



Jessamine County  
Agriculture



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

# AGRICULTURE NEWS

## AGRICULTURE & NATURAL RESOURCES

Cooperative  
Extension Service  
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Jessamine County Extension Agent  
Agriculture and Natural Resources



### May 2023

## Bluegrass District Goat Show

Saturday, May 27th

Jessamine County Fairgrounds

9:00a-10:30a Weigh-In

11:00a Show Time

To be eligible to compete at the Kentucky State Fair, all 4-H/FFA market goats must compete in one of the District Shows or Kentucky Junior Livestock Expos conducted by the Division of Show & Fair Promotion. A goat will only qualify for the Kentucky State Fair if it has competed and been placed during a market goat class at a District Show or Kentucky Junior Livestock Expo. All goats and lambs must have Scrapie tags in place at time of validation. No animal will receive a KUIP tag without a Scrapie tag. \* Goat Exhibitors may tag in a total of 10 head\*

Check the KDA website <https://www.kyagr.com/marketing/goat-rules-shows.html> for Premiums, Rules and Regulations.



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Family and Consumer Sciences  
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Disabilities  
accommodated  
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## Upcoming Events in Agriculture

May 11	Jessamine County Goat Producers 6:30p @ Jessamine County Extension	May 27	Bluegrass District Goat Show (see page 1 for details)
May 15	Jessamine County Cattlemen 6:00p @ Jessamine County Extension	May 29	Office closed for Memorial Day
May 16	6:30 p Antique Farm Equipment	June 17	20th Annual Kentucky Wine & Vine Fest with John Michael Montgomery Concert
May 24	Twisted Vine Garden Club 6:30p @ Jessamine County Public Lib.		
May 25	West KY Summer Forage Tour (see flyer for details)		
May 25	Jessamine County Beekeepers 6:00p @ Jessamine County Extension		

For more information on any of these programs, please contact the Jessamine County Extension Office

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**Game-Stuffed Peppers**

**Cook Wild KENTUCKY**

KENTUCKY  
DEER & WILDLIFE  
RESOURCES

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

SNAP  
USDA  
Supplemental Nutrition Assistance Program  
Putting Healthy Food Within Reach

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

EFNEP  
Expanded Food and Nutrition Education Program

## Healthy Recipe From Cook Wild Kentucky



### Game-Stuffed Peppers

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 15-ounce can no-salt-added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack Cheese, shredded

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.

2. Preheat the oven to 350 degrees F.

3. Gently scrub peppers with a clean vegetable brush under cool running water.
4. Cut off curved top of pepper. Remove stem only and throw away. Dice remaining part of pepper top.
5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.
6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.
7. Add the tomato sauce and rice to the skillet. Stir to combine.

8. Fill peppers with rice and meat mixture. Top with shredded cheese.

9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.

10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

**Yield:** 6 servings

**Serving Size:** 1 stuffed pepper

#### Nutrition facts per serving:

280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars; 0g added sugar; 26g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 30% daily value of iron; 6% Daily Value of potassium.

**Upcoming Opportunities:**

**Jessamine County Goat Producers**

May 11th—Jessamine County Extension Office @ 6:30p

**Jessamine County Cattlemen’s Association**

May 15th—Jessamine County Extension Office @ 6:00p

**Jessamine County Antique Farm Equipment**

May 16th—Jessamine County Extension Office @ 6:30p

**Twisted Vine Garden Club**

May 24th—Jessamine County Public Library @ 6:30p.

**Western Kentucky Summer Forage Tour**

“Nurtured Lands Farm...A Regenerative Journey”

May 25th—Nurtured Lands Farm, 546 Highway 293 North, Princeton, KY

Registration starts at 3:00p CT

(See attached flyer for more information.)

**Jessamine County Beekeepers**

May 25th—Jessamine County Extension Office @ 6:00p

Laura Augustine, Master Craftsman Beekeeper, will be sharing information on “How to read frames during an inspection.”

