

# The FARMACY

*"Agriculture is our wisest pursuit because it will in the end contribute most to real wealth, good morals and happiness"*

- Thomas Jefferson -

## UPCOMING EVENTS

- **MAY 6 EQUINE ESSENTIALS**  
— Nutrition for Different Classes of Horses and Body Condition Scoring
- **MAY 7 Farm Service Agency Workshop**  
— Crop Reporting, Farm Serial Numbers and Ag Districts Workshop
- **MAY 22 FORAGE FOCUS**  
— Weed Control in Pastures & Hay Fields
- **JUNE 3 EQUINE ESSENTIALS**  
— The Legal Side of Equine Businesses, Trailering Laws & Safety
- **JUNE 20 FORAGE FOCUS & Small Ruminant Field Day**  
— Intensive Grazing with Sheep & Goats- How to be Successful!
- **JULY 1 EQUINE ESSENTIALS**  
— Building your Dream Barn & Arena- Things to Consider Before you Build!
- **JULY 20 BACKROADS FARM TOUR**  
— Enjoy the day visiting several farms & experience local agriculture.
- **JULY 24 FORAGE FOCUS & Cattleman's Summer Round-Up**  
— Haylage & Haylage Equipment
- **AUG. 14 FORAGE FOCUS**  
— Fescue "The Wonder Grass"
- **NOV. 20 PATIM - Restricted Use Pesticide Applicator Training & Certification**
- **NOV. 26 BQCA - Beef Quality and Care Assurance Training**

Spring has sprung and it will be summer-time before we know it! I hope everyone is having a successful spring calving season and ready to jump in the hayfield here soon. I've had a lot of questions about split fertilizer applications- please reach out if you have questions, I'm happy to help!

We have a lot of great programs coming up and I hope you can attend! Our Forage Focus series will continue through the summer and into the fall and is covering any and every topic related to forages. The northern Kentucky area is offering the Master Cattleman program this fall- sign up soon if you're interested.

See you all at the Campbell County Farm & Livestock Expo!



Michelle Simon  
Campbell County Extension Agent  
for Agriculture and Natural Resources



# CAMPBELL COUNTY FARM & LIVESTOCK EXPO

**Saturday, May 4, 2024**  
**9:00 a.m. - 2:00 p.m.**  
**Alexandria Fairgrounds**

**BEEFIN'**

**UP THE CALVES**

**FUN RUN AT  
THE FAIRGROUNDS!**

**9:00 A.M.**



**T.A.C. Fitness**  
Trust, Adapt, Change

**LIVE  
AUCTION  
10:00 a.m.**



## Activities & Demonstrations

- Tractor Driving Contest for all Ages
- Sheep & Goat Hoof Trimming & Shearing Demonstration
- UK Ag Engineering Specialist, Dr. Josh Jackson: Drone Demonstration
  - Seeding
  - Spraying
  - Aerial Images
- Interactive Ag Experience for kids:
  - Farm Animal Petting Zoo
  - Farmer for a Day
- Licking Valley Antique Tractors and Machinery
- Ag Equipment Vendors & Demonstrations
- UK Ag Nurse, Dr. Cheryl Witt: Free Health Screenings
- Antique Car Club



**For more information:**  
 Campbell County Cooperative Extension  
[michelle.simon@uky.edu](mailto:michelle.simon@uky.edu)  
 (859) 572-2600

Campbell County Conservation District  
[patti.dischar@campbellkyconservation.org](mailto:patti.dischar@campbellkyconservation.org)  
 (859) 635-9587



**Kyliico Hat Bar:**  
Make Your Own Hat



**UK** Martin-Gatton  
 College of Agriculture,  
 Food and Environment  
 University of Kentucky.

# Farm, Lawn, Garden and Livestock Equipment Consignment Auction

## Saturday - May 4, 2024

### 10:00 a.m. - Alexandria Fairgrounds

Sale conducted by Double H Auction Services  
Bill Hall Principal Auctioneer — 859-322-9217

Receiving equipment on May 1 & May 3rd | 9:00 am - 6:00 pm

#### Consign Early for Free Advertising

Consignment Rates	\$200.00 & under	20%
	\$201.00 - \$500.00	10%
	\$501.00 and over	5%
Maximum Commission	\$500.00	
Minimum Commission	\$1.00	
No Sale Fee	\$25.00	

Terms: Cash or check with ID. No debit or credit cards accepted.

