

GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

July 2024

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

GRAVES COUNTY COOPERATIVE
EXTENSION SERVICE
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IN THIS EDITION:

- Agent Notes
- Schedule of Events
- Announcements
- Forages
- Horticulture
- Weather notes
- Recipes





Can you believe the year is already halfway behind us?

June was so busy it just flew by! I spent a lot of time with several of you checking out some problems that you were experiencing in your gardens and crops. Thanks to the very wet, then very hot start to our summer last month we have been experiencing a lot of stress to several crops. I'm always happy to come out to take a look if you are not sure what might be going on! We have wonderful extension resources to utilize to help get a clear answer and solution to whatever you might be experiencing.

July is a fairly slow month around here, but we do have another Horticulture Club class coming up and there is a field day happening in Princeton that is always a great time, so be sure to check those out!

Thank you to everyone who entered into the extension exhibits of the Purchase District Fair! It tripled in size from last year and was so fun to see what everyone brought in from around the county. It's never too early to start thinking about fair exhibits for next year, especially if you are a grain crop grower! Save a quart jar of your best corn and soybeans or your best tobacco leaf to enter in next year! It's a wonderful way to show our community what all Graves County has to offer.

We are still compiling information to include in our producer directory. If you'd like to be included, please see go to <https://forms.gle/1CS0UpzD1DZFCLhf8>, see the flyer attached for a QR code, or call the office to get your information added!

Finally, thank you to everyone who is currently serving in our military or has served, and their families. As a veterans wife myself, I understand the hardship and sacrifice that you all give and have given to our country to keep it free!



Miranda Rudolph

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources

Graves County

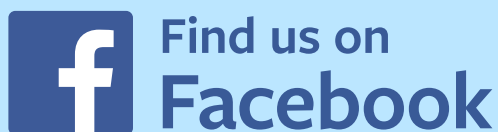
miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052



ANR: What's Happening?

Bolded events are hosted by the Graves County Extension Office.

- July 4th - Happy Independence Day!
- **July 9 - Gettin' Buggy With It: Entomology, 5:30pm- GCEO**
- July 23 - UK Corn, Soybean, & Tobacco Field Day - UKREC, Princeton
- August 4- Non-perishable 4H State Fair entries due!
- August 9- Perishable 4H State Fair entries due!
- August 15-25 - Kentucky State Fair, Louisville, KY
- **August 20 - Trash or Treasure: Weed Management, 5:30pm - GCEO**



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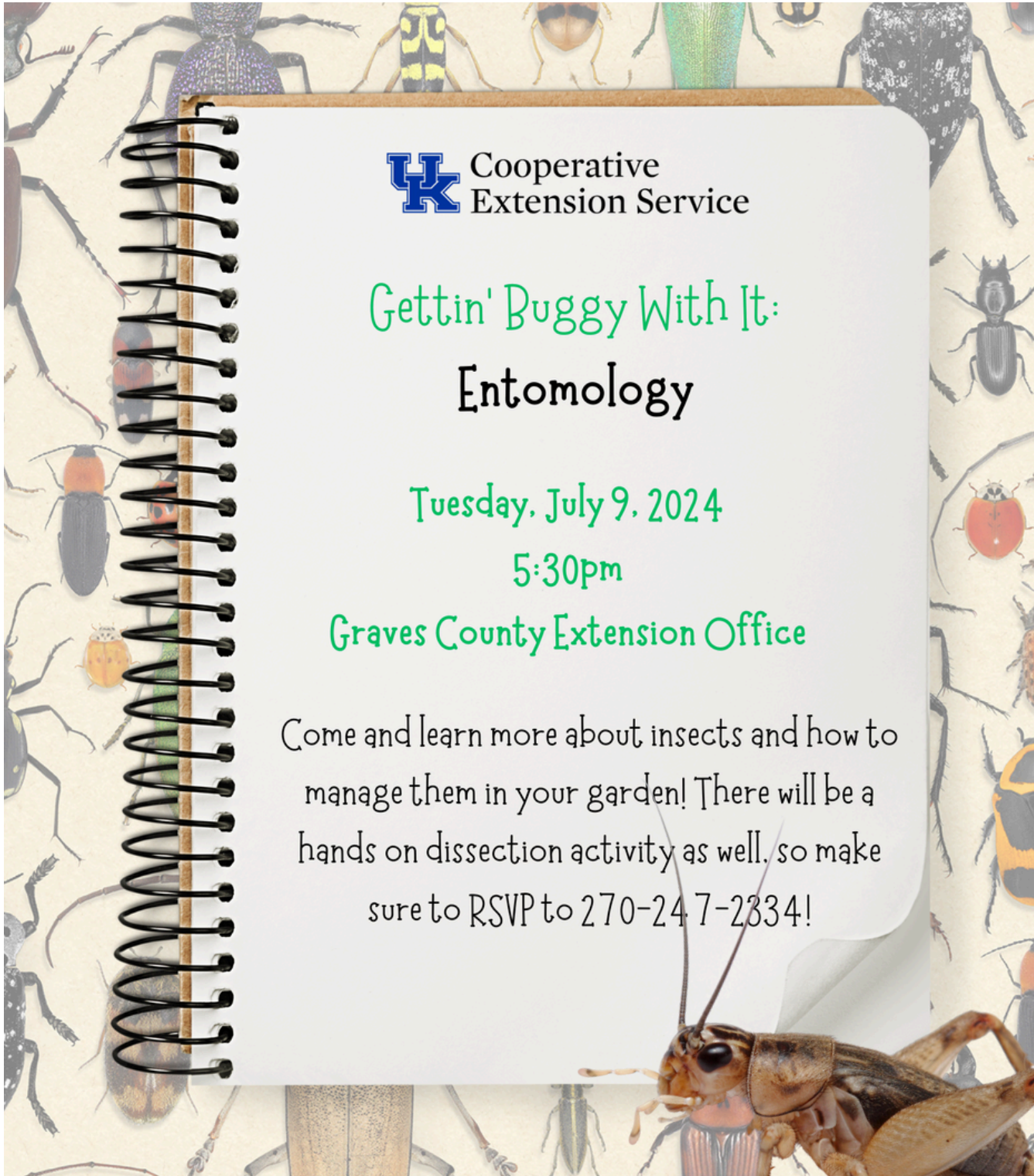
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT


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Lexington, KY 40506



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with prior notification.



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Gettin' Buggy With It: Entomology

Tuesday, July 9, 2024

5:30pm

Graves County Extension Office

Come and learn more about insects and how to manage them in your garden! There will be a hands on dissection activity as well, so make sure to RSVP to 270-247-2334!

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July 23, 2024

Corn, Soybean & Tobacco Field Day

UKREC, Princeton KY 42445

Wagons roll: 8:00am CT

Topics include:

Corn Disease Concerns For 2024

Familiar and New Soybean Diseases to Look Out for in 2024

Insect Update

Corn and Soybean Variety Trials

Weed Control in 2024 And Beyond

"Weather Alert"

Maximizing Corn Yields Following a Cover Crop

Soybean yield and economic response to irrigation

Corn and Soybean Outlook

The Fundamentals of Soil pH Management for Production Agriculture

Changes To Agr-1 Fertilizer Rate Recommendations for Kentucky Grain Crops

UKREC Dark Tobacco Infrastructure and Research Update

Tobacco Research Update from University of Tennessee

Sulfur Fertility in Tobacco

Registration: <http://tiny.cc/m9jlyz> Or scan the QR Code



Thanks to our lunch sponsors!



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Agriculture and
Natural Resources

GRAVES COUNTY PRODUCER DIRECTORY

HELP OTHERS FIND YOU!

This will:

- ✓ aid producers in marketing their products
- ✓ aid consumers in easily locating local products
- ✓ showcase agriculture in Graves County



SCAN TO
ADD YOUR
FARM /
OPERATION!

Contact Info:
Graves County
Cooperative Extension
270-247-2334

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Stockpile Forages to Extend the Growing Season

Source: Ray Smith, UK plant and soil sciences professor

Good pasture management can help extend the grazing season further into the fall and early winter. Take advantage of good growing conditions to obtain high-quality pasture for late fall and early winter grazing. Stockpiling helps broaden the pasture season for the cow herd, reduces feed and labor costs by lowering the amount of hay needed and provides an ideal location for the beef cow herd to winter and calve.

It's easy to begin to stockpile. Simply take cattle off pastures in late summer, apply nitrogen fertilizer and allow grass to accumulate growth through late fall. Then, put cattle on the pasture one section at a time until they've finished grazing the whole field.

Take soil samples for analyses to determine pasture requirements for phosphorus, potassium and lime. You'll need this information to renovate with clover in the spring.

Tall fescue and Kentucky bluegrass are the best grasses to stockpile in Kentucky. Both retain green color and forage quality late into winter, are somewhat resistant to low temperatures and form a good sod. Tall fescue produces more fall and winter growth than Kentucky bluegrass.

Nitrogen and moisture are critical to successfully stockpiling grasses.

Apply nitrogen in mid-August. Topdress at the rate of 40 to 60 pounds of actual nitrogen per acre for Kentucky bluegrass. Use 40 to 100 pounds of actual nitrogen per acre on tall fescue.

Numerous studies show wise fertilizer use and timing results in high yields during fall and early winter. Tall fescue crude protein and digestibility are better during fall and early winter than at any other time of the year.

