offer numerous benefits to humans, such as improving air quality, reducing noise pollution, and providing shade and beauty to urban areas. By planting and replacing trees, we can ensure that future generations can continue to enjoy these benefits and live in a more sustainable world. Seeing these benefits, the Nicholas County ANR agent provided 350 free tree seedlings to citizens of Nicholas County in 2023.



IMPACT SNAPSHOT

92

Soil Samples collected and tested

350

Trees distributed at first annual tree giveaway

EDUCATION OFFERED TO PRODUCERS

- BQCA- Beef Quality Care Assurance**
- This program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence through content ranging from herd health to record keeping.
- PPAT- Private Pesticide Applicator Training**
- This program allows producers to gain knowledge and expertise, as well as gain certification for use of pesticides that they may apply.
- Master Gardner Program**
- This program enables about botany, tree identification, soils, propagation, disease and insect identification, and much more. Complete the program requirements, then use your new knowledge by volunteering 40 hours at Extension-approved sites in order to become a Certified Master Gardener!



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons black pepper	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	½ teaspoon salt	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	16 spears fresh asparagus, trimmed	1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis: 370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.