**AE (Tax Exempt) numbers required for all farm tax exempt purchases.** Announcements day of sale take precedence over written material. Not Responsible for Accidents.



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## Timely Tips

Dr. Les Anderson, Beef Extension Professor, University of Kentucky

### Spring Calving Cow Herd

- Watch cows and calves closely. Work hard to save every calf (you can cull/sell them later). Calves can be identified while they are young and easy to handle. Commercial male calves should be castrated and implanted. Registered calves should be weighed at birth.
- Cows that have calved need to be on an adequate nutritional level to rebreed. Increase their feed after calving. Don't let them lose body condition. Keep feeding them until pastures are adequate.
- Don't "rush to grass" although it can be really tempting. Be sure that grass has accumulated enough growth to support the cow's nutritional needs before depending solely upon it. Cows may walk the pastures looking for green grass instead of eating dry feed. This lush, watery grass is not adequate to support them. Keep them consuming dry feed until sufficient grass is available to sustain body condition. We've spent too much money keeping them in good condition to lose it now!
- Prevent grass tetany! Provide magnesium in the mineral mix until daytime temperatures are consistently above 60oF. Mineral supplement should be available at all times and contain a minimum of about 14 percent magnesium. Make sure that your mineral mix also contains adequate selenium, copper, and zinc. You can ask your feed dealer about the UK



Beef IRM High Magnesium Mineral.

- Make final selection of heifer replacements. Strongly consider vaccinating with a modified-live BVD vaccine. Vaccinate at least 60 days before the start of the breeding season.
- Purchase replacement bulls at least 30 days prior to the start of the breeding season. Have herd bulls evaluated for breeding soundness (10-20% of bulls are questionable or unsatisfactory breeders). Get all bulls in proper condition (BCS 6) for breeding.
- If you are going to use artificial insemination and/or estrous synchronization, make plans now and order needed supplies, semen, and schedule a technician.
- Prebreeding or "turn-out" working is usually scheduled for late April or May - between the end of calving season and before the start of the breeding season (while cows are open). Consult your veterinarian about vaccines and health products your herd needs. Plan now for products needed and have handling facilities in good working order.

Dehorn commercial calves before going to pasture.

### Fall Calving Cow Herd

- Pregnancy check cows now and cull open ones at weaning especially if the open cows are older than 5 years of age.
  - Re-implant feeders.
  - Consult with your veterinarian about preweaning working the herd.
  - You may let calves creep-graze wheat or rye if it is available. Calves will benefit from extra feed until spring grass appears.
  - Plan marketing strategy for feeder calves.
- ### Stockers
- Don't go to pastures too soon, give plants some growing time. Then stock at two to three times the July rate and rotate rapidly.
  - "Condition" purchased calves prior to grazing. They should be processed and fed a conditioning diet prior to being placed on pasture. You can also use this time to introduce them to electric fences which are used in rotational grazing.
  - Provide a good mineral supplement which contains a rumen modifier (Rumensin, Bovatec, etc.) along with adequate levels of copper and selenium.
- ### General
- We've made a muddy mess this winter, so be prepared to reseed bare spots. Our forage group has some excellent information on restoring heavily traffic areas.

- Make plans to improve hay feeding areas to avoid muddy conditions like we have faced this winter. Consider geotextile fabric with gravel or concrete feeding pads.
- Prepare for the grazing season. Check fences and make necessary repairs. Check your corral, too.

- Get everything ready to make high quality hay in May! Have equipment serviced and spare parts on hand. Order baler twine now. Be prepared to harvest an adequate supply of hay when you have the opportunity. Re-supply the extra hay that you fed out of the barn. This past winter caused most producers to exhaust their

hay supply, so it's time to re-stock.

- Plan now for fly control ... decide what fly control program that you will use but don't put insecticide eartags on cattle until fly population appears.

## Safely keep your home free of pests as the weather warms up

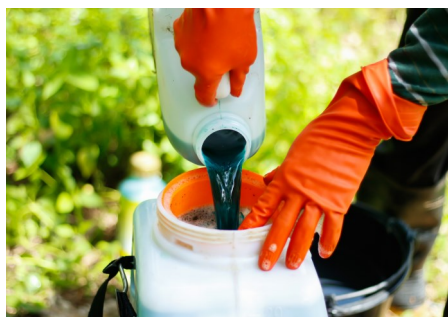
Source: Ric Bessin, UK Extension Entomologist

Our homes serve as tranquil havens, offering a space to retreat and relax. It's essential to safeguard our living spaces and maintain privacy diligently. As the weather continues to warm up, the emergence of insect pests within, and around, our homes can disrupt this privacy.

