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UPCOMING EVENTS

- June 3: Grab & Go Bags “Nature Theme” pick up at Greenup County Farmers Market
- June 20: Greenup County Beekeepers Meeting at 6PM
- June 26: Greenup County Master Gardener Meeting at 6PM
- July 1: Grab & Go Bags “Patriotic Theme” pick up at Greenup County Farmers Market
- July 11: UK Alumni Summer Event Franks Building in Boyd County at 5:30PM
- July 15: Greenup County Farm to Table Dinner at Imel’s Greenhouse
- July 18: Greenup County Beekeepers Meeting at 6PM
- July 24: Greenup County Master Gardener Meeting at 6PM Guest Speaker discussing Invasive Species
- August 5: Grab & Go Bags “County Fair Theme” pick up at Greenup County Farmers Market
- August 15: Greenup County Beekeepers Meeting at 6PM
- August 28: Greenup County Beekeepers Meeting at 6PM





Greenup County Farmers Market

2023 Directory

GREENUP COUNTY Farmers Market



Home Grown, Handmade

Market schedule (May - Oct.)*

Saturday: 9:00 am to 2:00 pm
Greenup County Extension Office

Thursday: 4:00 pm to 7:00 pm
Downtown Russell

3rd Tuesday: 10:30 am to 1:30 pm
KDMC Pavilion — **June-Sept.**

*subject to change

COOPERATIVE EXTENSION



JUNE 1, 2023

5:30PM

FEATURING

**DR. JIMMY HENNING
DR. BOB COLEMAN
TODD HOLBROOK (HOLBROOK EQUIPMENT)
CHAD ALLEN (MEADE TRACTOR)
MEAL WILL BE SERVED**

SEED DRILL DEMO

COME CHECK OUT THE NEW SEED DRILL PURCHASED AND HOUSE AT RCARS FOR PROUDCER USE HERE IN EASTERN KENTUCKY!

HAY QUALITY 101

COME SPEND THE EVENING LEARNING ABOUT HAY PRODUCTION AND WHY QUALITY IS IMPORTANT. FEATURING HIGHLIGHTS AND DEMONSTRATIONS ON HOW TO USE PRODUCTS

PLEASE CALL YOUR COUNTY EXTENSION AGENT TO REGISTER!

**UNIVERSITY OF KENTUCKY
RCARS (ROBINSON CENTER FOR APPALACHIAN RESROUCE SUSTAINABILITY)
130 ROBINSON ROAD, JACKSON, KY 41339**

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

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Lexington, KY 40506



Disabilities accommodated with prior notification.

KEEPING BACK YARD FLOCKS COOL AND COMFORTABLE IN THE SUMMER MONTHS

During the summer months both humans and chickens need to adapt to stay comfortable. Summertime needs are the same for both humans and chickens. Stay hydrated, protect yourself from the heat and maintain a balanced diet.

Chickens like all birds are unable to sweat. To cool down, they open their beaks and pant similar to dogs. They also spread their wings away from their bodies. If chickens are unable to cool themselves, they are likely to stop eating, become lethargic and die. A normal chicken body temperature is 105-107 degrees Fahrenheit.

Provide chickens with clean cool water daily. In high temperatures, chicken will drink up to twice as much water as usual. If birds do not have access to quality water, they are less likely to eat and lay eggs.

Tips for keeping chickens cool through hydration:

1. Provide extra waterers so each bird has access.
2. Place waterers in a shaded cool area to help keep the water cool.
3. Freeze water in a storage container and put the ice in the waterer to keep water cool.
4. Wash the waterers weekly in a mixture of 10 percent bleach and 90 percent water. Rinse thoroughly.

Make sure your chickens have access to shade and good ventilation throughout the summer months. You may need to reduce bedding inside the coop to 2 inches or less.

Don't forget a balanced diet. Summer is a great time to give them some indulgent snacks fresh from the garden. The rule of thumb is 90/10. That's 90 percent complete feed and 10 percent healthy snacks and treats. Also, consider offering oyster shells to help maintain calcium intake and eggshell quality when birds may be eating less due to heat.

By keeping your backyard flock healthy and happy they will provide you with some nice egg production during the summer.



