

# NIKKI'S NEWSLETTER

## Marshall County's Agriculture & Natural Resources Update

Cooperative Extension  
University of Kentucky  
Marshall County  
1933 Mayfield Highway  
Benton, KY 42025  
(270) 527-3285  
extension.ca.uky.edu

Hello all, I am delighted to announce my program offerings for October/November. Especially the field day we are hosting right here in Marshall County! See details below. Enjoy!

  
Marshall County ANR Agent

# BACK TO BASICS

FIELD DAY

November 7, 2023

3:00 pm – 5:30 pm

GCF Angus  
9422 Hwy. 68 E  
Benton, KY, 42025

To register please call  
Marshall Co. Extension  
Office at (270) 527-3285 by  
November 1st.



## TOPICS & SPEAKERS

- **PINK EYE** - Dr. Caleb Jenkins, Stone Veterinary Clinic
- **REPRODUCTION** - Dr. Les Anderson, University of Kentucky
- **PASTURE WALK** - Dr. Megan Taylor, Murray State University
- **MEAL/ADULT BEEF SERIES** - Marshall County Extension Office

Back to Basics is designed to get producers to do the basics. Come out and see how producers near you do the basics and still continue to learn how to improve their farm.



## IN THIS ISSUE:

### EVERYBODY

*P.7 Summer Sausage Class*

### GRAIN

*P.2 Crop Protection Webinar Series*

### LIVESTOCK

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### HORTICULTURE

*P.3 Upcoming Programs: Lunch Break Gardening, Master Gardener Library Series, & KY Nut Grower's Meeting*

### RECIPE OF THE MONTH

*P.8 Air Fried Okra Tots & Dipping Sauce*

## University of Kentucky presents 2023 Fall Crop Protection Webinar Series

Beginning Nov. 2, 2023, the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment will present a series of four webinars covering field crop protection. Hosted through the Southern Integrated Pest Management Center, the webinars will feature UK extension pest management specialists discussing weed science, plant pathology and entomology topics. Continuing education credits for Kentucky pesticide applicators and Certified Crop Advisors will be available.

The Thursday morning webinars will take place via Zoom at 10 a.m. EST/ 9 a.m. CST, and pre-registration is required for each webinar. The webinars are open to agriculture and natural resource County extension agents, crop consultants, farmers, industry professionals, and others, whether they reside or work in Kentucky or outside the state.



**Dr. Kiersten Wise**

**Webinar #1: *Do multiple corn fungicide applications pay?***

**November 2, 2023**

**Registration: [https://zoom.us/webinar/register/WN\\_CfQFt0dQSnq5ifdnaSre7A](https://zoom.us/webinar/register/WN_CfQFt0dQSnq5ifdnaSre7A)**



**Dr. Carl Bradley**

**Webinar #2: *What have we learned from nearly two decades of research on soybean with foliar fungicides?***

**November 9, 2023**

**Registration: [https://zoom.us/webinar/register/WN\\_3SvKPhEDSSWcYhnUnLrvsQ](https://zoom.us/webinar/register/WN_3SvKPhEDSSWcYhnUnLrvsQ)**



**Dr. Travis Legleiter**

**Webinar #3: *Managing the offensive spread of weeds***

**November 16, 2023**

**Registration: [https://zoom.us/webinar/register/WN\\_SIOzGyibQiOk4A6pTRHGmw](https://zoom.us/webinar/register/WN_SIOzGyibQiOk4A6pTRHGmw)**



**Dr. Raul Villanueva**

**Webinar #4: *Insects in field crops during two years of partial drought and heat wave***

**November 30, 2023**

**Registration: [https://zoom.us/webinar/register/WN\\_AqvCh08TQGCAJXvKxqdwFA](https://zoom.us/webinar/register/WN_AqvCh08TQGCAJXvKxqdwFA)**

Upcoming programs:

## KENTUCKY NUT GROWER'S ASSOCIATION

### FALL MEETING

October 28th  
9:30-2:00

Marshall County Extension Office

There will be a potluck luncheon, and everyone is asked to bring a side dish. Participants are encouraged to bring nut exhibits and nuts for tasting. A fundraising auction is not planned, but we will have door prizes, so door prize contributions are welcome. Anyone that has an interest in nuts and nut trees is welcome to attend.

## Master Gardener Library Series

December's Topic:

## Elderberries



13th at Hardin &  
20th at Calvert City  
10-11:00am

Save the Date!

