

NICHOLAS COUNTY 4-H NEWSLETTER



"To Make the Best Better"

February 2023

Dear Nicholas County 4-H'ers,
Happy New Year to you and your family! What's your New Year Resolution? Do you make resolutions? I always have and always look at the NEW YEAR as a fresh start. We all have room for growth and improvement and anytime of the year is a good time to make changes, not just when a New Year approaches. But, I am sharing my resolutions below and including this template in case you want to join me in the tradition. Here's to making 2023 the best year ever for you and your family!

Project DAYS

Tentative dates for Project Days are below. Please watch our Facebook for registration. These projects will make awesome entries in the Nicholas County Fair!

NOVEMBER: BASKET MAKING- 11/21

December: Baking Up a Storm 12/15

January: Country Ham 1/16

February: Lamp Making 2/8

March: Photography 3/13

April: Earth Day Recycled Projects 4/20

May: Leather Stamping 5/11

Lamp Making

February Fair Project Day
Another project day to create an entry for the County Fair! Register by scanning this QR Code



Ashley H. Vice



Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



Disabilities
accommodated

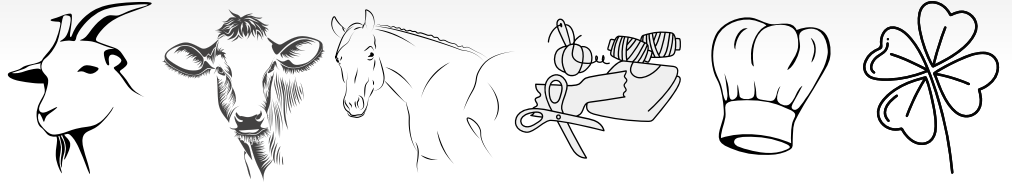
UK Cooperative Extension Service

Nicholas County



University of Kentucky
College of Agriculture,
Food and Environment

4-H CLUB NEWS



COOKING CLUB

Beginning 4-H Cooking Club

January meeting will be on January 26th at the livestock barn afterschool til 4:30 p.m.

Advanced Cooking Club

January meeting will be on January 26th at the Livestock Barn 4:30- 6 p.m.

BLUE JACKET BULLETS

The Bluejacket Bullets will be gearing up for the 2023 season soon! Mark your calendars for our SIGN-UP Night on March 27th!



JANUARY

NICHOLAS COUNTY
4-H Horse Club

We are still searching for a Horse Club Volunteer. If you are interested in volunteering, please reach out!



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

4-H Cooking Club

Register Now!

Beginning Cooking
Ages 9-11
January 26th - afterschool until 4:30 p.m.

Advanced Cooking
Ages 12-18
January 26th
4:30- 6:00p.m.

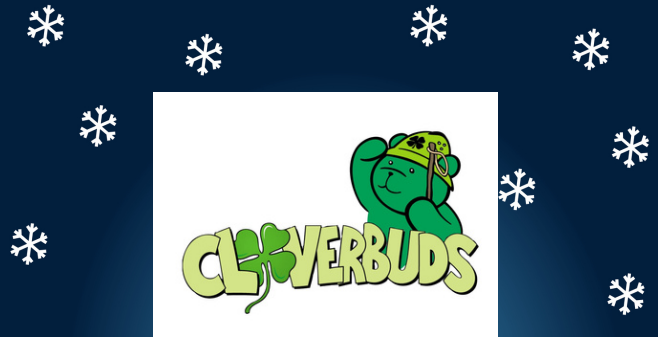
LIVESTOCK CLUB

Livestock Club earned 2nd place in the annual Carlisle Christmas Parade earning them a \$100. Special thanks to those that helped build the float, and especially the GRINCH! The Shop Small Vendor Fair was a huge success as well, and brought in over \$700 to the club. Lastly, we have purchased a NEW Livestock Kit for club members and are working on putting that together! Great things are happening in our Livestock Club.



SEWING CLUB

Nicholas County 4-H Sewing Club met in December and visited the Nicholas County Animal Shelter to donate dog beds they had made. Dog Warden Willie Hogg was nice enough to give us a tour and was grateful for the donation as they were running low on bedding. Sewing Club A will meet on January 23rd and Sewing Club B will meet on January 25th. Both will be afterschool til 4:30 p.m.. We will begin sewing our drawstring backpacks for our county/state fair project.