Easy Tortilla Breakfast Pizza

Servings: 3 Serving Size: 1/3 of pizza Recipe Cost: \$3.25 Cost per Serving: \$1.08



Ingredients:

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Breakfast Burrito

Servings: 4 Serving Size: 1 burrito Recipe Cost: \$1.04 Cost per Serving: \$0.26



Ingredients:

- 4 eggs
- 1/4 cup skim milk
- 2 tablespoons green pepper, finely diced
- 1/4 cup onion, finely diced
- 1/4 cup low-sodium lean ham, diced
- Cooking spray
- 4 8-inch whole wheat flour tortillas
- 1/4 cup salsa

Directions:

1. In a large mixing bowl, whisk the eggs and milk until blended; add green peppers, onions, and ham.
2. Heat a skillet on medium-low heat.
3. Spray skillet with cooking spray and add egg mixture.
4. As eggs begin to set, gently scrape the eggs across the pan with a spatula; repeat turning and folding eggs until no liquid remains. Do not stir eggs continuously.
5. Wrap tortillas in paper towels and warm in the microwave for 20 seconds.
6. Divide egg mixture by four equal parts and place in each tortilla. Fold tortilla in half or roll up.
7. Serve each burrito topped with 1 tablespoon of salsa.

Make it a Meal

Pair this burrito with oranges and cup of milk to complete your plate.

Source: Healthy Choices for Everybody Curriculum : Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator University of Kentucky Cooperative Extension Service

240 calories; 9g total fat; 3g saturated fat; 0g trans fat; 195mg cholesterol; 650mg sodium; 25g total carbohydrate; 1g dietary fiber; 2g total sugars; 14g protein.

Kentucky Woodland Owners Short Course

June - July 2023

Kentucky
Woodland
Owners
Short Course



On-line Sessions

Via Zoom

7 - 8:30 p.m.
Eastern



June 20

Your Trees, Your
Woodlands, Your
Options



June 22

Woodlands and
Climate Change



June 27

Wildlife and Woodlands



June 29

Woodland Health

Registration for all 4 on-line sessions: \$10 per person

Registration for all 4 on-line sessions, 1 field session with lunch, a clipboard binder, and reference resources: \$20 per person/\$30 couple



Field Session Locations (9:30 a.m. - 3:30 p.m.):

July 15 - Pennyrile State Forest (Christian County - Central time)

July 29 - Elk Caves Farm (Boyle/Casey counties - Eastern time)

Contact Us:

Forestry.Extension@uky.edu

859.257.7597

<https://wosc.ca.uky.edu/>

 College of Agriculture,
Food and Environment
Forestry and Natural Resources Extension

Register at <https://wosc.ca.uky.edu/>

Tips to Improve Hay Production This Spring

By: Chris Teutsch, UK Research and Education Center at Princeton

You have probably heard the expression “garbage in garbage out”. This adage is not only true for hay and silage, but also completely appropriate. Baling or ensiling poor quality forage will NOT improve its nutritional value. How we manage hayfields this spring can have a major impact on both yield and nutritive value. Fertilization and timely cutting are even more critical when we need to refill hay barns after a long winter. The following tips will help you to optimize hay production this spring:

- **Fertilize and lime according to soil test.** A balanced fertility program is essential for optimizing hay production. Phosphorus, potassium, and lime should be applied according to soil test results. Avoid using “complete” fertilizers such as 10-10-10. These fertilizers commonly over apply phosphorus and under apply potash.
- **Apply nitrogen early to promote rapid spring growth.** Applying 80 lb N/A in mid- to late March will promote early growth in hay meadows, resulting in higher first harvest yields.
- **Harvest at the boot stage.** The single most important factor impacting forage quality is stage of maturity at harvest. Hayfields should be mowed as soon as the grass reaches the boot-stage. By making the first cutting in a timely manner, we will have time to make a leafy second cutting just prior to the summer months.

