AGRICULTURE & NATURAL RESOURCES



From the Ground Up

Bath County Agricultural Newsletter

April

2023

Robert Amburgey

Bath County Extension Agent for Agriculture and Natural Resources

Cooperative Extension Service Bath County 2914 E. Hwy 60 Owingsville, KY 40360 (606)674-6121 Fax: (606)674-6687 bath.ca.uky.edu LIKE US ON FACEBOOK: BATH COUNTY AGRICULTURE

University of Kentucky College of Agriculture, Food and Environment

Cooperative Extension Service

IMPORTANT DATES

PROGRAMS AVAILABLE:

FOR MORE INFORMATION, YOU CAN CONTACT THE BATH COUNTY EXTENSION OFFICE AT 674-6121

BATH COUNTY CATTLEMAN ASSOC. April 11th, 6:30 p.m. Bath County Extension Office

FAMER'S MARKET WIC/SrFMNP PRODUCER TRAINING April 20th, 6:00 p.m. Bath County Extension Office

CAIP ORGANIZATIONAL/INFORMATION MEETING April 25th, 6:30 p.m. Bath County Extension Office

RSVP TO THE BATH COUNTY EXT OFFICE AT 674-6121

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Disabilities accommodated with prior notification.

LEXINGTON, KY 40546

Clover Mites Like Lush Lawns

Clover mites are accidental invaders that can be a temporary nuisance during early spring. These very small, reddish brown creatures appear only as moving dark spots to the naked eye. Sheer numbers, plus the resulting red-brown stain left behind if they are crushed, make them unwelcome visitors. Clover mites are not blood feeders and will not harm people or pets nor will they infest household products. Once inside a home or building they will soon die. Clover mites feed on clover and grasses, and they can be especially abundant in the heavy, succulent growth of well-fertilized lawns. They usually enter a home around windows or doors, so these mites are usually seen crawling along sills or thresholds.

Management



Indoors

A soapy rag or wet sponge can be used to clean mites off of surfaces. Wipe carefully to avoid crushing the mites and causing stains. The crevice tool of a vacuum cleaner may also be used to pick up mites. Rely on non-chemical control indoors. Do not apply insecticides to kitchen counters or other interior surfaces.

Outdoors

There is an increased potential for mites invading structures when grass extends up to the foundation. A plant bed or open area will provide a barrier that will stop many mites and provide a long term solution to persistent problems. Avoid over-fertilizing lawns. This creates situations that are ideal for mites to increase to tremendous numbers.

BE READY FOR ALFALFA WEAVIL

Lee Townsend—UK Extension Entomologist

Alfalfa weevil is the key pest of the first cutting. Populations have been above normal over much of the state during the past 2 years, so it is important to be watchful this spring. High populations may last for 2 to 3 years before natural enemies, diseases, and climatic factors begin to take their toll.

Temperature drives insect development, so they may appear early or late, depending on how the spring unfolds. Fortunately, an alfalfa weevil degree-day model can indicate when to start checking fields for tip feeding (Figure 1), the signature damage of this key crop pest.

The table below shows the variation in degree-day accumulation that can occur in consecutive years, along with the predicted values for 2018.

Scouting for Alfalfa Weevil

The accumulation of 190 degree-days (base 48°F) signals the time when early tip damage can appear in fields. Check degree-day accumulations for your area at the UK Ag Weather http://weather.uky.edu/dd.php

The second critical time to check for damage should occur when 225 degree-days have accumulated. At this time, spring-laid eggs should have begun to hatch. Pay particular attention to fields that had significant weevil damage last spring.

Weevil scouting procedure is outlined in Alfalfa Weevil Sampling Program (EntFact 127).

Year	East Rowan Co	Central Fayette Co	South Warren Co	West Caldwell Co
2015	7-Apr	9-Apr	1-Apr	2-Apr
2016	15-Mar	14-Mar	12-Mar	3-Mar
2018*	19-Mar	24-Mar	25-Feb	12-Mar

Table 1. Historical degree-day accumulations for 2015 and 2016 indicate the potential variation in initial appearance of tip feeding by the alfalfa weevil and predicted dates for 2018.



Figure 1. Tip feeding by alfalfa weevil (Photo: Lee Townsend,

TIPS FOR THE SPRING GARDEN

The Spring Garden The spring garden contains cool season crops that are planted and harvested from late winter to late spring. The seed of some of these crops can be planted directly in the garden soil, while others will need to be started in a greenhouse or other suitable growing area and then transplanted to the garden.

Spring garden plants grow best with relatively cool air temperatures (50° to 65°F) and are raised either for their leaves, stems or flower buds. Peas are grown for their immature fruits. These crops produce their vegetative growth during spring's short, cool days. If they are planted too late in the spring, summer heat reduces their quality by forcing some to flower and form seeds (bolt), and others to develop off flavors, bitterness, poor texture and low yields.

Avoid these problems by planting spring vegetables as soon as the soil can be worked in the spring since light frost will not injure them. Plant either seeds or transplants, allowing the vegetables to reach edible maturity before hot summer days arrive.

Plant as soon as the soil is workable and dry enough so it does not form wet clods. Do not work the soil when it is wet. Doing so can ruin the texture for several years. Wait for the best conditions no matter how much the planting bug is nibbling at your fingers.

Do not use organic mulches in early spring. Rather, let as much sunlight as possible reach the soil to warm it. After May 1, you can use mulches to conserve soil moisture and help prevent weeds

Plant spring garden crops together so that you can plant fall vegetables in the same area later. When "double cropping," do not plant closely related vegetables in the same rows because of possible disease and insect carryover from the spring crop.



Table 10. Crops for the spring garden.

Swiss chard

Turnipgreens

Turnips

55-60

40-60

30-50

х

х

х

х

 Table 14.
 Earliest and latest planting dates in the garden in Kentucky. (If producing your own transplants, begin two to 12 weeks earlier than these listed dates. See Table 5.)