**NEXT MEETING: JANUARY 17
AFTERSCHOOL TIL 4:30.
SNACK AND ACTIVITY
MATERIALS WILL BE
PROVIDED.**



2023 KENTUCKY 4-H LEADERSHIP BOOT CAMP



**FEBRUARY 2 & 3, 2023
LAKE CUMBERLAND 4-H CAMP**



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

MEET MIDDLE SCHOOLERS FROM ACROSS
THE STATE! CHOOSE WORKSHOPS OF INTEREST
TO YOU, PARTICIPATE IN A COMMUNITY
SERVICE PROJECT AND MUCH MORE!

Call the office if you are interested!

COUNTRY HAM PROJECT

*Mark
YOUR
Calendar*

Dates	Topic	Location	Time
January 16 th	4-H Country Ham Curing	Livestock Barn	TBD
February 9 th	4-H Ham Speech Writing Workshop- Bring Laptop or Chromebook if you have one and/or paper and pencil	Livestock Barn	6:00 p.m.- 7:00 p.m.
March 30 th	Rough Speech due- bring speech to be given. We will work on refining it	Livestock Barn	6:00 p.m.- 7:30 p.m.
May 4 th or May 5 th (pick which works best for you)	1 st Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 2 nd	Final Speech Preparations	Extension Office	Appointments will be made to work with each of you individually to prepare for State Fair
August 14 th or 15 th (pick which works best for you)	Final Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 17 th	Kentucky State Fair 4-H Country Ham Day <i>-You will need your own transportation to and from the Kentucky State Fair. We will provide each participant with 2 tickets to the fair</i>	Louisville, Kentucky	ALL DAY
November 16 th (tentative)	4-H Country Ham Auction	Livestock Barn	6 p.m.



My 2023 Resolutions

I WANT TO START

I WANT TO QUIT

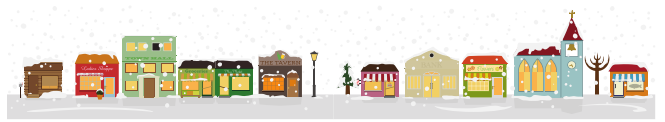
I WANT TO LEARN

I WANT TO VISIT

I WANT TO TRY

I WANT TO MAKE

I WANT TO CHANGE



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

Homebased Microprocessing Workshop

FEBRUARY 2, 2023

9:30 A.M. - 2:30 P.M.

NC LIVESTOCK BARN

COST: \$50

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

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LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.



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

4-H Summer Camp

TIME WARP '23

SAVE THE DATES: JULY 10TH-13TH

ANDERSON

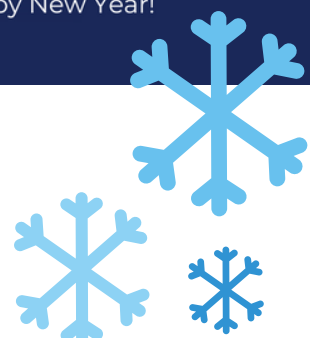
BOURBON

NIEHLAS

HAPPY NEW YEAR 2023

Now is the time to let go of the past and celebrate
a new beginning. Happy New Year!

Winter



AG AND NATURAL RESOURCES NEWSLETTER

The Seasonality of Calf Prices and Factors Unique to 2022 / 2023

By: Kenny Burdine

High grain prices have been the focus of much discussion in 2022. As I write this, CME® corn futures are trading in the mid-\$6 per bushel range through next summer. This story is likely best told by looking at the chart above, which summarizes feed cost per lb of gain from Kansas State's Focus on Feedlots data. The most recent feed cost of gain estimate from participating feed yards exceeds \$1.35 per lb. And projected cost of gain is even higher for cattle that are currently being placed. As a comparison, the average feed cost per lb of gain was about \$0.79 from 2016 to 2020. High cost of gain incentivizes the placement of heavier feeder cattle into finishing programs. Current feed prices don't make the placement of light cattle on feed very attractive, which is preventing calf markets from reaching price levels they would reach in a more normal feed cost environment.