**Bluegrass District Goat Show**

May 27th—Jessamine County Fairgrounds

9:00a-10:30a Weigh-In/11:00a Show Time

(See page 1 for details)

**The Jessamine County Extension Office  
will be closed Monday May 29th for  
Memorial Day**

**Follow us on Facebook**

@ Jessamine County Agriculture



## SOW app Available for Kentucky Gardeners

**“Kentucky gardeners have a new tool available in Apple and Google Play app stores to assist with planting, sowing and harvesting decisions for their home garden.”**

Kentucky gardeners have a new tool available in Apple and Google Play app stores to assist with planting, sowing and harvesting decisions for their home garden.

SOW—A Planting Companion is a free app based on University of Kentucky Cooperative Extension’s [publication ID-18 Home Vegetable Gardening in Kentucky](#). The app also incorporates information for Alabama and North Carolina and other areas in U.S. Department of Agriculture Plant Hardiness Zones 6a-9a. Kentucky is primarily in zone 6b, with a few areas in 6a or 7a. After downloading the app, enter your state and county to get customized plant information based on your hardiness zone. You can always change the information later in the settings menu.

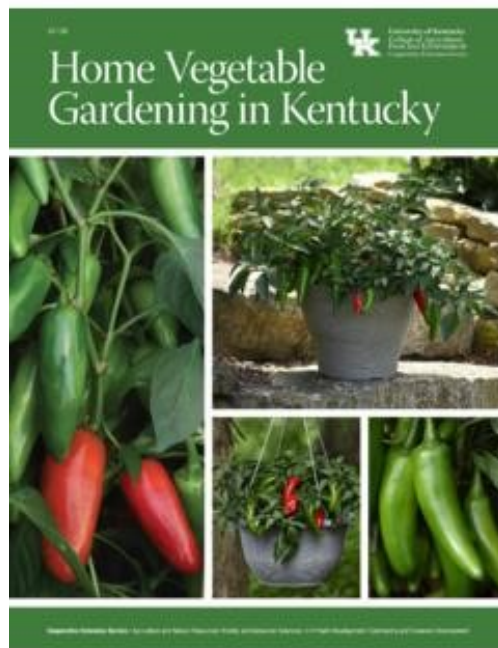
The app has three main sections: My Garden, Journal and Library. The library currently has information and photos of

about 36 popular home garden vegetables. You may sort the vegetables alphabetically, by harvest date or by planting date. Clicking on a vegetable in the library will open information about that vegetable, including estimated days to harvest, expected yield, plant spacing, planting depth, soil pH range and average number of plants per person you need to include for a good harvest.

You can add vegetables to the My Garden section. You can develop more than one garden, for example, a spring garden, a summer garden and a fall garden, and keep them separate. My Garden helps you keep track of planting dates, seed or transplant planting method, the specific cultivar or variety you planted and when you should be able to harvest it. You can even plan ahead and enter a planting date for the future and the app will give you the option to add this date to your phone’s calendar as a reminder.

After you harvest a crop, you the Journal section to record yield, harvest date or any other notes you may need to help plan next year’s garden.

The app can also link you to your local Cooperative Extension office, where you’ll find staff information and ways to contact extension agents with questions. Download the app through Apple, <https://apps.apple.com/us/app/sow-a->



## 10 Backyard Chicken Basics

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances require a minimum amount of land and some subdivisions and homeowners' associations have their own rules.
2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.
3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.
4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.
5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.
6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.
7. The egg season will come to an

end. Chickens stop producing eggs at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.

8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, nest boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.

9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.

10. Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.

