


# Agriculture Natural Resources Newsletter OCTOBER, 2023

 Cooperative  
Extension Service

Martin-Gatton  
College of Agriculture,  
Food and Environment

**Mercer County**  
1007 Lexington Road  
Harrodsburg, KY 40330  
(859) 734-4378  
mercerc.ca.uky.edu



*Linda McClanahan*

Linda McClanahan, Mercer County Agent  
for Agriculture & Natural Resources



## BQCA Training Mercer County Extension Office, RSVP required Monday, October 16, 10:00am OR 6:00pm

The Kentucky Beef Quality & Care Assurance (BQCA) Program is based on recommended national guidelines and scientific research. This program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence.

Kentucky Beef Quality and Care Assurance takes national BQA practices one step further to provide the best program for Kentucky producers. The BQCA program adds a cattle handling and care component to the training model. Educational modules provide the best management practices for handling cattle and providing their well-being, while also training on the core principles of BQA.



### INGREDIENTS:

- 6 ounces refrigerated fully cooked beef Pot Roast, shredded or fully cooked steak, cubed
- 6 ounces prepared smoked Beef Sausage
- 1 cup butternut squash, diced
- 1 cup zucchini or yellow squash, sliced into 3/4 inch pieces and halved
- 2 ears sweet corn, cut in half
- 4 teaspoons vegetable oil
- 2 teaspoons all-purpose seasoning blend, such as Old Bay

			
<b>30 MIN</b>	<b>4 SERVINGS</b>	<b>360 CAL</b>	<b>20 G PROTEIN</b>

### COOKING:

1. Combine beef and vegetables in large bowl. Add oil and seasoning; toss to coat.
2. Preheat grill to medium heat (approximately 350°F).
3. Place a 12" x 12" square of heavy-duty aluminum foil down on work surface. Add 1/4 of beef and vegetable mixture to center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close package. Repeat with remaining mixture for a total of 4 packets.
4. Grill for 10 to 12 minutes until vegetables are tender.

Cook's Tip: Packets can also be prepared in a 350°F oven. Bake for 10 to 12 minutes.

**Nutrition information per serving, 4:** 360 Calories; 216 Calories from fat; 24g Total Fat (8.6 g Saturated Fat; 0.3 g Trans Fat; 3.3 g Polyunsaturated Fat; 4.7 g Monounsaturated Fat); 75 mg Cholesterol; 841 mg Sodium; 16.5 g Total Carbohydrate; 2.6 g Dietary Fiber; 20 g Protein; 0 mg Calcium; 2.4 mg Iron; 440 mg Potassium; 0.1 mg Riboflavin; 3.2 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 0.9 mcg Vitamin B<sub>12</sub>; 143 mg Phosphorus; 3.2 mg Zinc; 12 mcg Selenium; 61.5 mg Choline.

This recipe is an excellent source of Protein, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Vitamin B6, Phosphorus, and Choline.

## 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



# Grazing Conference

Low Stress Livestock Handling for Serious Graziers

October 31, 2023

Elizabethtown

Hardin County Extension Office

7:30 AM - 3:30 PM CDT

November 1, 2023

Lexington

Fayette County Extension Office

7:30 AM - 3:30 PM EDT



## Reducing Livestock Stress in Grazing Systems

Curt Pate, Curt Pate Stockmanship



## Fencing for Multi-Species Grazing

Lewis Sapp, Stay-Tuff Fence



## Designing Flexible Watering Systems

Jeff Lehmkuhler, University of Kentucky



## Designing Livestock Handling Facilities for Existing Structures

Chris McBurney, McBurney Livestock Equipment



## Local Producers and Spokesperson Contest



## Optimizing Resources with Multi-Species Grazing

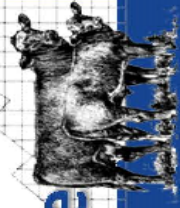
Greg Brann, Greg Brann Consulting



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

"Today's Challenges, Tomorrow's Opportunities"