To address pest infestations, some may use pesticides to restore order to their gardens, landscapes and indoor spaces. When applying pesticides, employing smart, cautious approaches is crucial for the safety of your household.

Here are several strategies to mitigate these improper pesticides usage risks for you and your family:

- **Select the appropriate pesticide:** Identify the pest causing damage to ensure the ideal pesticide to use. Misusing a pesticide fails to resolve the issue, wasting resources and exposing your family to unnecessary risks. Extension offices are available to assist in accurately identifying pests and selecting the appropriate treatment.
- **Adhering to pesticide label instructions:** Pesticide labels carry legal authority, designed to ensure your safety. Applying a



pesticide in a manner not specified could be unsafe or illegal. Additionally, certain pesticides may not be suitable for use in residential areas. You will ensure the safe and effective use of the product against pests by properly following the label's directions.

- **Avoiding combining pesticides with household items:** Use designated equipment for pesticide application, refraining from repurposing these items for household tasks. Mix only the amount of pesticide needed for the task. Properly dispose of any leftovers without using drains or toilets.
- **Wearing protective clothing:** Minimize exposure to pesticides by donning appropriate gear. While specific protective equipment may be recommended on the pesticide label, wearing plastic gloves, closed shoes, socks, long pants and long-sleeved

shirts is a minimum safety standard.

- **Keep away from children and pets:** Ensure children and pets are not present in the area during pesticide application, adhering to label guidelines when it's safe to return. If timing is not specified, wait until the pesticide has completely dried is a good best practice
- **Thoroughly cleaning after application:** Clean reusable protective gear and wash application clothing separately from other laundry. Always cleanse your skin and hands thoroughly before consuming food, drinks or tobacco.
- **Storing pesticides safely:** Follow label instructions for proper storage, keeping pesticides out of reach of children and pets and in a temperature-controlled environment. Pesticides should be stored above 40 degrees Fahrenheit, while also avoiding extreme temperatures.

Adopting these practices can significantly reduce the risks associated with pesticide use, ensuring a safer environment for you and your family.



*Michelle Simon*

**Michelle Simon**  
Campbell County Extension Agent for  
Agriculture and Natural Resources

## Crop Reporting, Farm Serial Number & Ag Districts Workshop



The **Farm Service Agency and Conservation District** will be in Campbell County so farmers can submit their crop reports and get their farm serial numbers here in the county! If you are a new farmer or property owner- plan to attend to get your paperwork done and discover loan opportunities!

An agricultural district must contain a minimum of 250 contiguous acres which are in agricultural use (contiguous acres may cross roads) to be eligible for the status of an Agricultural District in Kentucky. If you are interested in applying to become an Agricultural District you can complete the paperwork at this workshop.



## Tuesday, May 7, 2024

Campbell County Environmental Education Center  
1261 Race Track Road | Alexandria, KY 41001

**Stop by any time between 2:00 - 6:00 p.m.**



# May Forage Focus:



# Weed Control in Pastures & Hay Fields

Dr. JD Green, UK Weed Science Specialist, will identify common and hard to kill weeds and advise on how to eliminate these weeds and improve your forage stands. Dr. Josh Jackson, UK Ag Engineering, will demonstrate different sprayer options to use in the field- boom and boomless sprayers, drones and weed wickers and wipers.

**Wednesday, May 22, 2024**  
**6:00 pm**

**12 Mile Beef (Cyndi Bezold)**

12530 Fisher Road | California, KY 41007

*Michelle Simon*

**Michelle Simon**

Campbell County Extension Agent for Agriculture and Natural Resources



**Guest Speaker:**  
**JD Green,**  
University of Kentucky  
Weed Science Specialist



**Guest Speaker:**  
**Josh Jackson,**  
University of Kentucky  
Ag Engineering Specialist

**Register by calling the Campbell County Extension office at 859-572-2600.**

## 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.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## Hay Fires: Should I Be Concerned?



**E**ach year a small number of producers lose hay and barns to hay fires, but for those that do it is devastating. A much more common occurrence though is quality losses that occur due to excessive heating of freshly harvested hay. How do heating and quality losses occur and what can you do to monitor and prevent hay fires?

Producers are challenged each year with small windows of opportunity in their efforts to bale and store hay at the proper moisture level while avoiding the risk of rain damage. Forage cut for hay must go from approximately 80% moisture to 20% moisture or less in order to be stable in storage as baled hay. As the cut forage dries down, both plant and microbial respiration (burning of oxygen) continues in the field.

All hay baled above 15% moisture will undergo some elevation in temperature the first couple of weeks in storage. Many producers

refer to this elevation in hay temperature following baling as “sweating” or “going through a heat”. This rise in temperature is caused by both plant and microbial respiration. Dr. Mike Collins, retired UK professor, reported that a small amount of heating (130°F or less) does not decrease hay quality and actually serves to dry down the hay by evaporating some of the moisture content.

Baling and storing hay high in moisture content (>20%) without taking steps to reduce or control microbial activity responsible for heat of respiration may reduce nutritional quality. Soluble carbohydrates are the principal group of compounds utilized “burned off” during respiration. The decrease of soluble carbohydrates and other chemical components during microbial respiration results in an increase in acid detergent fiber (ADF) which lowers digestibility.

When hay undergoes significant heating during storage, hay color can change dramatically, for example, green to various shades of brown. The degree of color change (e.g. light brown to dark brown) is indicative of the severity of heat damage to the hay. This type of heat damage represents a chemical reaction that fuses plant sugar and amino acids into an indigestible compound and is called the Maillard reaction. This compound is also referred to as bound protein even though the sugars are rendered indigestible. The degree of heat damage can be quantified by conducting a chemical analysis for acid detergent insoluble nitrogen (ADIN).

Baling and storing hay high in moisture content can result in spontaneous combustion or a hay fire. Hay stored at moisture levels sufficient to maintain high relative humidity of the air in the hay mass allows plant and microbial respiration to generate heat and elevates hay



temperatures to 158°F. The 158°F temperature may be reached within a few days or it may take several weeks if the air is drier. Above 158°F heat continues to be generated by oxidative chemical reactions.

When the temperature exceeds 175°F, the thermal death of microbes takes place. The increase in temperatures due to the oxidative chemical reactions is basically responsible for greatly increasing the potential for a rapid increase in heat to combustion temperatures of 448 to 527°F. The amount of time required for heating up to combustion may vary from four to ten weeks; however, it could be earlier or later. The moisture content of the forage, bale density, climatic and storage conditions ( e.g. size of stack) are all factors that influence the time until combustion.

### Important Points and Recommendations

- Small square bales should be baled at 20% moisture or less to keep molding and heating to a minimum.
  - Since large round or rectangular bales retain internal heat, bale at less than 18% moisture.
  - When baling above 20% moisture propionic acid can be applied to reduce microbial activity and subsequent heating. Check for recommended application rates.
  - Round bales should usually be left in the field for a 1 to 3 weeks (depending on moisture at baling) to allow heat to dissipate. When moist hay is stacked immediately after baling, the stack concentrates the heat, temperatures rise, quality losses occur, and the stage is set for a hay fire.
  - Check hay regularly. Symptoms of heating include: slight caramel odor, strong burning odor, visible vapor, strong musty smell, and hay that feels hot to the hands.
- Make a probe that can be driven or inserted into the hay mass to check the temperature. For example: take a 10' piece of pipe or electrical conduit. Attach a pointed dowel to one end and drill 6 to 10 1/2 inch diameter holes in the tube just above the dowel. Drive the probe into the hay stack and lower a thermometer on a string into the probe. Leave thermometer for 10-15 minutes in several areas of the stack to ensure an accurate reading.
  - Watch for the following temperatures:
    - 150°F \* Beginning of the danger zone. Check temperature daily.
    - 160°F \* Dangerous. Measure temperature every four hours.
    - At 175°F \* Call the Fire Department. Wet hay down and remove it from the barn away from buildings and other dry hay.
    - At 185°F \* Hot spots and pockets may be expected. Flames will



likely develop when heating hay comes in contact with the air. Be extremely careful at this stage when moving hay.

- At 212° \*Critical. Temperature rises rapidly above this point. Hay will almost certainly ignite.

Take precautions and be extremely careful upon entering the barn when hay temperature are above 160°F. Pockets may have already burned out under the hay surface. Before entering a barn, place long planks on top of the hay. Do not attempt to walk on the hay mass itself. Always tie a rope around your waist and have a second person on the other end in a safe location to pull you out should the surface of the hay collapse into a fire pocket. This last recommendation may seem extreme, but precautions are essential when hay temperatures reach dangerous levels. ~ excerpted from Virginia Tech article by Dr. Ray Smith and Jerry Swisher.