I want to use this as a backdrop to discuss how feed price levels impact seasonal price patterns in calf markets. In most years, calf markets reach their highs in the spring as light weight calves are being placed into grazing programs. The lower cost of gain from grazing results in higher calf prices as stocker operators compete for calves. As grazing opportunities disappear in the fall, feed prices become a major driver of calf values and we tend to see calf markets put in their seasonal lows. The more expensive feed becomes, the lower calf markets go. So, high feed prices tend to amplify the normal seasonal patterns in calf markets. The higher feed prices are, the larger the differential between the spring and fall calf prices.

As we think about this fall and the coming spring, I wanted to mention two other factors that are relevant, but more unique to this year. While grazing opportunities are primarily a consideration in the spring, grazing cattle on winter wheat pasture is certainly an exception. Given the dry weather in the Southern Plains, one would reasonably expect that fewer calves have been placed on wheat pasture than normal, which has likely also hampered calf prices this fall / winter. Had wheat grazing conditions been more favorable this year, I think we would have seen a slightly higher calf market.

Secondly, the amount of carry in CME® feeder cattle futures will have an impact on price improvement between now and spring. Calves that are being placed into backgrounding programs now will be sold in the spring of 2023, while calves being placed into grazing programs next spring will be sold in the fall of 2023. Currently, fall 2023 futures contracts are trading at a \$10 to \$15 premium over spring 2023 futures contracts. This is a significant difference in expected value that should also be reflected in higher calf prices this spring. Put simply, if normal grazing opportunities exist, a great deal of improvement should be seen in the calf market over the next several months

Upcoming Events

CAIP Documents can now be dropped at the Extension Office-368 East Main St. for CAIP administrators to pick up

January 3-4 Kentucky Fruit and Vegetable Conference

January 5- UK Winter Wheat Meeting

January 19- KY Commodity Conference

February 9 Kentucky Crop Conference



Cold weather safety for livestock

Companion animals aren't the only animals in need of protection during the winter months. Livestock, including horses, have their own unique considerations and needs when the weather gets colder.

Recognize the importance of early veterinary care: Schedule a veterinary exam early in the season to address any concerns before the harshest conditions arrive. This is a good time to discuss vaccinations, nutritional supplementation, deworming, and other parasite treatment needs. Veterinary attention is especially important for animals that are pregnant, and very young or very old animals may require special attention.

Provide appropriate shelter from the elements: Livestock can generally tolerate cold temperatures, but wind, rain, or snow will require a greater expenditure of calories. With that in mind, be sure they have a way to get out of the elements, especially the wind. Blankets can help protect horses, but a structural shelter with proper ventilation and dry bedding is the best method of protection. If you do blanket your horses, be sure to check underneath often for signs of injury, infection, or malnutrition.

Keep ice to a minimum to prevent injury, and remember to keep driveways clear so veterinarians and farriers can access your animals. Prevent mud management issues in the winter with proper preparation, whether that's through use of material like gravel, sand, or woodchips, or through other methods.

Consider the amount and quality of feed: Besides taking shelter, livestock keep warm by expending energy, which means they need to consume enough calories to heat themselves. Consider talking with your veterinarian to develop a feed plan that meets your animals' nutritional needs. This may mean increasing the amount of feed available to your animals, and/or increasing the quality of feed. Very young, very old, or sick animals will typically have additional nutritional needs during the winter compared to healthy, middle-aged animals.

Ensure access to water: It is crucial that your herd has access to fresh and unfrozen water. Tank heaters or heated buckets can help keep water at a temperature your animals are more comfortable drinking. Livestock will not consume adequate amounts of water if it is near freezing, and consuming enough water is important to your animals' health and well-being in winter months.