## Mushrooms



March 5th, 2024  
at 3:30pm

RSVP  
270-527-3285

## Lunch Break Gardening Series



## Pond Plants

Join Forrest Wynne, Kentucky State University Aquaculture Specialist, as he shares his favorite and least favorite plants for ponds!

Join us during your lunch break for a gardening workshop!

\$12

Includes a boxed lunch from a local restaurant

1st Wednesday Monthly  
12:15-12:45pm  
at the Marshall County Extension Office



RSVP by Oct. 27th  
Call 270-527-3285

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Science  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING  
LEXINGTON, KY 40546



Disability accommodations with prior notice please

Cooperative Extension Service  
Marshall County Office  
1933 Mayfield Highway  
Benton, KY 42025  
270-527-3285

*Dr. Les Anderson, Beef Extension Professor*

### Spring-calving herds

- Schedule a pregnancy examination of cows if not done previously. Winter feeding costs can be minimized by eliminating open cows prior to winterfeeding. Pregnancy status (pregnant versus open) can be determined using palpation, transrectal ultrasonography, or blood sampling. Stage of pregnancy can only be determined by palpation or ultrasonography (performed by your veterinarian). A new chute-side blood sampling kit (Alertys from IDEXX) is available for use. It provides yes/no pregnancy data in 20 minutes for about \$8-10 per cow.
- Evaluate the body condition of your cows and improve their condition prior to winter. It takes about 75 pounds to increase body condition a full score.
- If you have already done a preweaning working, revaccinate (booster) calves as needed. Treat calves for internal and external parasites. If you vaccinate calves yourself, be sure to store, handle, and administer vaccines properly.
- Wean calves before cows lose body condition.
- Obtain weaning weights of your calves and remember weaning is the time to do your first round of culling and selecting breeding stock. You can eliminate obviously inferior calves, especially those with wild or nervous dispositions. Consider the number of heifers that you will need to save for your cow herd. Bulls that are old, unsound, roguish, etc. can be culled now. It is not too early to begin thinking about replacements.

### Fall-calving herds

- The calving season should be in full swing for fall-calving cows. Check cows frequently. Identify calves and commercial males should be castrated and implanted.
- Take accurate records of calving and calving performance. Our new app (Stocket at [Stocket.us](http://Stocket.us)) makes data collection and reporting simple, easy, and convenient.
- Put fall-calving cows on accumulated pasture before the breeding season. Be sure to save some grass in the breeding pastures.
- It is time to get everything ready for the fall-breeding season, too. Line-up semen, supplies, etc. now and get your bulls ready to go (don't forget their breeding soundness evaluation). Breeding soundness exams are a vital component to reducing the risk of reproductive performance and need to be conducted 30-45 days before EVERY breeding season. Contact your herd veterinarian to schedule the exams.
- Obtain yearling measurements (weight, hip height, scrotal circumference, etc.) on replacement animals - especially for registered ones.
- Contact your herd veterinarian and schedule pelvic area examinations and reproductive tract scores for your potential replacements. Use pelvic area to identify larger heifers with smaller than normal pelvic areas so you can remove them from the breeding pool. Reproductive tract scores can be used to identify immature heifers for culling. Typically, heifers with a reproductive tract score less than 3 have limited ability to conceive early in the breeding season.

### Stockers

- If you are purchasing weaned/stressed calves, have your receiving/feeding program in place. Feed a stress ration which contains at least 13% protein and is fairly energy dense.
- Manage to keep newly weaned and/or purchased calves healthy. Calves should be penned in a small lot with adequate feed, water, and shade to reduce stress. Careful handling and comfortable, uncrowded conditions can decrease stress.
- When newly weaned calves are purchased in the fall, sickness and death loss can be a big problem. Work with your veterinarian on a health and receiving program. Consider purchasing CPH-45 feeder calves that are preweaned, vaccinated, bunk-adjusted and treated for parasites.
- Watch calves closely for a few weeks after their arrival. Calves will normally break (get sick) 5-7 days after arrival, but they can break up to 14 days after they arrive. Have a treatment program ready for any health problems. Early recognition of sick cattle improves their chance of recovery. Watch for drooped ears, hollow appearance, reluctance to rise, stiff gait, coughing and dull or sunken eyes. A good "receiving" program is essential to profitability.