# Equine Essentials:

## at the Northern Kentucky Saddle Club

7087 4 Mile Rd, Melbourne, KY 41059



**Bring your horse and ride after the seminar!**

### **MAY 6 — 6:00 PM**

#### **Nutrition for Different Classes of Horses and Body Condition Scoring**

This seminar will be covering body condition scores of horses, nutrition and complementary veterinarian care. Excel Supplements will be showcasing their nutritional supplements for horses and Dr. Brittany Erbe will discuss the complementary veterinarian care that she offers which include chiropractic work and acupuncture.

### **MAY 20 — 6:00 PM**

#### **Equine & Equine Business Related Insurance**

Melissa Downs, with Tapp Equine Insurance will be sharing information about insuring horses and how insurance works in the equine world. They will also have information about the insurance policies they offer such as boarding, leasing horses and liability insurance.

### **JUNE 3 — 6:00 PM**

#### **The Legal Side of Equine Businesses, Trailering Laws & Safety**

Emily Daunhauer of Dinsmore Equine Law Firm will be discussing lease agreements, legal considerations to hosting barn events and shows and also contracts for things like training, breeding, hauling and selling. Discussions will be held for trailer laws affecting horse owners and also safety considerations for hooking up trailers and hauling horses on the road.

### **JULY 1 — 6:00 PM**

#### **Building your Dream Barn & Arena - Things to Consider Before you Build!**

Dr. Bob Coleman, UK Equine Specialist, will discuss planning out your farm facilities so they all complement each other. He will be focusing on footing in arenas (drainage and materials to use), stall size, fencing, barn layout, dry lots and pastures. Details that often get forgotten- like building your farm gate entrances so you can easily fit your trailer!

**Call the Campbell County Extension office at 859-572-2600 to register or for more information.**

*Michelle Simon*

**Michelle Simon**

Campbell County Extension Agent for Agriculture and Natural Resources

#### **Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.

# June Forage Focus:

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# Small Ruminant Field Day

## Intensive Grazing with Sheep & Goats



Visit Rugged Cross Farm in Grants Lick with the Downs Family. Learn about their sheep and goat operation and how they've maximized the grazing potential on limited acreage. See intensive grazing techniques, fencing options and rotational grazing. Discussions on breed selection and marketing strategies based on consumer demand.



## Thursday, June 20, 2024

### 6:00 pm

### Rugged Cross Farm

980 Clay Ridge Road | Alexandria, KY 41001

*Michelle Simon*

**Michelle Simon**

Campbell County Extension Agent for  
Agriculture and Natural Resources

**Register by calling the Campbell County Extension office at 859-572-2600.**

**Cooperative  
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Lexington, KY 40506



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## Beware of Reducing Feed at Calving!

Dr. Les Anderson, Beef Extension Specialist, University of Kentucky



Presented at a Master Cattlemen session last night and, after the meeting, got asked a common question about body condition and feeding cows at calving. His question was he had heard that he should reduce feed to his cows before calving to keep birthweights lower to reduce calving problems. He indicated that the BCS of his cows as they begin to calve was only 4. This is a frustrating question because it comes up often and nothing could be further from the truth.

Several researchers have addressed this issue over the last 20-30 years. Each of these experiments had cows that were fed to maintain weight, decrease weight, or increase weight right before calving began. The

result of underfeeding cows before calving results in the exact problem the producer is trying to avoid. The research demonstrated that poor nutrition and low BCS precalving:

- Increased calving problems
- Decreased calf health (low colostrum consumption and poor-quality colostrum)
- Increased calf death loss
- Increased the number of days for females to resume estrous cycles.

One of the most extreme research trials on prebreeding nutrition in cows was conducted by Dr. Steve Loerch at The Ohio State University. At that time, the cost of hay was much higher than the cost of grain and Dr. Loerch was examining the impact of feeding corn as an alternative to hay for gestating and

lactating cows. The cows used were large framed Charolais-cross cows and were either fed around 11 pounds of whole shelled corn, 2.5 pounds of a pelleted supplement, and 2 pounds of hay (dry matter basis) or offered hay and a salt and mineral mix free choice from November to April. Hay was predominantly first-cutting orchardgrass testing around 72% neutral detergent fiber (NDF) and 9.5% crude protein (CP). Cows fed free choice hay ate twice as much feed resulting in double the feed costs compared to limit feeding the corn-based diet.