				transplants, begin two to 12 weeks earlier than these listed dates. See Table 5. Earliest Safe Planting Date Latest Safe					g Datei	
					lenner and a second sec		-			-
		Tra	Doverte	Crops	Western	Central	Eastern	Eastern	Central	Western
	ds	nspl	Maturi-	Asparagus (crowns)	Mar 10	Mar 15	Mar 20	1.1.45	(Spring only)	
		ants	ty1	Beans (snap)	Apr 10	Apr 25	May 1	July 15	July 25	Aug 1
			-,-	Beans (lima)	Apr 15	May 1	May 10	June 15	June 20	July 1
Vegetable				Beets	Mar 10	Mar 15	Mar 20	Aug 1	Aug 10	Aug 15
				Broccoli (plants)	Mar 30	Apr 5	Apr 10	July 15	Aug 1	Aug 15
				B. Sprouts (plants)	Mar 30	Apr 5	Apr 10	July 1	July 15	Aug 1
				Cabbage	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
				Carrots	Mar 10	Mar 20	Apr 1	July 1	July 15	Aug 1
				Cauliflower (plants)	Mar 30	Apr 5	Apr 10	July 15	July 20	Aug 5
Beets	x		55-60	Celery	Apr 1	Apr 5	Apr 10	June 15	July 1	July 15
Deets			55.00	Chard	Mar 15	Mar 20	Apr 1	June 15	July 15	Aug 1
Bibblettuce	x	x	60-80	Collards	Mar 1	Mar 10	Mar 15	Aug 15	Aug 20	Aug 30
Dibblettuce	^	^	00-80	Sweet Corn	Apr 10	Apr 20	May 1	June 15	July 10	July 20
Droccoli	_	× ×	40.00	Cucumbers	Apr 20	May 1	May 10	June 15	, July 1	, July 15
Broccoli		x	40-90	Eggplant (plants)	May 1	May 10	May 15	June 1	June 15	July 1
Devende en verste			00.00	Kale	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Brussels sprouts		X	80-90	Kohlrabi	Mar 15	Mar 20	Mar 25	July 15	Aug 1	Aug 15 Aug 15
	_		60.600	Lettuce (leaf)	Mar 15	Mar 25	Apr 1	Aug 1	Aug 1 Aug 15	Sept 1
Cabbage		x	60-100	Lettuce (bibb plants)	Mar 15	Mar 25		July 15	-	
							Apr 1		Aug 1	Aug 15
Carrots	X		60-80	Lettuce (head plants)	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
				Muskmelons	Apr 20	May 10	May 15	June 15	July 1	July 15
Cauliflower		x	50-100	Okra	Apr 20	May 10	May 15	July 1	July 15	Aug 1
				Onions (sets)	Mar 1	Mar 10	Mar 15		(Spring only)	
Celery		x	100-130	Onions (plants)	Mar 15	Mar 25	Apr 1	June 15	July 1	July 15
				Onions (seed)	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Chinese cabbage	X	х	43-75	Parsley	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
				Parsnips	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Collards	х		75-90	Peas	Feb 20	Mar 1	Mar 15		(Spring only)	
				Peppers (plants)	May 1	May 10	May 20	June 15	July 1	July 15
Endive	х	х	60-90	Irish Potatoes	Mar 15	Mar 15	Mar 20	June 15	July 1	July 15
				Sweet Potatoes	May 1	May 10	May 20	June 1	June 10	, June 15
Kale	х	x	50-60	Pumpkins	Apr 20	May 5	May 10	June 1	June 15	July 1
				Radishes	Mar 1	Mar 10	Mar 15	Sept 1	Sept 15	Oct 1
Kohlrabi	X		50-70	Rhubarb (crowns)	Mar 1	Mar 10	Mar 15	Coper	(Spring only)	
				Rutabaga	Mar 1	Mar 10	Mar 15	July 1	July 10	July 15
Leaf lettuce	X	x	40-50	Southern Peas	Apr 20	May 5	May 10	June 15	July 10	July 15
			10 30	Snow Peas	Feb 20	Mar 1	Mar 15			,
Mustard greens	x		35-60					July 20	Aug 1	Aug 8
Mustard greens	^		55-00	Spinach	Feb 15	Mar 1	Mar 10	Aug 15	Sept 1	Sept 15
Onionsa	x	v	40-120	Summer Squash	Apr 20	May 10	May 15	July 15	Aug 1	Aug 15
Onions2	X	x	40-120	Tomatoes (plants)	1					
Peas			CO 00	Turnips	Mar 1	Mar 10	Mar 15	Aug 1	Aug 10	Aug 20
	X		60-80	Watermelons	Apr 20	May 5	May 15	June 15	July 1	July 15
D-+-+	_		00.440	Winter Squash	Apr 20	May 10	May 15	June 15	July 1	July 15
Potatoes3			90-140	1 Based on average of early maturing varieties. Mid-season and late-maturing varieties need to be planted 15 to 30 days earlier than latest date.						
Radishes	x		20-30							
Cninach			40.70	-	Roc	ots as ve	getable	S		
Spinach	X		40-70	Stort						



Container Gardening

Even if you live in an apartment or condominium with only a balcony, patio or walkway available for gardening, you can still enjoy many of the rewards of vegetable gardening.

Container gardening can provide you with fresh vegetables as well as recreation and exercise. Many container-grown vegetables also have ornamental value and can enhance your home. Using containers allows you to take advantage of the various microclimates in your vicinity. For example, lettuce can be grown in a cool, shaded area while heat-loving plants, such as eggplant, can be located in full sun where reflections from buildings or patio surfaces add to the heat.

Feeding and watering plants is easier if you use big containers, since small ones need more frequent attention. Choose the container size to match the plant's growth requirements.

Choosing Vegetables for Containers

As a rule nearly all leafy vegetables will do well in containers. Plant breeders have developed many dwarf or miniature varieties for container production.