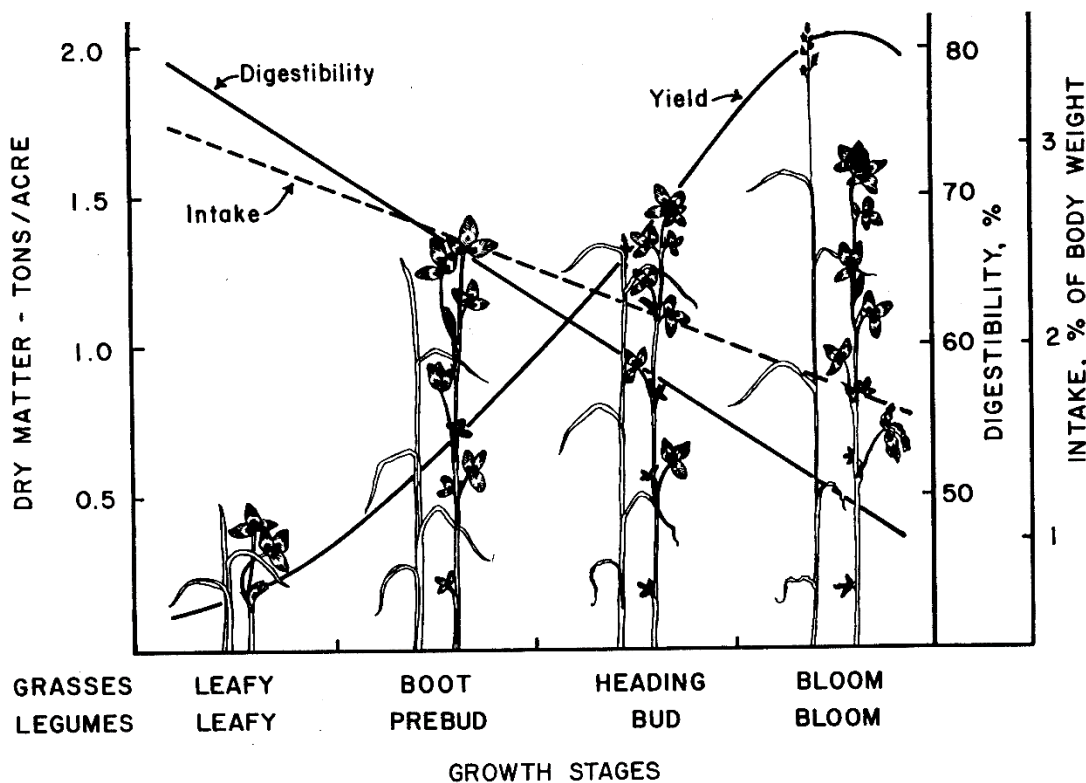


Figure 1. Impact of stage of maturity on the yield and digestibility of grasses and legumes. Harvest when the grass reached the boot stage

- **Mow early in day.** Some studies have shown that sugars tend to be highest in late afternoon, making this the optimal time of day to cut. However, in high rainfall environments like Kentucky, maximizing curing time is the highest priority. Therefore, hay should be mowed in mid to late morning after the dew has dried off.
- **Use mower-conditioner.** Conditioning the stems allows for moisture to escape at a faster rate. This shortens curing time and improves your chances of avoiding rain. Conditioning is especially important on first cutting grasses, summer annual grasses, and legumes, all of which tend to have larger stems.
- **Set swath on mower-conditioner to the widest possible setting.** Maximizing the swath width decreases curing or wilting time by exposing a larger portion of the forage to direct sunlight.
- **Rake or ted at 40-50% moisture content.** Raking and tedding the forage while it is still pliable helps to reduce leaf loss and maintain forage quality. Once the moisture content is below 40%, leaf loss increases, especially in legumes such as alfalfa and clover.
- **Bale at 18-20% moisture.** Baling in this moisture range inhibits mold growth and reduces heating. Avoid baling hay that is excessively dry due to high levels of leaf loss and hay that is above 20% moisture due to heating and potential hay fires.
- **Store under cover and off the ground.** Protecting hay from weathering helps to reduce dry matter losses and maintain forage quality. Much of the weathering damage is a result of the hay bale wicking moisture up from the ground. So, storing hay off the ground can greatly reduce deterioration.
- **Do not cut hay fields too close.** If not properly adjusted, disc mowers can cut very close to the soil surface and this can cause significant damage to cool-season grass stands. Do NOT mow perennial cool-season grass stands closer than 3-4 inches.
- **Apply nitrogen following the first cutting.** Following a timely first harvest, apply 60 lb N/A to stimulate regrowth. With adequate rainfall, a second harvest can be made approximately 30 days after the first harvest.
- **Allow hayfields to go into summer with some regrowth.** Make sure to allow cool-season hayfields to go into summer with at least 5-6 inches of regrowth. This will shade the crown of the plant, moderating its temperature, and reduce soil moisture losses.
- **Apply nitrogen in late summer.** As the temperatures moderate in late summer and early fall, apply 60 lb N/A to stimulate fall growth. This growth can be grazed or harvested as needed.
- **Allow plants time to replenish carbohydrates in the fall.** Make sure to time fall hay cuttings to allow stands to regrow and replenish their carbohydrates prior to winter dormancy.