In this study, cows consuming the corn-based diet had fewer calving problems than the cows consuming forage-based diets. Limit-feeding

corn to meet the nutrient requirements of cows did not negatively impact calving performance, pregnancy rate, or calf weaning weight. I don't bring this trial up to endorse feeding gestating cows corn-based diets but rather to reinforce that feeding cows prior to calving does not increase calving problems even if cows are fed corn-based diets.


This producer indicated that his cows were at a BCS of 4 prior to calving and this is going to create some issues for him. Rebreeding performance of cows is greatly influenced by BCS at calving. Cows that are thin (BCS < 5; visible ribs) at calving take longer to resume estrous cycles and therefore are delayed in their ability to rebreed. As precalving BCS decreases, the number of days from one calving to the next (calving interval) increases in beef cows. Females with a precalving BCS <5 tend to have production cycles greater than 1 year. For example, cows with a precalving BCS of 3 would be expected to have a calving interval of approximately 400+ days, while a cow with a precalving BCS of 6 would have a calving interval of approximately 360 days. Thin cows are anestrus for a longer period of time and are therefore more likely to be open at the end of the breeding season. They may also result in lighter calves to sell the next year because the calves from these thin cows will be born later in the calving season.

Let's consider the impact of anestrus and calving date for a herd in BCS 4 that calves from March 1 until May 10. Bull turnout is May 20 and the length of anestrus for mature cows (BCS 4) is 90-120 days and for young cows is 120-150 days. A mature cow (BCS 4) that calves on

March 1 will begin to cycle sometime in the month of June and will likely conceive later than desired. However, the thin mature cow that calves on April 20 won't cycle until end of July/middle of August and her opportunity to conceive is minimal. Thin two-year olds nursing their first calf will likely begin cycles 4-5 months after calving and will have limited opportunities to conceive.

Reducing nutrients before calving is a huge mistake but this strategy has

been circulating in the beef industry for decades. At first glance, it seems logical, but no research supports the notion of limit-feeding cows prior to calving and this dogma has cost the industry millions of dollars. So, beware of reducing feed to your cows at calving. It won't impact calf size but will impact your cows ability to rebreed.



# CAMPBELL COUNTY SPRING 2024 CLEANUP EVENT

**APRIL 26 & APRIL 27  
8:00 AM - 5:00 PM**

**RESIDENTS ONLY - BRING PHOTO ID OR PROOF OF RESIDENCY  
PARTICIPANTS MUST UNLOAD OWN VEHICLE (LIMITED ASSISTANCE AVAILABLE)**

LOCATION	ACCEPTED ITEMS
<b>Campbell County Police Department</b> 8774 Constable Drive, Alexandria	Furniture & Mattresses Trash & Debris Yard Waste
<b>Frederick's Landing</b> KY 9-AA Highway, Wilder	
<b>Pendery Park</b> 4113 Williams Lane, Melbourne	
<b>Campbell County Transportation Center</b> 1175 Racetrack Road, Alexandria	Furniture & Mattresses Trash & Debris Yard Waste Appliances (Freon OK) Batteries (Vehicle & rechargeable only) Electronics (Limit 1 TV per vehicle) Propane Tanks Scrap Metal (Remove all fluids) Tires (Limit 8 Tires; Rims OK)

**NOT ACCEPTED**

Paint, Liquids, Junk Vehicles, Hazardous Waste,  
Fluorescent Bulbs, Dirt, Concrete, Rocks



# MASTER CATTLEMEN

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

2024

**BECOME A MASTER CATTLEMEN...** The Master Cattlemen Program was created to give beef producers an in-depth educational course on beef cattle management. Producers completing the program will acquire knowledge that will help them make informed economic management decisions in the beef operations.