Crops with many fruits per plant such as tomatoes are good choices. Table 9 lists some of the vegetables and their requirements for container production.

A 12" x 48" x 8" box makes an excellent patio herb garden. Chives, garden thyme, basil, marjoram and summer savory will all do well in such a planter box. The sprawling growth habit of the various mints, oregano and rosemary make them attractive in hanging baskets. Typical container sizes are listed in Table 6.

Containers

Material—You can use containers made of clay, wood (redwood or cedar), plastic or metal for growing vegetables. Also consider using barrels, flower pots or window boxes. Unusual containers will add interest to your garden.

Holes—Each container must have drainage holes in the bottom so the plant roots will not stand in water. If the container does not already have holes, make at least four small nail holes in its sides, ½ inch from the bottom.

Size—The container should be the proper size for the plant growing in it (see Table 8 for types and sizes of growing containers).

Planting in Containers

Some vegetable seeds are planted directly in the containers where they will be growing. Others are set in as transplants.

Use a commercially prepared greenhouse soil mix, available at local garden centers or greenhouses, to grow plants in containers. If you're going to have several large containers, you may want to mix your own soil. The soil mix (Table 7) is good for container gardening because it is lightweight and sterile.

Planting Procedure

Moisten the soil mix the day before you intend to plant results. Many mixes contain a high percentage of peat, wl quires time to soak up water. Peat moistens faster with hc than with cold water. A drop of dishwashing soap will help potting mixes.

- Fill a clean container to within ½ inch of the top with tl ture.
- Follow the seed package's instructions for planting.
- Sow the seed more thickly than needed in case some germinate.
- Put a label with the name and variety of the vegetable a date of planting in each container.
- Water the seed gently with a watering can after sowing careful not to wash out the seed. Or, put a burlap bag o container to reduce water impact.
- Thin the plants for proper spacing when they have two c leaves.

Care

Pay particular attention to watering container vegetable tainer soils can dry out very quickly, especially on a concret in full sun. Daily watering may be necessary. Water when feels dry. However, do not go to extremes. The soil should soggy or have water standing on top of it. Apply water until out the drainage holes.

Protect plants from very high heat caused by light ref from pavement or a building. If necessary, move them to a spot or shade them during the hottest part of the day. Plar also need to be taken to a more sheltered location during rain or wind storms.

Vegetables grown in containers should be fertilized re; Make the first application three weeks after the plants ha sets of leaves. Repeat once a week, using a soluble plant i one-half strength (according to label directions).

Keep a close watch for insects and diseases which may vegetables. Identify any problems and take appropriate (measures.

After you harvest spring and early summer crops, repl: containers with vegetables for the summer or fall garden.

Mini-Gardens

Another solution to working with limited space is to pla eral mini-gardens in vacant spots around your yard instead ting all your vegetables in one plot. Some possible sites at the kitchen door, along the sunny side of the house or $\frac{1}{2}$ around the outdoor grill, along a walk in a flower bed of a fence. Placed this way, vegetables serve a dual purpose ϵ food and landscape plants.

Table 6. Typical container dimensions, and their corresponding size in gallons.

Inches	Gallons
7 ¼″ x 6 ¼″	1
8" x 8"	2
10" x 10"	3
12" x 11"	4
12" x 12"	5
13" x 13"	6

 Table 7. Soil mix for container plants.

 1 part composted or sterilized¹ garden soil

 1 part sphagnum peat moss (Canadian)

 1 part perlite

 ½ cup dolomitic limestone/bushel

 ¼ cup superphosphate/bushel

 1 To sterilize, put moistened soil in a cake pan and heat at 200°F for 46 - 60 minutes, or put in a glass pan in a microwave oven for 15 - 20 seconds.