For more information about small flocks, visit <https://afs.ca.uky.edu/poultry/poultry-publications>

*Jacquie Jacob, U.K. Extension Poultry Project Manager*

***“To have a successful flock producing eggs for your family, you’ll want to learn the basics.”***

# Western Kentucky Summer Forage Tour

## “Nurtured Lands Farm...A Regenerative Journey”

**Where:** Nurtured Lands Farms  
546 Highway 293 North  
Princeton, KY 42445

**When:** May 25<sup>th</sup> 2023 from 3:00-7:00 PM, registration at 3:00 PM,  
tour starts at 4:00 PM Rain or Shine

**Cost:** \$10 per person at the door to cover dinner  
\*Please bring a lawn chair

### Preregistration REQUIRED:

Register on-line at <https://WestKyForageTourMay23.eventbrite.com>

or contact Kate Adams at [Kate@nurturedlands.com](mailto:Kate@nurturedlands.com) or 513-470-8171

Scan here



### Farm and Tour Description:

Kate and Justin Adams purchased their Princeton Kentucky farm in 2016. It had been neglected for many years leading to low soil fertility and poor soil health. While neither Kate nor Justin grew up on a farm, they both enjoy hard work and have a passion for regenerative agriculture. Justin always had an interest in livestock and has an undergraduate degree from Murray State University in Animal Health Technology and a Master of Agriculture in Integrated Resource Management from Colorado State University.

The first year on the farm they started with a contract grazing partnership with Dogwood Farm. Toby and Debby Dulworth quickly moved from just partners to partners and mentors. Like most farmers starting out they started on a budget. Dogwood paid Kate and Justin with a share of the calves, and this is how they started their herd. In 2020, they added layer chickens in a mobile coop to follow the cattle and help reduce the fly population on the farm. This was also the year they ended the cow/calf production and move to grass finishing steers. In 2021, pastured chickens were added, and the farm started direct to consumer marketing both chicken and beef cuts. A partnership with Magney Legacy Ridge farm started in 2021 for Western Kentucky consumers to order online and have a weekly delivery to their home. In 2022, forest finished hogs we added to the farm.

This farm tour will be a walking tour of the 50-acre farm (35 in pasture). Justin and Kate will explain how they used strategic forages, animals, and grazing techniques to bring life back into the soil. They have experimented with many ways of diversifying the forages on the farm and have seen the biggest impacts through frost seeding of clovers and lespedeza. Since Nurtured Lands Farm does not use synthetic fertilizers, having the clovers in the pastures is a main source of nitrogen. The tour will be a friendly discussion of shared practices.



## Tour stops and topics

- Soil health and fertility
- Rotational grazing
- Integrating multiple livestock species
- Chemical free approach
- Watering systems for rotational grazing
- The role of mentorship in new farm success
- Building soil fertility through bale grazing
- Building and maintaining strong nutrient cycles
- Direct to consumer marketing
- Obtaining high quality stored forage
- And much, much more ...

**Directions to the farm:** From I69/Western Kentucky Parkway. Take exit 81 and go north on Highway 293 toward Providence. Travel 0.7 miles and turn right onto farm, follow signs to park in pasture.



For more information on this tour and other forage and livestock related events, please visit <http://forages.ca.uky.edu/> or contact Kate Adams 513-470-8171.

This meeting is a cooperative effort of the following partners...



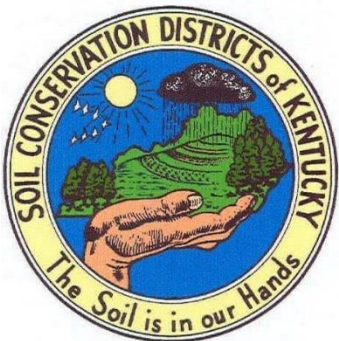
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Jessamine County Extension Service  
95 Park Drive  
Nicholasville, KY 40356

JESSAMINE COUNTY  
BEEKEEPER'S CLUB  
MAY MEETING

**Speaker:**  
**Laura Augustine**  
**Master Craftsman Beekeeper**

**Discusses:**  
**How to read frames**  
**during an inspection**

95 PARK DR  
NICHOLASVILLE, KY  
6PM 05/25/23