**All Sessions will be held in the Northern Kentucky Area.**

**Participant must complete all six (6) three-hour sessions to become certified.**

**November 4**

**Dr. Katie Vanvalin**  
Assistant Extension Professor  
Extension Beef Specialist

**Nutrition**

**November 11**

**Kevin Laurent**  
Senior Agriculture Extension  
Specialist

**Marketing  
& Profitability**

**November 18**

**Darrh Bullock**  
Extension Professor  
Animal & Food Sciences

**Genetics**

**BOONE**  
859-586-6101

**CAMPBELL**  
859-572-2600

**CARROLL**  
502-732-7030

**GALLATIN**  
859-567-5481

**GRANT**  
859-824-3355

**KENTON**  
859-356-3155

**PENDLETON**  
859-654-3395

**OWEN**  
502-484-5703

**November 25**

**Les Anderson**  
Extension Professor  
Animal & Food Sciences

**Reproduction &  
Record Keeping**

**December 2**

**Dr. Morgan Hayes**  
Assistant Extension Professor  
**Josh Jackson**  
Ag Engineering Specialists

**Facilities &  
Winter Feeding**

**December 9**

**Dr. Michelle Arnold**  
UK Ruminant Extension  
Veterinarian

**Animal Health**



**Call your County Extension Office or  
Scan the QR Code to register.**

**Registration fee:  
\$125 includes  
all meals, class  
materials and  
a farm sign.**

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Disabilities  
accommodated  
with prior notification.

CAMPBELL COUNTY  
**FARMERS  
MARKET**

**2024**



**Highland Heights\*— Tuesdays**

Senior Citizens Activity Center

3504 Alexandria Pike

**May 14 thru October 28**

3:00 p.m. to 6:00 p.m.

**Fort Thomas\*\*— Wednesdays**

Mess Hall in Tower Park

801 Cochran Avenue

**April 10 thru December 18** (no market on 11/27/2024)

3:00 p.m. to 6:00 p.m.

*Hours extend to 7:00 p.m. June-September*

*(Senior shopping begins at 2:45 p.m.)*

**Alexandria\*— Fridays**

Southern Lanes Sports Center

7634 Alexandria Pike

**May 17 thru October 25**

3:00 p.m. to 6:00 p.m.

**Newport\*— Saturdays**

Next to Pepper Pod Restaurant

709 Monmouth Street

**May 18 thru October 26**

9:00 a.m. to 12 noon

\* Accepts WIC, SNAP and Senior Farmer's  
Market Nutrition Program

\*\* Accepts WIC, SNAP, Senior Farmer's  
Market Nutrition Program and Kentucky Double Dollars

*Large variety of  
home grown produce,  
breads, honey and other  
KY Proud commodities.*

*For more information,  
call 859-572-2600.*

Cooperative  
Extension Service

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

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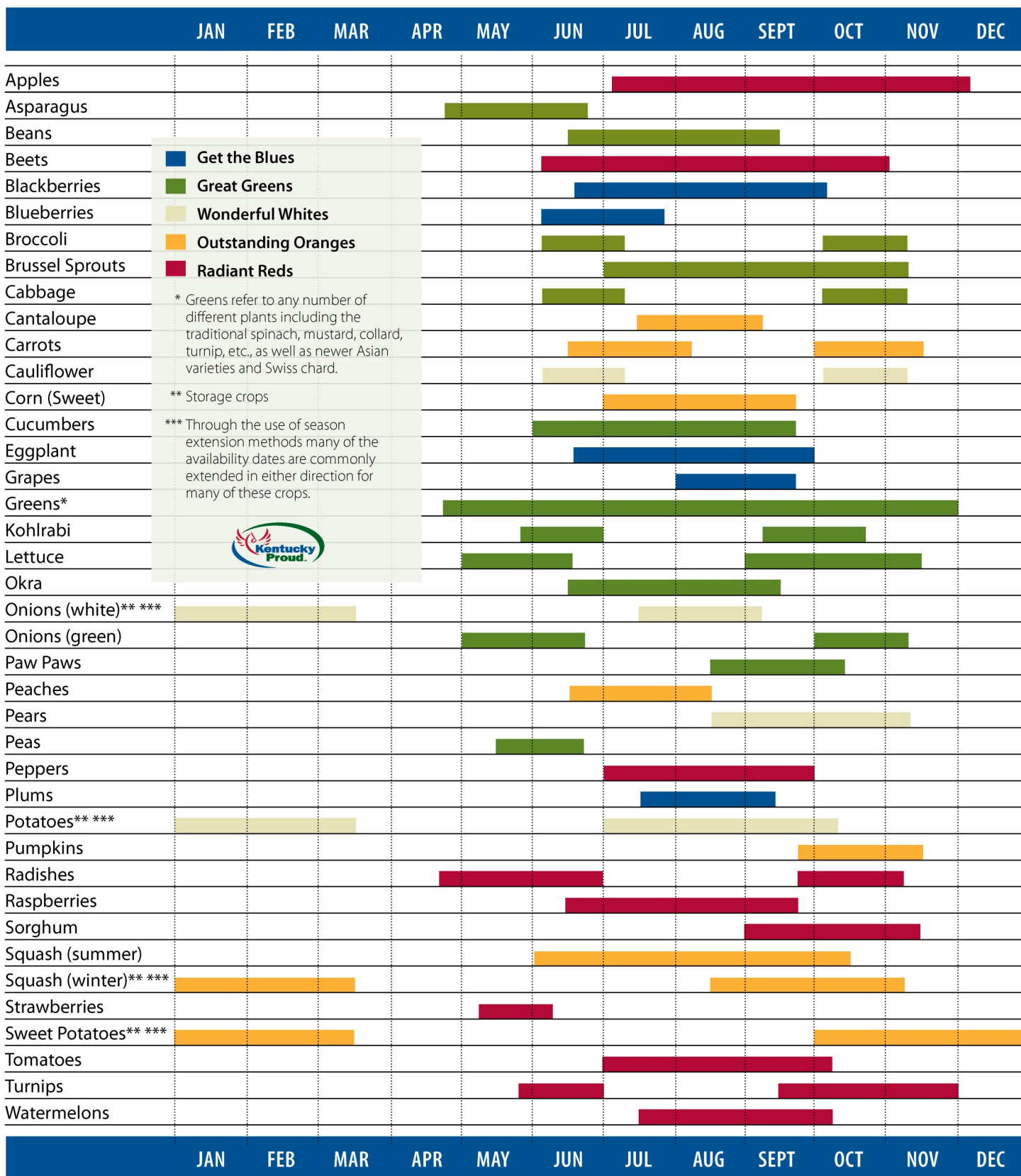