Туре	Dia.	Hgt.	
2 inch pot	2″	3 1⁄2″	1
6 inch pot	6″	5 1⁄2″	T
No. 10 can	6″	7″	
8 inch planter	8″	8″	1
10 inch planter	10″	9″	2
1/2 bushel basket	13″	9 1⁄2″	1
5 gal can	11″	12 1⁄2″	1
1 bushel basket	17 1⁄2″	11 1⁄2″	

Season/ Light Req.	Spacing/ Container Size	Varieties	Days until Harvest
Bean (green, bus	h type)		
Warm	5 - 6" apart	Romano Bush	50
Full sun	8 - 10" deep	Blue Lake Bush	58
		Tendercrop	54
Beets			
Cool	2 - 3″ apart	Kestrel	53
Tolerates partial	24" x 36" x 8"	Red Ace	53
shade		Merlin	55
		Detroit Supreme	59
Broccoli			4
Cool	15" apart	Green Comet	55
Full sun	12" x 48" x 8"	Emperor	60
Cabbage	12 21"+	East Vantago	65
Cool Full sun	12 - 24" apart 10" deep	Fast Vantage	70
ruiisun	In neep	Stonehead Market Prize	70
			82
	1	Super Red 80	02
Carrots			
Spring, Fall	1½ - 3″ apart	Ya Ya	56
Partial shade	24" x 36" x 10"	Sugarsnax	68
		Little Fingers	65
Collards			
Cool, Fall	6" apart 8 - 10" deep	Champion	60
Full sun		Georgia/Southern	80
		Vates	80
Cucumbers		1000	
Warm	12 - 16" apart	Sweet Success	55
Full sun	12" x 48" x 8"	Sweet Burpless Hybrid	55
Eggplant			
Warm	1 per 4 - 5 gal	Orient Express	58
Full sun	container	(Japanese type)	
		Dusky	61
		Blackbell	70
	12" apart	Fairy Tale	50
	10 - 12" deep		
Kale			
Cool, Fall	6" apart	Dwarf Blue Curled	55
Partial shade	12" x 48" x 8"	Vates	57
Lettuce			
Early spring, Fall	4 - 6" apart, leaf;	Kentucky Bibb	54
Partial shade	10" apart, head	Buttercrunch	75
	12" x 48" x 8"	Royal Oakleaf	50
		Red Sails	45
		Burpee's Iceburg	85
Onions (bulb) ¹			
Early spring	2" apart	Walla Walla Sweet	
Partial shade	6" deep	Candy	1
Onions (green)	<u> </u>	1	
Early spring or	2" apart	White Spanish	T
September	6" deep	Bunching (early)	
Full sun		Jan	

Season/ Light Req.	Spacing/ Container Size	Varieties	Days until Harvest
Peas	1,	<u></u>	
Cool	4 - 6" apart	Little Marvel	62
Full sun	8 - 10" deep	Sugar Ann	55
		Cascadia	58
Peppers			
Warm	14 - 18" apart	Carmen	75
Full sun	1⁄2-4 gal	King Arthur	59
	с.	Gypsy Hybrid	65
		Hot Anaheim	77
		Hungarian Wax	65
	<u> </u>	Jalapeno	65
Radishes			
Early spring, Fall	1" apart	Cherriette	26
Full sun to light	Any size, 6″ deep	Cherry Belle	30
shade		lcicle	28
	L	Cherry Bomb	25
Spinach	, <u>an</u>	1_	
Spring, Fall	5" apart	Tyee	42
Full sun to light	Any size, 6" deep	Melody	43
shade		Bloomsdale Long- Standing	48
Summer Squash			
Warm Full Sun	1 per 5 gal container	Black Magic (green zucchini)	44
		Gold Rush (yellow zucchini)	50
		Burpee Hybrid (green zucchini)	50
		Sunburst (yellow scallop)	52
Swiss Chard			
Spring, Summer,	4 - 5" apart	Bright Lights	55
Fall	Any size, 6 - 8" deep	Rhubarb Chard	60
Partial shade		Fordhook Giant	60
Tomatoes ²		1	
Warm	1 per 4 - 5 gal	Lizzano	65
Full sun, at least 6	container	Terenzo	56
hrs/day		Tumbler	49
		Superb Super Bush	75
Turnips	1	1	
Cool Destin abode	3 - 4" apart	Hakurei	38
Partial shade	24" x 36" x 8"	Purpletop Globe Seven Top	55 42
Zucchini	<u> </u>		42
Warm	1 per 5 gal container	Spineless Perfec- tion (green)	45
Full sun	container	Golden Glory (yel- low)	50
	2	Ambassador (green)	47