Yields can be very good when water is available during the stockpiling period. Tall fescue can produce two tons of dry matter up to late November. With adequate water, producers can achieve 25 pounds of dry matter for each pound of nitrogen used.

After frost, let cattle graze grass-legume fields quickly before plants deteriorate. Then, put animals on the stockpiled grass fields. For the most efficient use of stockpiled fields, establish a strip grazing system by using a temporary electric fence to section off areas of the field. The first grazing area should have water and mineral sources. When animals have grazed this area, move the fence to open a new strip. Repeat this process until the entire field has been grazed.

Stockpiled grass is an excellent choice for fall-calving cows because it can be used to meet high nutritional needs after calving and during the breeding season. Grazing stockpiled grasses may offer the most benefit to spring-calving cows in thin body condition during the fall. Growing, weaned cattle can be grazed on stockpiled fescue. Using stockpiled grasses helps lower feed costs when backgrounding cattle.



Gardening in Small Spaces

Rick Durham, UK Horticulture Extension Specialist

Gardening in its many forms is a popular hobby in Kentucky. It promotes healthy habits such as spending time outdoors, being physically active and raising homegrown fruits and vegetables for your family. If you live in urban areas, have little space or have limited mobility, you may think gardening won't work for you. However, raised-bed and container gardening are good solutions for these challenges.

Raised-bed gardens allow you to have control over the planting media. You can create your own soil or soilless mixes. This is great for areas with poor soil quality or poor drainage. You'll get better root growth with amended soils and typically higher yields. Raised beds are easier for those with mobility issues because they usually require less stooping and bending during weeding and watering tasks.

Vegetables usually do well in areas that receive full sun, but many will thrive and give you a good crop with less than a full day of sun. For example, carrots, lettuce, radish, spinach, onion, winter squash, cucumber, peas, cauliflower, parsley and Swiss chard will grow in areas with as little as four to six hours of daily sunlight. Make sure you put your raised beds near a good water source as they will dry out quicker than if planted directly into the ground.

Container gardening may be a great solution for those living in apartments and condominiums or those who just want to garden on the patio. You may use just about any container that holds soil and is large enough to support the plant when it's fully grown. You will need drainage holes in the bottom of any container to avoid overwatering. You don't want the plant roots standing in water. Think about clay or wood pots, plastic buckets, wheelbarrows, window boxes and hanging baskets. Try to avoid very small or dark-colored containers as they will hold heat and the root zone could get dangerously overheated in full sun.

Nearly all leafy vegetables will do well in containers. You may find many dwarf varieties of your favorite vegetables that will thrive in containers. Crops with many fruits per plant such as tomatoes are good choices. The University of Kentucky Cooperative Extension Service has a publication with many more details about gardening in small spaces. Find and download it here <http://www2.ca.uky.edu/agcomm/pubs/ID/ID248/ID248.pdf>.

Contact the Graves County Extension office at 270-247-2334 to learn more about soil testing and how to sustainably improve your lawn or garden.





Summer Heat Safety

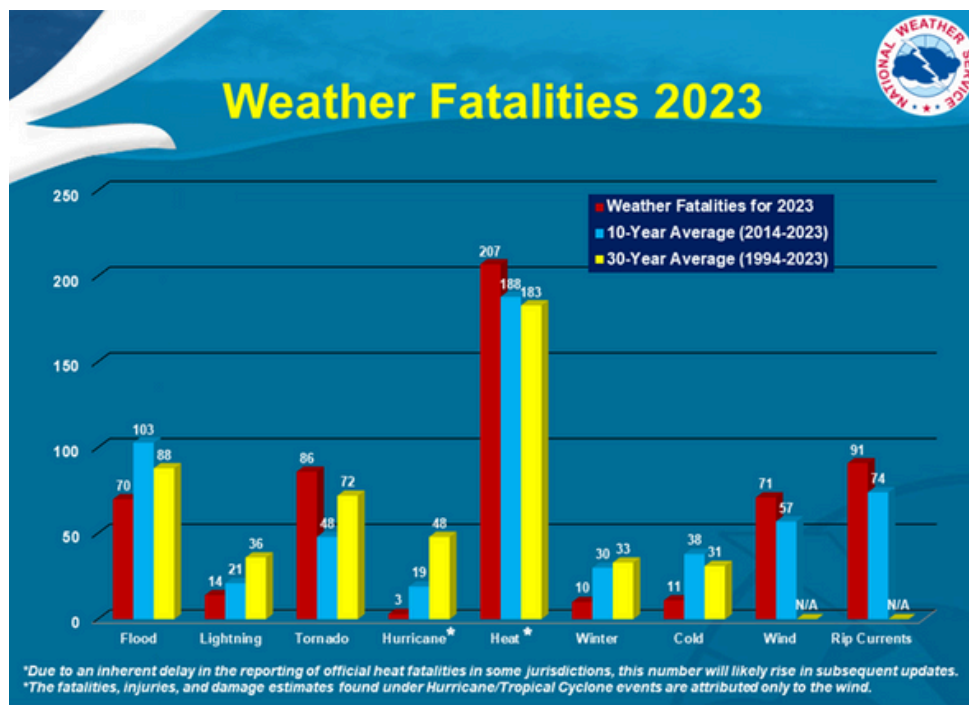
By Jane Marie Wix - National Weather Service Jackson, KY



Summer heat arrived with a bang in mid-June across Kentucky! Unfortunately, we are only getting started with the summer season - there will most certainly be several months of hot weather ahead.