HOW TO PREVENT TICK BITES

Ticks are disease vectors that can negatively impact human health. Luckily, with some common sense approaches you can keep yourself safe from these tiny vampires.



Be aware of tick habitat

Ticks like overgrown areas. Some prefer woodlands while others like open spaces. If grass or shrubs reach about knee high, ticks may be there.



Wear protective clothing

Pants and long sleeves block ticks from your skin. You can also treat clothes with permethrin to kill ticks. Do not apply permethrin to skin though.



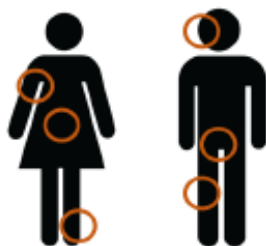
Use an insect repellent

Skin based repellents like DEET, picaridin, IR3535, and oil of lemon eucalyptus help repel mosquitoes and ticks. They don't last forever though!



Protect your pets

If your pets go outdoors, provide them with tick prevention medicine to keep ticks from hitchhiking on your furry friend.



Perform regular tick checks

Check hair, ears, arms, belly button, groin, and legs.



Remove ticks safely

Pull ticks out of your skin with tweezers. Do not apply alcohol or fire to tick, this can cause the tick to puke in you!



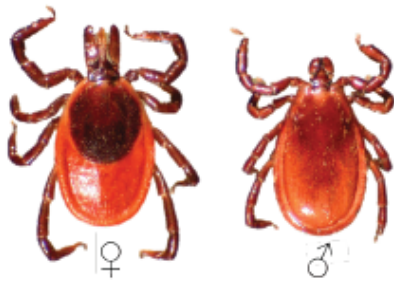


THE TICKS OF KENTUCKY



Ticks are blood-feeding parasites that live in many different habitats. Unfortunately their diet means that they can be disease transmitters and they are responsible for infecting people with issues like Lyme disease and Rocky Mountain Spotted Fever. Here are some of the species that can bother humans and are common in Kentucky.

BLACKLEGGED DEER TICK



- Feed mainly on white tail deer and live in forests
- Adults active October-May on any day above freezing
- Can carry and transmit Lyme disease, Anaplasmosis, Babesiosis, and Powassan virus

AMERICAN DOG TICK

- More common along paths on long grass
- Adults active April-August
- Can carry and transmit Rocky Mountain Spotted Fever and Tularemia



LONESTAR TICK

- Common along paths in wooded areas, they are aggressive and will "chase" you
- Adults active April-August
- Can carry and transmit Ehrlichiosis, Rocky Mountain Spotted Fever, Heartland virus, STARI, and red meat allergy



ASIAN LONGHORNED TICK

- A new invasive species that has been found in Floyd, Martin, and Metcalf county in KY
- Only female ticks have been found in the US
- No disease transmission has occurred yet but they can possibly transmit Rocky Mountain Spotted Fever

★ New invasive species ★





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

Greenup County Extension Service
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Wurtland, KY 41144

RETURN SERVICE REQUESTED

Enjoy your newsletter,

A handwritten signature in cursive script that reads "Linda S. Hieneman".

Linda Hieneman,
Greenup County Extension Agent for
Agriculture & Natural Resources

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