# Kentucky Beef Conference



October 26, 2023

## 10:00—Welcome & Sponsor Recognition

Levi Berg, Clark County Agriculture & Natural Resources Extension Agent

## University of KY Remarks & Welcome

Dr. Scott Radcliffe, UK CAFÉ Animal & Food Sciences Department Chair

## Beef Outlook & Marketing Strategies

Troy Applehans, Cattle-FAX Analyst

## 11:00—Fecal Egg Count Reduction Test

Dr. Jeff Lehmkuhler, UK Beef Nutrition Extension Specialist and Dr. Michelle Arnold, UK Ruminant Extension Veterinarian

## 11:30— Tools for Beef Producers

Dr. Les Anderson, UK Beef Extension Specialist

12:00 Lunch

## 1:00— LRP & Price Risk Protection

Dr. Kenny Burdine, UK Beef Economic Extension Specialist

2:00—Adjourn

### In person

Clark County Extension Office

1400 Fortune Dr

Winchester, Kentucky 40391

9:00—10:00

Registration, visit  
sponsors

\$10 registration fee

RSVP by October 20th

to Clark County

Extension Office

859.744.4682

For more information please visit [KFEGC.ORG](https://www.kfegc.org)



On October 11th and 12th, the Woodford County Research Farm will be hosting the UK AI and Pregnancy Diagnosis school. Dr. Les Anderson and partners from Select Sires Midamerica will be leading instruction on proper AI procedure as well as pregnancy diagnosis. Class will begin at 10 am each day and end at 4 pm. Lunch will be provided. The cost is \$400.00.

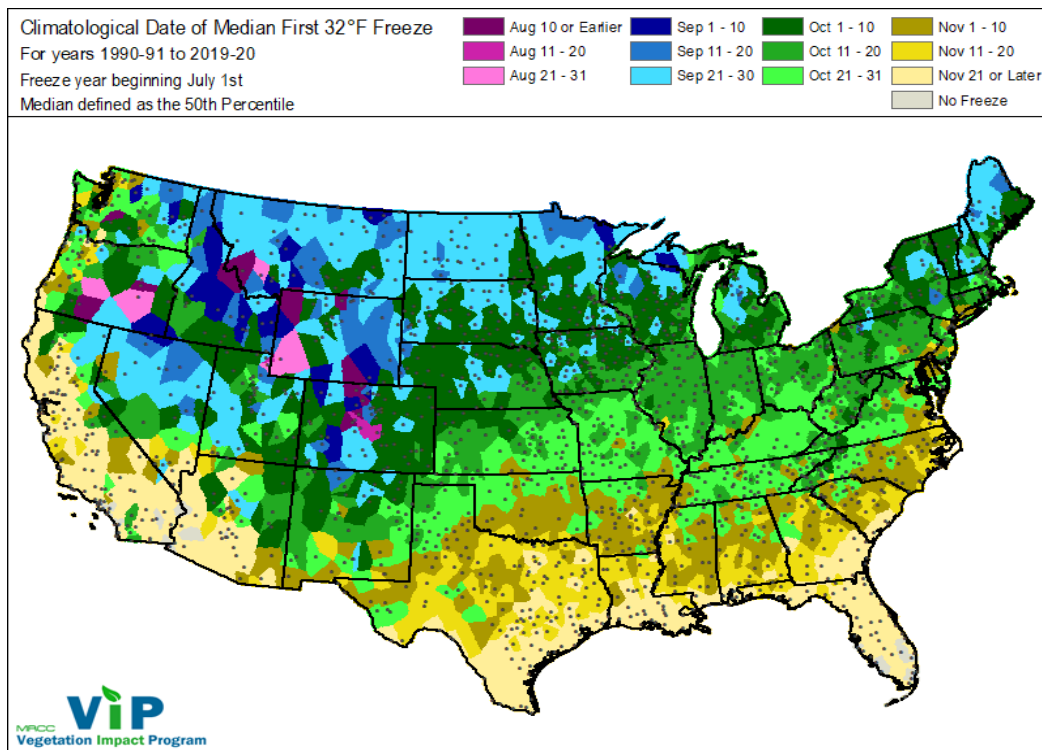
Those who are interested can register and pay online at <https://www.eventbrite.com/e/university-of-kentucky-pregnancy-diagnosis-and-ai-school-tickets-707926817167?aff=oddtcreator>