Summer is also the season when everyone wants to be outside, either working or having fun. As much as we love this time of year, it is also a very dangerous season.

Heat continues to be the deadliest form of weather across the country. Higher than flooding, tornadoes, and hurricanes. Sadly, statistics for the last year showed a higher-than-average fatality rate. Heat related deaths have been creeping up every year for the last few years.



During excessive heat, avoid heavy activity and direct sunlight. Stay hydrated, find a cool indoor places, and check on children, the elderly, and pets. Protect yourself outside by wearing light, loose-fitting clothes, stay hydrated, and spend time in the shade. Also, never leave anyone (or pets) alone in a locked car, even in the winter, as death can occur in as little as 10 minutes.

Know the signs:

- Heat Exhaustion: Becoming faint or dizzy, excessive sweating, cool/clammy skin, nausea, rapid/weak pulse, muscle cramps.
- Heat Stroke: Throbbing headache, no sweating, red/hot/dry skin, nausea, rapid/strong pulse, possible loss of consciousness

If someone experiences these symptoms, get them to a cooler place and try to cool the body (loosen clothing, drink cool water, etc.). If it's a heat stroke, call 911 IMMEDIATELY.





Peachy Breakfast Bake

3 tablespoons salted butter	2 tablespoons white sugar	½ teaspoon vanilla
3 cups fresh peaches, peeled and sliced	1 teaspoon cinnamon	¼ cup whole wheat flour
½ cup packed light brown sugar	2 whole eggs	¼ cup all-purpose flour
	2 egg whites	¼ teaspoon salt
	1 cup unsweetened almond milk	2 tablespoons white sugar

Preheat oven to 400 degrees F with rack in middle position. **Place** butter in an 8-by-8 inch baking dish and place in oven on the center rack to melt. **Add** peaches and brown sugar to melted butter in baking dish, **stir** to coat. **Mix** together the sugar and cinnamon and **sprinkle** over the top. **Bake** 15 minutes. In a mixing bowl, **beat** eggs and egg whites with a whisk, **add** almond milk and vanilla. **Whisk** together. **Add** remaining dry ingredients and **mix** until blended.

Remove peaches from oven, **pour** batter slowly and evenly over baked peaches. **Return** to oven and **bake** 20 minutes, until the center of the batter is firm, puffed up and browned. **Serve** warm with whipped cream.

Yield: 9, ½ cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrate, 1 g fiber, 17 g sugars, 3 g protein.

Kentucky Peaches

SEASON: July through September.

NUTRITION FACTS: Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

SELECTION: Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are “freestones” (flesh separates easily from pit) and “clingstones” (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

STORAGE: Some peaches may need to be stored at room temperature to ripen. Fragrance

is an indication of ripeness.

Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

PREPARATION: One pound of peaches will equal 3 to 4 medium sized peaches, 2 cups sliced, or 1½ cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

KENTUCKY PEACHES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

June 2017

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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Catfish Fillets in Ginger and Soy



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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Catfish Fillets in Ginger and Soy

- 1.5 lbs. catfish steaks, about 1-inch thick
- ¼ cup olive oil
- 1 garlic clove, minced
- 8 ounces fresh white mushrooms
- 3 tablespoons low-sodium soy sauce
- ¼ cup white wine vinegar
- ½ teaspoon ground ginger
- 1 green onion, thinly sliced

Preheat oven to 350 degrees Fahrenheit. Mix olive oil, garlic, mushrooms, soy sauce, vinegar, and ginger in a bowl. Place fish in a shallow, greased baking dish. Pour mushroom mixture evenly over fish. Pull foil around baking pan and seal tightly. Bake for 30 to 35 minutes or until fish flakes easily. Add thinly sliced green onions on top of fish before serving.

Yield: 6 servings

Adapted from "Pride of Kentucky"
Published by Kentucky Extension
Association of Family and Consumer
Sciences, Copyright 2003 by
Kentucky Association of Family and
Consumer Sciences P.O. Box 446
Franklin, Kentucky 42135-0446

Nutrition Facts	
6 servings per container	
Serving size 4 ounces (181g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 340mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 10mcg	50%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 442mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