**SUNDAY, JANUARY 22nd, 2023,
9 a.m.-5 p.m.**

THE SEVENTH TEX CAUTHEN / HANS ALBRECHT FARRIER / VETERINARIAN / RESEARCHER SEMINAR

**“EQUINE SAFETY AND OPTIMAL BIOMECHANICS:
HOOF / RACING SURFACE INTERACTIONS”**

LIVE in the GLUCK Auditorium and via ZOOM



Registration link → <https://t.ly/P2NE>

EQUINE SAFETY AND OPTIMAL BIOMECHANICS OF HOOF/ SURFACE INTERACTIONS

The Seventh Tex Cauthen / Hans Albrecht Farrier / Veterinarian / Researcher Seminar will be held Sunday, January 22nd, 2023, **LIVE** and via **ZOOM** from the Gluck Equine Research Center Auditorium. The guests of honor are Doug, Kerry & Steve Cauthen, and Mrs. Vicki Albrecht; the organizing committee is chaired by Mr. Steve Norman and includes Dr. Dan Howe, Prof. Scott D. Stanley, Mr. Steve Stanley, Dr. Pedro De Pedro, Dr. Rob Holland, Dr. Fernanda Camargo, Mr. Sandy Hawley, Mr. Duane Raglin and Dr. Thomas Tobin.

The seminar begins with a welcome to the Maxwell H. Gluck Equine Research Center from our interim Director, Dr. Dan Howe. Dr. Robert Holland, DVM, PhD moderates the morning session on motion sensor technologies and optimizing safety for horse and rider. Dr. Scott Palmer, Equine Medical Director, New York State Gaming Commission then overviews equine safety matters. Next, Prof. Kevin Keegan reviews current racetrack data collection and analysis, followed by presentations from Dr. Clara Fenger and Dr. Rhodes Bell on Equinosis data collected from racing horses. We then have an update from Dr. David Lambert on the application of accelerometer data from racing Thoroughbreds. Following the morning coffee break, Dr. Michelle Nihei, and Dr Thilo Pfau outline trainer and researcher perspectives on critical factors affecting equine safety. The morning program then closes with a round table discussion moderated by Dr. Robert Holland, with Dr. Palmer, Prof. Keegan, Dr. Fenger, Dr. Bell, Dr. Lambert, Dr. Nihei, Dr. Petersen, Mr. Sandy Hawley, and Mr. Steve Stanley as discussants. Lunch in the Gluck Equine Research Center then follows, most generously hosted by Mr. Doug Watkins and Breeder's Farrier Supply of Lexington.

The afternoon session focuses on hoof / surface interactions and optimizing equine safety and is chaired by Professor Scott D. Stanley of The Maxwell H. Gluck Equine Research Center. The opening presentation is on horseshoe geometry and hoof function by Professor Susan Stover of the University of California, Davis. Following a presentation by Mr. Mitch Taylor the focus switches to South America, with a presentation by Dr. Divagno Barcelos on shoeing strategies to minimize injury rates. Continuing this safety oriented approach, Mr. Ian McKinley presents on shoeing strategies to keep horses in symmetry and safe. Then, following the afternoon coffee break, Dr. Adam Pendleton reviews the role of toe grabs in racing horses followed by a presentation from Mr. Steve Stanley on farrier contributions to equine safety. The final afternoon presentation is by Mr Thomas Trostin on interactions between the farrier and racing communities and the Horse Racing Integrity and Safety Authorities. The day then closes with a round table discussion moderated by Professor Stanley with Dr. Stover, Mr. Mitch Taylor, Dr. Barcelos, Mr. McKinlay, Dr. Pendleton, Mr. Steve Stanley, Mr. Duane Raglin, and Dr. Thomas Tobin as discussants

The full videotaped seminar will be available on the Gluck Equine Research Center website and on the American Farriers Association Communications Committee's internet newsletter/blast. This event has been submitted for approval for 6.75 hours of Continuing Education Credits by the Kentucky Board of Veterinary Examiners for Veterinarians and Veterinary Technicians and for 5.5 hours by the American Association of Professional Farriers (AAPF); for more information, <https://www.ProfessionalFarriers.com>.

USDA 2022 Census of Agriculture

Kentucky's farmers will soon have the opportunity to be represented in the nation's only comprehensive and impartial agriculture data for every state and county. The U.S. Department of Agriculture (USDA) will mail the 2022 Census of Agriculture to 125,000 Kentucky ag producers this fall.

The 2022 Census of Agriculture will be mailed in phases, starting with an invitation to respond online in November. Farm operations of all sizes, urban and rural, which produced and sold, or normally would have sold, \$1,000 or more of agricultural product in 2022 are included in the ag census.