X

 In spring, plant long day variety; in fall, plant short day variety.
 Two plantings, one in mid to late April and the other in mid to late June, will extend the tomato harvest over a longer season. Transplants should be started four to seven weeks before planting time. Containers may be moved inside to protect plants from early or late season frosts.

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:	April 11-Scottsville, KY April 13-Richmond, KY	Ν					
WHERE:	Allen County Extension Office 200 E Main St Scottsville, KY 42164	023					
	SMK Agricultural Venue 401 Brookstown Rd Richmond, KY 40475	2023 Kentucky Fencing Schools					
COST: \$35	5/participant includes notebook, refreshments, safety	t					
gla	asses, hearing protection, and catered lunch 🛛 🕴 High tensile and						
Registratio	on DEADLINE: 2 weeks prior to workshop fixed knot woven wire fencing!!!	$\overline{\mathbf{C}}$					
ONLINE Registration with Credit Card:							
Scottsville, KY https://2023 Scottsville KY Fencing School.eventbrite.com							
Richmond, KY https://2023 Richmond KY Fencing School.eventbrite.com							
******	*****						
Registration by U.S. Mail: Christi Forsythe 348 University Drive 348 University Drive Princeton, KY 42445 Space is LIMITED							
Name: Register today!!!							
Street:		S					
City:	State:Zip code:	<u> </u>					
Email:Cell Phone:							
Number of participantsx \$35 per participant = Total Cost							
Make CHECKS payable to: <u>KFGC</u>							
N/	COOPERATIVE EXTENSION COUNCIL COUNCIL COUNCIL COOPERATIVE EXTENSION COUNCIL COUNCIL COUNCIL COUNCIL COUNCIL COOPERATIVE EXTENSION COOPERATIVE EXTENSION COUNCIL COUNCIL COUNCIL COUNCIL COUNCIL COUNCIL COUNCIL	REPUCTY BEEF NETWORT					

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

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 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, Gallagher
- 4:30 Questions, Survey and Wrap-up











Cooperative Extension Service

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Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts	s 1/2 cup low sodium chicken broth
6 slices turkey bacon	1 ½ cups skim milk
2 medium onions, diced	1 cup shredded Parmesan cheese (packed)
3 tablespoons butter	1 teaspoon salt
3 tablespoons flour	1 teaspoon black pepper

Preheat oven to 400 degrees F. Wash Brussels sprouts and remove the outer leaves. Using a paring knife, score the core end of each sprout. In a large saucepan over medium-high heat, boil sprouts 3-5 minutes or until just tender. In a skillet over medium heat, cook turkey bacon until crisp. Remove from pan. Add the onions to the pan and cook until tender, about 5 minutes. Remove from pan. Melt butter in skillet. Add flour and stir until smooth. Using a whisk, slowly add chicken broth and milk. Stir until thick and smooth. Add cheese and stir until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

Yield: 8, 1/2 cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.