### General Reminders

- Avoid prussic acid poisoning that can happen when frost ruptures the plant cells in sorghums, sorghum-sudan hybrids, sudangrass, and johnsongrass releasing prussic (hydrocyanic) acid. Fields can be grazed after the plants have dried up after a frost. New growth that occurs in stalk fields is potentially dangerous whether frosted or not.
- Take soil samples for soil analysis to determine pasture fertility needs. Apply phosphate, potash, and lime accordingly.
- Test hay quality and make inventory of hay supplies and needs. Adjust now - buy feed before you run out in the winter.
- Do not harvest or graze alfalfa now in order for it to replenish root reserves.
- Remove fly-control eartags from all animals, dispose of according to instructions on package. Treat for grubs/lice.



## 2023 Marshall County Adult Farmer Beef and Forage Meetings

*Adult Farmer Educator, Jeff Futrell, has teamed up with Agriculture Extension Agent, Nikki Rhein, to offer another beef and forage series this fall! Programs will be on Tuesday Nights (except Halloween) starting at 6:30pm and will be located either at the Marshall County Extension Office or the Benton Branch of the Marshall County Public Library. Join us!*

### Schedule:

- Oct. 17th- Forages & Fertility, Dr. Megan Taylor, MSU Professor
- Oct. 24th- Cattle Market Outlook, Jeff Futrell, Adult Ag. Ed.
- \*Oct. 30th (Monday)- Fencing, Jeremy McGill, Gallagher
- \*\* Nov. 7th @ 3:00pm- Field Day at Dale Golds Farm
- Nov. 7th- Feeding for Breeding, Dr. Katie Vanvalin, UK Beef Spec.
- \*\*\* Nov. 14th- Cattle & Forage Costs/Return, Jeff Futrell, Adult Ag. Ed.
- Nov. 21st- KQCA, Kevin Laurant, UK Beef Spec.
- Nov. 28th- Cattle Health and Products, Dr. Daniel Tracy, Zoetis
- Dec. 5th- Cattle Health Issues, Jeff Futrell, Adult Ag. Ed.
- \*\*\* Dec. 12th (Tentative) Transporting Equipment Regulations, Jason Morris, State Police

*\*Due to Halloween, we will meet on Monday, October 30th instead of Tuesday, October 31st.*

*\*\* On Nov. 7th, UK will be hosting a field day at Dale Golds Farm See UK flyer for full details.*

*\*\*\* All programs are at the Marshall County Extension Office EXCEPT November 14th and December 12th, which will be held at the Marshall County Public Library Benton Branch.*

# 4-H Livestock Club

Livestock 6

Miss Zoey Ramsey, MSU Agriculture Student



## MARSHALL COUNTY LIVESTOCK CLUB

### INFO NIGHT OCTOBER



#### Who can join?

Marshall County youth ages 9-18  
who love animals, and want to  
learn more about livestock and  
agriculture.

*No animal ownership nor  
experience required.*

#### Information

Thursday Nights from 5:30-7:30pm  
Located @ the Marshall County Public  
Library Benton Branch- Room B  
\$30 Annual Dues  
Parent Volunteers Welcome  
Questions? Contact 270-527-3285

#### Fall Meeting Dates

OCT. 19TH  
NOV. 2ND  
NOV. 16TH  
DEC. 7TH

**Workshop Opportunity!**

**General 7**

*Brought to you by: Graves, Marshall, Calloway and Livingston Co.*

# summer sausage

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**MAKE YOUR OWN!  
LEARN ABOUT MEAT  
SAFETY & PRESERVATION**

**LIMITED TO 15 HOUSEHOLDS  
\$20 AT THE DOOR**

**OCTOBER 16  
6:00 PM**



**RSVP TO  
GRAVES COUNTY  
EXTENSION  
270-247-2334**

# Recipe of the Month



## Ingredients:

12 ounces okra stalks  
2 tablespoons olive oil  
2 tablespoons salt-free seasoning  
Tangy Dipping Sauce:  
1 cup plain low-fat yogurt  
3 tablespoons mayonnaise  
1 tablespoon dried parsley  
2 teaspoons dried dill  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon salt

## Air Fried Okra Tots with Tangy Dipping Sauce

### Directions:

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

### Nutritional Analysis:

170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium

### Nutrition Analysis for Okra Tots (no sauce):

70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, & 6% DV potassium

## Kentucky Okra

**SEASON:** June through September

**NUTRITION FACTS:** Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

**SELECTION:** Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

**STORAGE:** Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

### PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

### FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

### Kentucky Proud Project

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

Source: FruitsAndVeggies.org

July 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

[PlateItUp.ca.uky.edu](http://PlateItUp.ca.uky.edu)



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

For more information go to:

<http://marshall.ca.uky.edu/AgNaturalResources> or follow us on Facebook @marshallcountyanr

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