Collected in service to American agriculture since 1840, the Census of Agriculture tells the story and shows the value of Kentucky's agriculture. It highlights land use and ownership, producer characteristics, production practices, income and expenditures, among other topics. For more information visit www.nass.usda.gov/AgCensus.

Kentucky Crop Health Conference

Feb. 9, 2023 - National Corvette Museum - Bowling Green, Ky.

Speakers include University of Kentucky Extension Specialists and invited nationally prominent Extension Specialists from across the United States



Travis Fiske
University of Arkansas
Topic: *Frontline Tactics to Manage Southern Rust of Corn*



Kelly Hamby
University of Maryland
Topic: *Managing insect pests of grain using neonicotinoid seed treatments*



Larry Steckel
University of Tennessee
Topic: *Managing glyphosate-resistant and hard to kill grasses in Tennessee*

Kiersten A. Wise
University of Kentucky
Topic: *Tar spot in Kentucky: Is it time to panic?*



Carl Bradley
University of Kentucky
Topic: *What we have learned from nearly 2 decades of research on foliar fungicides of soybean*

Travis Legleiter
University of Kentucky
Topic: *Management of Italian ryegrass in a Kentucky grain crop rotation*



Raul Villanueva
University of Kentucky
Topic: *Mollusks: Frequency, biological control, and management in soybeans*



Scan QR Code to register or visit:
<https://kentuckycrophealthconference2023.eventbrite.com>

Registration ends Feb. 1, 2023

Limited to 100 participants — Lunch included — CCA and KY Pesticide Applicator credits available



A Comprehensive Guide to Corn Management in Kentucky

ID-139 is now online

<http://www2.ca.uky.edu/agcomm/pubs/id/id139/id139.pdf>



A Comprehensive Guide to

Corn Management in Kentucky

Cover: No-till corn field in Hardin County, Kentucky. Photo by Chad Lee

UPCOMING EVENTS

- | | |
|------------------|---|
| Jan 5, 2023 | UK Winter Wheat Meeting |
| Jan 19, 2023 | KY Commodity Conference - Bowling Green |
| Feb 9, 2023 | Kentucky Crop Health Conference - Bowling Green |
| Feb 23, 2023 | KATS In-depth Mode of Action |
| March 9, 2023 | KATS Soil Fertility and Assessment |
| March 9-11, 2023 | National Commodity Classic - Orlando FL |
| May 09, 2023 | UK Wheat Field Day |
| May 18, 2023 | KATS Crop Scouting Clinic |
| June 7-8, 2023 | KATS Drone Pilot Certification Prep Course |
| June 29, 2023 | Pest Management Field Day - Princeton |
| July 13, 2023 | KATS Spray Clinic |
| Jul 25, 2023 | UK Corn, Soybean and Tobacco Field Day |

Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



8

WIND CHILL WATCH

A Wind Chill Watch is issued when **very cold air and wind is possible**.

Check the forecast, and be prepared in case a Warning is issued.

Be Prepared.



WIND CHILL WARNING

A Wind Chill Warning is issued when **very cold air and wind is expected**.

Conditions could lead to frostbite or hypothermia. Limit time outside, dress in layers, and cover up exposed skin.

Take Action!

Feeder cattle and calf markets were mixed last week, but significantly higher than 2021. Fed cattle prices were slightly lower, but higher than year-ago. Boxed beef prices were down a bit week-over-week, but down significantly from last year. Live cattle, feeder cattle and corn futures were largely unchanged last week.

