

# Nicholas County Agriculture & Natural Resources February 2017



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Hello to all!

I hope this winter is treating everyone well. The conditions haven't been too harsh but I think it is safe in saying that everyone is looking forward to the first taste of spring and warmer weather! We have some exciting news to share about a new addition to the Nicholas County Cooperative Extension Office.

A young lady has been hired for the position of Family Consumer Science/4-H Agent in Nicholas County. Her name is Madison Showalter, she is from Bourbon County and is currently a student at The University of Kentucky. She will be graduating in May of 2017 and will begin her work as our new agent soon after. As we approach closer to that time keep an eye out for word on a welcoming reception for Madison.

Some more changes have been happening in the office. I have recently accepted a position with the Clark County Cooperative Extension Service as an Agriculture Agent specifically specializing in Livestock Production. I will begin in this new position on April 1st, however I will be back in Nicholas County a few days during the month of April, finishing up some existing programming that I have planned. The hunt by UK administration to fill my position has already started so we should have a new Agriculture/4-H agent before you know it!

It has truly been an honor to get to know and work with each and every one of you. I have made many friends and great memories, and I hope to hold on to both from now on! As I stated earlier I will be around a while longer so I continue to look forward to working with you until that time comes! I hope you enjoy this newsletter!

Clay Stamm  
Extension Agent for Agriculture and Natural Resource/  
4-H Youth Development Education – Nicholas County

**Public notification for procedure for filing a complaint.**  
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LEIGHTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## **CAIP Update:**

For those who have been approved to complete a CAIP (Phase 1) project, the due date for all projects to be completed, is **April 28th 2017**. You need all required paperwork and your project completed by this time! Required paperwork includes, educational class (you are required to attend in order to be funded, there are opportunities listed for that in this newsletter). Also, before you start your project, you are required to bring in a copy of your driver's license and your most recent utility bill to verify your place of residence. We will make copies of these and keep them on file. If you can't make it into the office email is an option to get these to us as well. If you are building fence through this project, you need to obtain a map of the project area, trace the line of fence construction, and turn this in with the rest of your paperwork. If you are completing a large animal project you must be BQA (Beef Quality Assurance) certified (if you are not currently BQA certified, see below for class dates). If you have any questions about your project feel free to contact the Extension Office.

## **Upcoming Events, Classes, and Meetings:**

2/9/17 Predator Control for Beef Cattle and other Livestock. Dr Mathew Springer, Wildlife Specialist for the University of Kentucky will be presenting on this topic. The meeting will start at 6:00pm at the Nicholas County Livestock Barn and refreshments will be served. Please RSVP to the Nicholas County Extension Office by 2/2/17

2/9/17 Restricted use Pesticide Card Certification. Bourbon County Cooperative Extension Office. Start time 9:00am.

2/16/17 Beef Cattle Market Outlook/Update. Dr Kenny Burdine, Ag Economist from the University of Kentucky will be presenting on this topic. The meeting will start at 6:00pm at the Nicholas County Livestock Barn and refreshments will be served. Please RSVP to the Nicholas County Extension Office by 2/9/17

2/22/17 Restricted use Pesticide Card Certification. Bourbon County Cooperative Extension Office. Start time 1:00pm.

## **Attention Tobacco Growers!**

3/7/2017 Tobacco Meeting with GAP Training. Dr Bob Pearce, Tobacco Specialist with the University of Kentucky will be presenting on this topic. The meeting will start at 6:00pm and refreshments will be served. Please RSVP to the Nicholas County Extension Office by 2/28/17 **please make every effort to attend if you plan on growing tobacco in 2017!**

3/7/17 Farm Business Management Meeting. Dr Jordan Shockley, Ag Economist form the University of Kentucky will be presenting on this topic. The meeting will begin at 5:30 at the Bourbon County Fair Grounds. Please RSVP to the Bourbon County Extension Office at 859-987-1895

3/14/17 Restricted Use Pesticide Card Certification. Nicholas County Cooperative Extension Office. Start times at 1:00pm and 6:00pm (Two separate classes, you only have to attend one).

3/16/17 Cattle Handling and Care/Beef Quality Assurance Training. Nicholas County Cooperative Extension Office. Start times at 1:00pm and 6:00pm (Two separate classes, you only have to attend one).