Kentucky Brussels Sprouts

SEASON: June to November

NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

SELECTION: Choose sprouts that are similar in size, firm and compact with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

PREPARATION: Soak Brussels sprouts in water for about 10 minutes. Rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

KENTUCKY BRUSSELS SPROUTS

Kentucky Proud Project County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

October 2018

Source: www.fruitsandveggiesmatter.gov

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

Timely Tips *Dr. Les Anderson, Beef Extension Professor, University of Kentucky*

<u>Spring Calving Cow Herd</u>

- Watch cows and calves closely. Work hard to save every calf (you can cull/sell them later). Calves can be identified while they are young and easy to handle. Commercial male calves should be castrated and implanted. Registered calves should be weighed at birth.
- Cows that have calved need to be on an adequate nutritional level to rebreed. Increase their feed after calving. Don't let them lose body condition. Keep feeding them until pastures are adequate.
- Don't "rush to grass" although it can be really tempting. Be sure that grass has accumulated enough growth to support the cow's nutritional needs before depending solely upon it. Cows may walk the pastures looking for green grass instead of eating dry feed. This lush, watery grass is not adequate to support them. Keep them consuming dry feed until sufficient grass is available to sustain body condition. We've spent too much money keeping them in good condition to lose it now!
- *Prevent grass tetany!* Provide magnesium in the mineral mix until daytime temperatures are consistently above 60°F. Mineral supplement should always be available and contain a minimum of about 14 percent magnesium. Make sure that your mineral mix also contains adequate selenium, copper, and zinc. You can ask your feed dealer about the UK Beef IRM High Magnesium Mineral.

Make final selection of heifer replacements. Strongly consider vaccinating with a modified-live BVD vaccine.

- Purchase replacement bulls at least 30 days prior to the start of the breeding season. Have herd bulls evaluated for breeding soundness (10-20% of bulls are questionable or unsatisfactory breeders). Get all bulls in proper condition (BCS 6) for breeding.
- If you are going to use artificial insemination and/or estrous synchronization, make plans now and order needed supplies, semen, and schedule a technician.
- Prebreeding or "turn-out" working is usually scheduled for late April or May between the end of calving season and before the start of the breeding season (while cows are open). Consult your veterinarian about vaccines and health products your herd needs. Make arrangements now for products needed and have handling facilities in good working order. Dehorn commercial calves before going to pasture.

Fall Calving Cow Herd

Pregnancy check cows now and cull open ones at weaning especially if the open cows are older than 5 years of age.

Re-implant feeders.

Consult with your veterinarian about a preweaning working of the herd.

You may let calves creep-graze wheat or rye, if it is available. Calves will benefit from extra feed until spring grass appears.

Plan marketing strategy for feeder calves.

<u>Stockers</u>

- Don't go to pastures too soon, give plants some growing time. Then stock at two to three times the July rate and rotate rapidly.
- "Condition" purchased calves prior to grazing. They should be processed and fed a conditioning diet prior to being placed on pasture. You can also use this time to introduce them to electric fences which are used in rotational grazing.
- Provide a good mineral supplement which contains a rumen modifier (Rumensin, Bovatec, etc.) along with adequate levels of copper and selenium.

<u>General</u>

Be prepared to reseed bare spots.

Make plans to improve hay feeding areas to avoid muddy conditions. Consider geotextile fabric with gravel or concrete feeding pads.

Prepare for the grazing season. Check fences and make necessary repairs. Check your corral, too.

- Get everything ready to make high quality hay in May! Have equipment serviced and spare parts on hand. Order baler twine now. Be prepared to harvest an adequate supply of hay when you have the opportunity. Re-supply the extra hay that you fed out of the barn. This past winter caused most producers to exhaust their hay supply, so it's time to re-stock.
- Plan now for fly control ... decide what fly control program that you will use but don't put insecticide eartags on cattle until fly population appears.





Cooperative Extension Service Bath County 2914 E. Hwy 60 Owingsville, KY 40360 (606)674-6121 Fax: (606)674-6687 http://Bath.ca.uky.edu

Bath County Conservation District

Equipment Rentals

Contact Mike Ginter at 859-585-2750 or office at 606-674-2121 ext 3

2 Haybuster No Till Drills- \$80.00 minimum and that covers the first 10 acres and the \$8.00 acre thereafter.

Frontier No Till Drill- \$75.00 a day

Lime Buggy- \$95.00 a day

Chain Drag- \$60.00 a day

Hay wagon- \$60.00 a day

Hay Wrapper- \$3.00 a roll