Disabilities  
accommodated  
with prior notification.



# Kentucky Proud Produce Availability

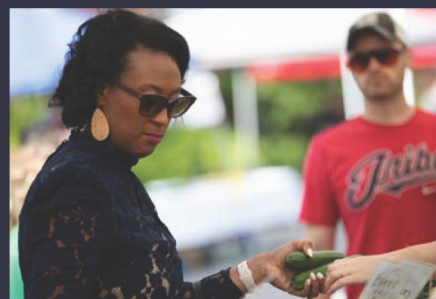
Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."





# Senior Farmers' Market Nutrition Program

## Market Card



Use your market card at the Farmers' Market to purchase fresh fruits, vegetables, and honey.

1. Bring your card/app to market
2. Select your fresh, eligible produce
3. Hand app/ market card to farmer
4. Farmer will scan
5. Take your produce and enjoy!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

FOR COMPLETE USDA NON DISCRIMINATION STATEMENT PLEASE VISIT:  
[HTTP://WWW.KYAGR.COM/CONSUMER/SENIOR-FARMER-MARKET.HTML](http://www.kyagr.com/consumer/senior-farmer-market.html)



**KENTUCKY**  
DEPARTMENT OF  
**AGRICULTURE**

# MADE FRESH IN KENTUCKY.

Apply for the Senior Farmer's Market Card at  
Campbell County Senior & Wellness Center  
3504 Alexandria Pike  
Highland Heights, KY 41076

Contact Person: Jessie Shields  
Phone Number: 859.547.3665

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

FOR COMPLETE USDA NON DISCRIMINATION STATEMENT  
PLEASE VISIT:  
[HTTP://WWW.KYAGR.COM/CONSUMER/SENIOR-FARMER-  
MARKET.HTML](http://www.kyagr.com/consumer/senior-farmer-market.html)



**KENTUCKY**  
DEPARTMENT OF  
**AGRICULTURE**

# TACO PIE

**Servings: Makes 6    Serving Size: 1/6th of the pie    Recipe Cost: \$10.20    Cost per Serving: \$1.70**



6. To the skillet, add taco seasoning tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

## Ingredients:

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- Optional: serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.

## Nutrition facts per serving:

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

## Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

2024



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



Trail Passport

## Attention Hikers!

Beginning April 15 thru June 30, Campbell County residents who hike all the trails during this time will receive a **FREE HAT**, compliments of Campbell County Extension Service.

Trail maps and locations can be found on the website listed below.

<https://campbell.ca.uky.edu/campbell-county-trail-passport>

### For more details...

Visit the website above or scan this QR code.



Hikers are required to report miles hiked and time spent on the trails to receive a hat.



Send pictures and comments of your hike to: [djscully@uky.edu](mailto:djscully@uky.edu)

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Disabilities accommodated with prior notification.