3/28/17 Annual Soil Conservation/Extension Office Producers Meeting. Nicholas County Livestock Barn. Keep an eye out for RSVP dates and more information.

## **Not too soon to think about calving season**

Source: Les Anderson, UK extension beef specialist

Calving season will be here before we know it. Providing sound management during that time can mean more live calves, which translates to more profit for you.

It is important to have a short calving period to allow frequent observation and assistance if needed. Some specific things a producer can do to limit calf loss include:

- Separate first-calf heifers from mature cows. Calving difficulty can run as high as 30 to 40 percent for 2-year-old heifers compared to just 3 percent for mature cows. Place them in a small, accessible pasture near a corral where assistance can be given if needed.
- Provide a clean area for calving. The calving area should be a well-sodded pasture or clean, dry maternity pen, not a wet, muddy lot. It should also be large enough for adequate exercise and offer protection from prevailing winds.
- Be familiar with the signs of calving. Within a few hours of calving, cows generally become nervous and uneasy. As contractions increase, a cow will likely wander away from the rest of the herd.
- Check cows frequently. Observing cows three or four times a day and providing assistance when necessary results in more live calves. However, cows should be disturbed as little as possible during labor.
- Know when a cow needs assistance. Intervention is justified when two or three hours have passed without progress or if delivery has not occurred within 90 minutes after the water sac appears. In a normal delivery, the calf's front legs and head will appear first.

There are also a few steps to take after the calf is born to help it get off to a good start. These include making sure the calf is breathing normally after it is delivered and that it consumes colostrum. Ideally, a calf should consume its first milk within 15 to 30 minutes after birth.

Immediately after calving, increase the cow's energy intake to about 16 pounds of total digestible nutrients per day. The extra energy will help the cow produce enough milk for her calf and allow her to rebreed on schedule. For more information on beef cattle production and management, contact the Nicholas County Cooperative Extension Service.

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## **The CPH Report – 2016 Summary**

**Kevin Laurent, Extension Associate, University Of Kentucky and Tim Dietrich, Kentucky Department of Agriculture**

The CPH Report expands the analysis of CPH-45 sales to estimate the economic value of preconditioning calves prior to marketing. This report summarizes all CPH-45 sales held in calendar year 2016. Only sales of 200 head or more were included in this summary. Every attempt has been made to use as much actual data as possible in calculating these estimates (see the column descriptions below the tables for more details).

This analysis consists of two main components. First, is the CPH Advantage – which compares prices received in the CPH Sale to the average weekly statewide prices reported by the Market News Service of the Kentucky Department of Agriculture. Only large and medium frame muscle score 1-2 cattle in weight classes of 20 or more head were used in comparisons.

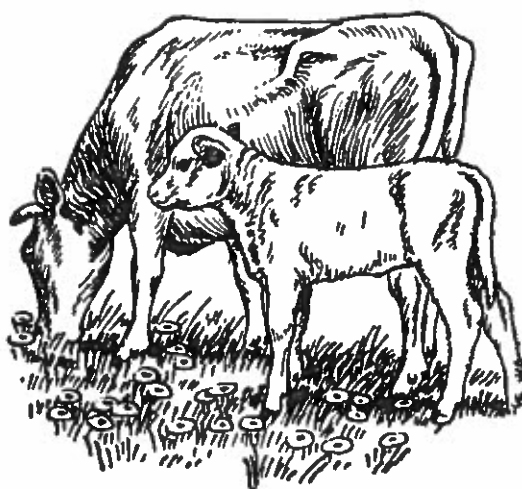
The second component is the Estimated Net Added Value – which compares the CPH Sale value of a calf with the estimated value of the calf at weaning. In these estimates we use a 60 day preconditioning period and an average daily gain of 2.5 lbs. per day. Calves with a calculated starting weight of less than 350 lbs were only given credit for 2.0 lbs of average daily gain. Costs incurred during the preconditioning period such as feed, health program, interest, death loss and differences in sales commission are subtracted from the added value to arrive at an estimated net return.

It should be noted that the Owensboro cattle are sold with a 2% pencil shrink and both Owensboro and Guthrie charge a lower commission for CPH-45 cattle than at their regular sales. Also note that the first three sales listed in this summary were calculated under the original 50 day preconditioning model.