If attendees would like to register and pay with check or have any other questions, please contact Tyler Purvis via email at [tapu228@uky.edu](mailto:tapu228@uky.edu) or call 859-257-7512.

## Tracking the First Fall Freeze

by Derrick Snyder - National Weather Service Paducah, KY

As the calendar moves into October, nights continue to become longer, leaves begin to turn color, and first frosts and freezes begin to occur. The first freeze of the fall typically marks the end of the growing season. As shown on the map below, most locations across the Commonwealth typically see their first freeze of the season during the latter half of October into the early days of November.



Frost can often develop on plants even when thermometers show the temperature to be a few degrees above freezing. This is because most thermometers are mounted several feet above the ground, and the temperature a few inches from the ground can be colder than what a thermometer reads. These most often occurs on clear nights with calm winds.

To protect your plants from frosts and freezes, consider taking preventive measures like covering them with tarps or blankets in the evening before temperatures drop. This can help trap the ground heat and provide insulation. Additionally, placing mulch around the base of plants can help retain soil warmth. If possible, relocate potted plants indoors or to a sheltered area. Watering the plants before the onset of frost can also provide a slight protective effect, as water releases heat as it freezes, helping to moderate the immediate environment around the plants.

# SAVE THE DATE!

Registration opens September 1st!

## 2023 KY ANNUAL PRODUCER CONFERENCE

[www.kysheepandgoat.org](http://www.kysheepandgoat.org)



Don't Miss Keynote Speaker:  
Dr. Braden Campbell,  
The Ohio State University,  
Assistant Professor

October 14, 2023  
Boyle County Extension Office

**KENTUCKY COOPERATIVE EXTENSION**

- Kentucky resident?
- At least 18 years old?
- Care about your community?

# HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

### Cooperative Extension Service

Agriculture and Natural Resources  
Faculty and Consultant Services  
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 beliefs, sex, marital status, or sexual orientation. Programs are available to all people. Reasonable accommodations for people with physical or mental disabilities are available. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



Contact your local Extension Office for a paper copy of the survey.

# 2023 CENTRAL KENTUCKY HAY CONTEST

## Is your hay the best?

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.**



Scan the QR code  
or call 859-734-4378  
to sign up.



**DEADLINE TO REGISTER:  
OCTOBER 20, 2023**

### 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, 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.

Mercer County Extension Office  
1007 Lexington Road  
Harrodsburg, KY 40330

RETURN SERVICE REQUESTED

## Dates to Remember

October 5	Fort Harrod Backcountry Horsemen Meeting, 7 PM
October 14	KY Sheep and Goat Producer Conference, Boyle County
October 16	Beef Quality & Care Assurance Training, 10 AM OR 6 PM
October 20	Central KY Hay Contest Deadline
October 24	Mercer County Cattlemen's Association Annual Meeting, 6:30pm
October 24	Fort Harrod Goat Association Meeting, Boyle County Extension Office, 6:30pm
October 26	Kentucky Beef Conference, Fayette County
November 2-16	North American International Livestock Expo, Louisville
November 2	Fort Harrod Backcountry Horsemen Meeting, 7 PM
November 5	Daylight Savings Time Ends
November 7	Fencing School, Scott County
November 9	Mercer County Extension Council Meeting, 5 PM
November 21	Fort Harrod Goat Association Meeting, 6:30 PM
November 22-29	National Farm City Week
November 23-24	Extension Office Closed, Happy Thanksgiving