Cattle Market Report		For Weeks Ending On		% Chg	% Chg
Prices \$/cwt. Sources: USDA, IMIC, and CME:		12/9/22	12/2/22	12/10/21	Prev. Week
500-600 lb. Feeder Steers	Mississippi M/L #1-2	\$160.63	\$161.63	\$143.51	-1%
	Arkansas M/L #1	\$179.84	\$181.47	\$166.17	-1%
	Kentucky M/L #1-2	\$172.65	\$172.24	\$155.56	0%
	Oklahoma City M/L #1-2	\$183.67	\$185.70	\$166.96	-1%
	Alabama M/L #1	\$176.09	\$169.43	\$159.37	4%
	Tennessee M/L #1-2	\$168.58	\$164.69	\$157.42	2%
700-800 lb. Feeder Steers	Missouri M/L #1-2	\$182.49	\$182.29	\$163.14	0%
	Mississippi M/L #1-2	\$135.89	\$141.53	\$128.49	-4%
	Arkansas M/L #1	\$159.88	\$160.75	\$141.81	-1%
	Kentucky M/L #1-2	\$158.71	\$160.33	\$146.49	-1%
	Oklahoma City M/L #1-2	\$166.81	\$171.35	\$156.62	-3%
	Alabama M/L #1	\$157.48	\$159.35	\$136.49	-1%
Negotiated Fed Steers	Tennessee M/L #1-2	\$152.17	\$145.66	\$135.53	4%
	Missouri M/L #1-2	\$170.55	\$169.34	\$149.50	1%
	Live Price	\$155.79	\$156.42	\$139.69	0%
	Dressed Price	\$246.82	\$248.55	\$219.71	-1%
	Choice Value, 600-900 lb.	\$246.23	\$253.53	\$266.75	-3%
	Select Value, 600-900 lb.	\$220.37	\$225.78	\$254.11	-2%

Futures Prices		12/9/22	12/2/22
Live Cattle	December	\$153.68	\$153.35
	February	\$155.55	\$155.88
	April	\$159.35	\$159.57
Feeder Cattle	January	\$183.93	\$182.45
	March	\$185.10	\$185.27
	April	\$188.60	\$188.63
Corn	December	\$6.35	\$6.35
	March	\$6.44	\$6.46

Source: CME Group

2023 Winter Wheat Meeting

James E Bruce Convention Center

303 Conference Center Dr., Hopkinsville, KY 4224

TOPICS INCLUDE:

- ▶ Changes To The Pesticide Applicator Programs In 2023
- ▶ Managing Important Wheat Diseases With Fungicides
- ▶ Kentucky Weather And Climate Outlook, Trends, And Monitoring
- ▶ Improving IPM For Insect Control For Stored Grains
- ▶ Economics Of Fungicide Application Timing
- ▶ Soil Fertility Update, The Latest Research



January 5, 2023

9 am—3 pm CT

Registration 8:30 CT

Approved Credits:

CCA: NM 0.5, SW 0.5, PM 1.0, CM 0.5
Pesticide credits pending approval



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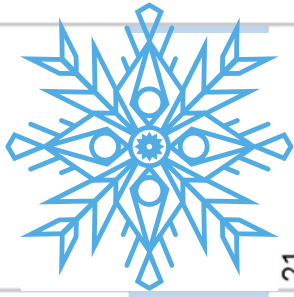


For additional information email elaurent@uky.edu

January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year! <i>Happy New Year</i>	2	3 Fruit and Vegetable Conference	4 National Spaghetti Day Fruit and Vegetable Conference	5 UK Winter Wheat Meeting	6 4-H In the Classroom	7
8	9	10	11	12	13	
Ashley at FCS Training						
15	16 Martin Luther King, Jr. Day - COUNTRY HAM DAY!!!!	17 CLOVERBUDS	18 Cooking thru Calendar Demo @ 11a.m.	19 National Popcorn Day KY Commodity Conference	20 TEEN CLUB	21
22 Chinese New Years	23 Sewing Club A	24 Nicholas County District Board Meeting 5:30 p.m.	25 Sewing Club B	26 4-H at New Beginnings Cooking Club - Beginner and Advanced	27 National Chocolate Cake Day	28 National Data Privacy Day Possible Skillathon (details to come)
29	30	31				





Cushaw Pie

2 cups cooked and mashed cushaw squash	½ cup brown sugar	½ teaspoon nutmeg
¼ cup butter	2 eggs	¼ teaspoon ground cinnamon
¼ cup sugar	1 teaspoon lemon extract	1 9-inch graham cracker pie shell
	1 teaspoon vanilla extract	

1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1 inch squares.

Steam squash cubes until tender. Drain and mash.

2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

3. Pour mixture into pie shell.

4. Bake 15 minutes at 400° F.

5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

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



Stop by our office for the NEW 2023 Recipe Calendars!