More details on how these figures were calculated can be found in the column definitions below. Also, visit the CPH-45 website at [www.cph45.com](http://www.cph45.com). If you are interested in selling in a CPH-45 sale, contact your local County Extension Agent for Agriculture and Natural Resources.

### Estimated Net Added Value for CPH-45 Calves - 2016

Sale Date	Sale Location	No Head	Wean Start Wt	Wean Avg Price	CPH WT	CPH Price	State Avg Price	CPH Advantage	Feed Cost Gain	Est. Net Add Value
1/20/16	Lexington	746	549	159.79	679	146.99	143.53	3.45	0.58	13.11
1/28/16	Guthrie	226	568	149.73	698	151.20	148.87	2.33	0.59	99.42
2/4/16	Owensboro	493	590	144.49	720	151.68	147.83	3.85	0.58	140.63
4/28/16	Owensboro	605	511	176.36	659	144.13	140.85	3.28	0.46	-31.31
6/15/16	Lexington	377	475	158.94	623	141.21	141.78	-0.58	0.44	32.71
7/11/16	Guthrie	875	540	156.41	690	135.32	135.35	-0.03	0.49	-4.56
8/11/16	Owensboro	983	510	154.98	666	155.15	145.93	9.22	0.48	138.57
12/1/16	Owensboro	771	533	111.31	683	125.65	115.53	10.12	0.54	162.57
12/5/16	Guthrie	1099	546	109.25	696	121.27	113.18	8.09	0.56	139.55
12/6/16	Paris	1468	482	110.96	637	121.01	115.28	5.73	0.49	112.17
12/6/16	Lexington	705	472	115.12	617	120.71	115.61	5.10	0.49	104.47
12/7/16	Richmond	1253	471	114.46	617	122.75	116.21	6.54	0.48	119.46
<b>Weighted Average</b>		<b>9601</b>	<b>514</b>	<b>\$132.64</b>	<b>661</b>	<b>\$132.97</b>	<b>\$127.48</b>	<b>\$5.49</b>	<b>\$0.51</b>	<b>\$93.11</b>



## **Millersburg Farmers' Market seeks new growers/producers for the 2017 season.**

It's that time again where the farmers and gardeners spend hours looking through seed catalogs and scratching their heads to find a new variety to grow. It's time to think about growing fresh green beans and the ever so popular Peaches and Cream sweet corn.

The members of the Millersburg Farmers' Market want to extend an invitation to fellow farmers and gardeners to join our market this year. Our markets' Opening Day is Friday May 5<sup>th</sup>. Our market is held in Central Park at Fifth & Main Streets. Our selling hours are 3pm – 6pm.

In 2016 we started the market with 1 farmer and her husband and by the seasons' end we had 7 farmers selling at the market. Everything from eggs, vegetables to fresh baked breads. All of our farmers are Kentucky Proud members, accept the WIC and SR nutritional program vouchers and last year we added the acceptance of SNAP?EBT cards along with Debit/Credit cards along with personal checks.

If you are interested and would like further information, please contact the Nicholas County Extension Office at 859-289-2312 and speak with Tara Duncan.

We look forward to making our market a better place for the community to shop for truly fresh produce.

I hope to see you soon,

Vickie Fryman  
Millersburg Farmers' Market Manager





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

Nicholas County  
368 East Main Street  
Carlisle, KY 40311

RETURN SERVICE REQUESTED



## Country Ham and Broccoli Grits

<b>1 tablespoon</b> olive oil	<b>2 cloves</b> minced garlic	<b>6 ounces</b> country ham, cut into ½ inch pieces
<b>1 pound</b> fresh broccoli florets	<b>4 cups</b> 1% milk	<b>1 large</b> egg, beaten
<b>½ cup</b> minced onion	<b>1 cup</b> uncooked quick grits	Salt and pepper to taste
<b>¾ teaspoon</b> crushed red pepper flakes	<b>1 cup</b> 2%, shredded cheddar cheese	

**1. Preheat oven to 375°F. Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**

**2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

**3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

**4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

**Yield:** 16, ½ cup servings.

**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

