Nicholas County Extension

February 2025



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

Ag and Natural Resources Newsletter

Forage Timely Tips

- Continue strip-grazing of stockpiled tall fescue for maximum utilization.
- Remove animals from waterlogged pastures to limit pugging and soil compaction.
- Feed best hay to animals with highest nutritional needs.
- Supplement poor quality hay as indicated by forage testing.
- Feed hay in poor pastures to increase soil fertility and enhance organic matter.
- Consider "bale grazing" set out hay throughout field when the ground is dry or frozen. Then use temporary fencing to allocate bales as needed after that.
- Use variety trial results to select seed for spring renovation.
- Prepare for pasture renovation by purchasing seeds, inoculant, etc. and getting equipment ready



Friendly reminder: the **Nicholas County** Soil Conservation **Office is** changing locations, their new location will be 110 South Broadway St. Carlisle, KY 40311 as of **February 3rd** 2025

Shelby Cleaver ANR/4-H Agent University of Kentucky 368 East Main Street Carlisle, KY 40311 859-289-2312 shelby.cleaver@uky.edu



Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

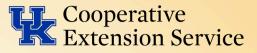
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.



Disabilities accommodated with prior notification.

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Beef Quality Care Assurance (BQCA) Dates:

February 19th at 4 PM March 21st at 9 AM April 15th at 3 PM April 16th at 5 PM

Classes are \$5 a person unless stated otherwise.

Gate signs are available for \$10 each.

We only accept cash or check. Checks are to be made out to

"Kentucky Beef Network"



Friendly reminder:

An updated BQCA card required if you plan to do large animal category for CAIP!

Plus an educational component will also be required.

Please call the office to let us know if you plan to attend any of these days/time at 859-289-2312. If no one calls they will be cancelled.

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Private Pesticide Applicator Trainings





To register please call our office 859-289-2312. These will be held at the Nicholas County Extension office Dates: February 13th at 9AM March 18th at 3PM

If non of these dates work for you please let me know and we will discuss other options: shelby.cleaver@uky.edu

Deadline to register is a 4 days prior to classes <u>Classes will be cancelled</u> <u>if no one registers</u>



with prior notification.

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Education Service Extension Service

Opportunities

- Mushroom 101 February 25th at 6PM at the Nicholas County Livestock Barn
- Beekeeping 101 March 24th at 6PM at the Nicholas County Livestock Barn
- Wildlife Food Plot Planning April 3rd at 6PM at the Nicholas County Livestock Barn

If planning to attend any of these please call our office at 859-289-2312. You must register at least 4 days prior to event! Food will be provided so please let us know if you're attending so we have enough

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Cooperative Extension Service Nicholas COUNTY EXTENSION OFFICE PLANT ORDER 2025



All plant orders due february 14th

Name:

Address:

City, State, Postal Code:



Telephone:

Email:

Item	Quantity (bundle of 25 plants)	Unit Price	Total Price
Seascape Strawberries		\$8.00	
Earliglow Strawberries		\$8.00	
Flavorfest Strawberries		\$8.00	

** IF ORDERING BLUEBERRIES, IT IS RECOMMENDED TO PURCHASE TWO DIFFERENT VARITIES FOR POLLINATION**

Item	Quantity (per plant/crown)	Unit Price	Total
Jewel Black Raspberry		\$13.00	
Chandler Blueberry		\$13.00	
Duke Blueberry		\$13.00	
Triple Crown Blackberry		\$13.00	
Marge Elderberry		\$13.00	
Hinnomaki Red Gooseberry		13.00	
Jersey Knight Asparagus		\$2.00	
		Total Due	

Orders payment is required by February 14th, 2025 Make checks payable to: Nicholas County Extension

Taxes included in price

WE WILL CONTACT YOU WHEN ORDERS ARE READY
FOR PICK-UP. IF YOU HAVE ANY QUESTIONS, CALL
859-289-2312

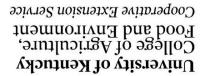
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	_	
or Cash		
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2025 Kentucky Beef Expo February 28th - March 2nd









Carlisle, Kentucky 40311 P.O. Box 3 nisM tzs3 885 Vicholas County



Lean Green Lettuce Tacos

- 8 large lettuce leaves 11/2 cup cooked brown rice
- 34 cup fresh corn kernels
- 1 cup canned black beans.
- drained and rinsed
- 1 tablespoon olive oil

heat the oil to medium; add ground

beef and begin to cook. When beef

begins to brown, add zucchini, corn and black beans to skillet. Continue to

cook until vegetables are tender and

beef is done. Do not overcook. Add in

taco seasoning and tomato sauce and

heat through. Add cilantro and lime

34 pound extra lean ground beef 1 small zucchini, chopped 1 ounce packet lowsodium taco seasoning 4 ounces low sodium tomato sauce

and onion.

12 g protein.

Yield: 8 servings

1 small red onion, chopped juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato

Nutritional Analysis: 180 calories,

4.5 g fat, 1 g saturated fat, 20 mg

cholesterol, 350 mg sodium, 23 g

carbohydrate, 4 g fiber, 5 g sugars,

1 teaspoon lime iuice

1 tomato, chopped

1 tablespoon finely

chopped cilantro

Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet,