

Estill County Farm Scoop

Agriculture & Natural Resources



Cooperative Extension Service

Estill County

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Happy fall everyone! It is my favorite time of year, and I am looking forward to the cooler weather. There are many interesting events happening this month, and those flyers are included in this issue. Be sure to mark your calendars for the classes you would like to attend and follow us on Facebook at Estill County Cooperative Extension to stay updated on more programs taking place this month. A special time of the year is upon us, which is Tree Week! This will be happening October 6th through the 15th and there is many different events that will be taking place during this time.

You can read more about this on the next page and follow the link to see all of the events being offered.

Also included in this newsletter is an article that will give more information about the fall weather and frost approaching. Now is a great time to get your soil samples in to have them ready to go for spring. As always, I am here to help with any questions you may have and I am happy to help. Have a great October!

Emma Lee, County Extension Agent for Agriculture & Natural Resources
Emma.lee@uky.edu



October 2023 Inside this issue:

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- Grazing Conference
- Maple Syrup Workshop
- KY Beef Conference
- Community Needs Assessment
- Cattlemen's Meeting
- Tracking the First Fall Freeze
- Kentucky Proud Recipe

How can we serve you?

We are conducting our community needs assessment also. We serve Kentucky in many ways, and our services grow with the needs of our communities. Help us stay on track by taking our survey at go.uky.edu/serveKY or use the QR Code in the newsletter found on page 6.

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

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TREE WEEK

ACROSS KENTUCKY!



FOR INFORMATION ON YOUR COMMUNITY, CHECK OUR WEBSITE

[HTTPS://UFI.CA.UKY.EDU/TREEWEEK](https://ufi.ca.uky.edu/treeweek)



Tree Week Brings People and Nature Together

The sixth-annual Tree Week celebrates greenspaces that surround us.

By Jordan Strickler

Lexington and the University of Kentucky are gearing up for the sixth-annual Tree Week, a week-long celebration of the trees and greenspaces that surround us. This unique event, scheduled for Oct. 6-15, allows residents to interact with the natural beauty of Kentucky's green spaces. "Tree Week is aimed at connecting people of all walks of life to the nature where we live, helping us all to be more connected to the value of trees and greenspaces in our lives," said Mary Arthur, UK Martin-Gatton College of Agriculture,

Food and Environment professor emeritus. Arthur was previously a professor of forest ecology in the Department of Forestry and Natural Resources. The week, presented by the UK Urban Forest Initiative includes many different events including tree-planting, guided tours, an Arbor Day celebration, nature-inspired music and other activities at The Arboretum, State Botanical Garden of Kentucky. Activities amid fall foliage at Ashland The Henry Clay Estate include educational tree walks, birding programs, calming yoga sessions and more.

"Tree Week branches together people, the community and the environment," said Heather Wilson, program manager senior in Lexington's Division of Environmental Services. "Trees are important in so many ways and help establish a sense of place for our community." As a symbol of the week's significance, organizers will hold the annual Signature Tree Planting event this year at Castlewood Park Oct. 6, from 5:30-7:30, featuring the band Lylak, the food truck Olmedas and tabling by multiple organizations. The event is a collaboration of the UK Martin-Gatton College of Agriculture, Food and Environment, the UK College of Medicine, UK College of Arts and Sciences, the Lexington-Fayette Urban County Government (LFUCG), the Lexington Public Library, Fayette County Public Schools, local merchants, nature centers as well as community and nonprofit organizations.

Tree Week's full spectrum of activities and registration details can be found at <https://ufi.ca.uky.edu/treeweek>.

Join us for the MarketReady Buyer Tour in Louisville, KY!

Tour Information: During the tour, we will visit 3 or 4 buyers in the Louisville area to see what happens behind the back doors! The buyers are to-be-determined; however, they will include a restaurant, a grocery/retail market, and a farm-to-school buyer.

The Buyer Tour allows growers and producers to get a behind-the-scenes look at what happens at these various marketplaces. Growers and producers can ask questions, talk with buyers, and get first-hand experience with what it is like to sell to a restaurant, grocery/retail store, or farm-to-school buyer. Producers as well as technical assistance providers are encouraged to join!

Cost: This event will be free-of-charge but does require an RSVP. Because this tour is limited on available seats -- make sure to secure your spot today! RSVP via the webform below.

Logistics: The tour will start at the Kentucky Farm Bureau Office on Bunsen Parkway. The tour will begin promptly at 9 am. From the Office, we will be carpooling [it is optional, but transportation will be provided] to each buyer location. You can drive yourself if you wish.

Lunch will be provided and sourced from a local restaurant. We will end the tour at the Kentucky Farm Bureau Office at 3 pm.

Parking in the Extension Office Lot: Please use the map above to guide you to the Kentucky Farm Bureau Office. The office is letting us use their space for a meet-up, so please be courteous and park in the spaces farther away from the front door. The office's physical address is 9201 Bunsen Parkway, Louisville, KY 40220.

To RSVP, visit <https://marketready.uky.edu/events/buyertourlou2023>

Grazing Conference

Nov. 1, 2023 - Lexington
Fayette County Extension Office
7:30 AM - 3:30 PM EST

Low Stress Livestock Handling for Serious Graziers



Reducing Livestock **Stress** in Grazing Systems
Curt Pate, Curt Pate Stockmanship



Fencing for Multi-Species Grazing
Lewis Sapp, Stay-Tuff Fence



Designing Flexible **Watering** Systems
Jeff Lehmkuhler, University of Kentucky



Designing Livestock Handling **Facilities** for Existing Structures
Chris McBurney, McBurney Livestock Equipment



Local Forage **Spokesperson**



Optimizing Resources with **Multi-Species** Grazing
Greg Brann



Reviving Kentucky's sweet tradition: University of Kentucky to host maple syrup workshop

Workshop attendees will immerse themselves in the world of the state's maple syrup industry



Workshop participants will receive both classroom and hands-on maple syrup production experience. Photo by Steve Patton



By Jordan Strickler, Published on Sep. 20, 2023
Lexington, Ky.—

In 1930, a sugar shortage hit Kentucky, compelling residents to tap into their resourcefulness and try their hand making maple syrup. Over the years, this craft gradually faded into obscurity.

But in recent years, Kentucky's maple syrup production has made a remarkable resurgence. On Oct. 16 at the Boone County Environmental and Nature Center, the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment will join forces with the Kentucky Maple Syrup Association, the Kentucky Center for Agriculture and Rural Development, The Ohio State University and the Ohio Maple Producers Association to host a workshop to expand the public's maple syrup knowledge.

The primary objective is to cultivate and expand knowledge of the maple syrup industry and equip attendees with the necessary skills to embark on their own syrup-making ventures.

"This hands-on maple syrup production workshop will walk participants through the entire process—from selecting and tapping trees to value-added options and retail considerations," said Billy Thomas, extension forester with the UK Department of Forestry and Natural Resources.

During the workshop, participants may immerse themselves in the world of the state's maple syrup industry and gain insights into national trends related to maple syrup demand.

The day promises to be a hands-on experience guiding attendees through the intricate maple syrup production process. Participants will learn about tapping techniques and various methods of sap collection as well as engage in discussions on maple syrup production. Participants will learn about value-added options and retail variables during the workshop's concluding dinner. "The maple syrup industry in Kentucky is experiencing remarkable growth," Thomas said. "We

believe this program will play a pivotal role in supporting not only individual maple syrup producers but also the industry as a whole." To register for this enriching workshop, please visit <https://ky-maplesyrup.ca.uky.edu/workshops>.

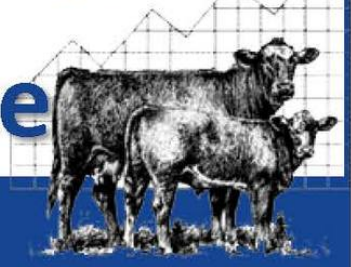
The cost is \$10, including dinner. Partial funding for this project was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG007. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



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

"Today's Challenges, Tomorrow's Opportunities"

Kentucky Beef Conference



October 26, 2023

In person

Clark County Extension Office
1400 Fortune Dr
Winchester, Kentucky 40391

9:00—10:00

Registration, visit
sponsors

\$10 registration fee

**RSVP by October 20th
to Clark County
Extension Office
859.744.4682**

10:00—Welcome & Sponsor Recognition

Levi Berg, Clark County Agriculture &
Natural Resources Extension Agent

University of KY Remarks & Welcome

Dr. Scott Radcliffe, UK CAFÉ Animal & Food
Sciences Department Chair

Beef Outlook & Marketing Strategies

Troy Applehans, Cattle-FAX Analyst

11:00— Fecal Egg Count Reduction Test

Dr. Jeff Lehmkuhler, UK Beef Nutrition
Extension Specialist and Dr. Michelle Arnold,
UK Ruminant Extension Veterinarian

11:30— Tools for Beef Producers

Dr. Les Anderson, UK Beef Extension
Specialist

12:00 Lunch

1:00— LRP & Price Risk Protection

Dr. Kenny Burdine, UK Beef Economic
Extension Specialist

2:00—Adjourn

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KENTUCKY COOPERATIVE EXTENSION

- Kentucky resident?
- At least 18 years old?
- Care about your community?

HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

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Contact your local Extension Office for a paper copy of the survey.



Estill County Beef Producers & Cattlemen's Meeting

Thursday, October 12th at 6:30 p.m.

Meeting will be held at
Estill County Extension Office
76 Golden Court, Irvine, KY

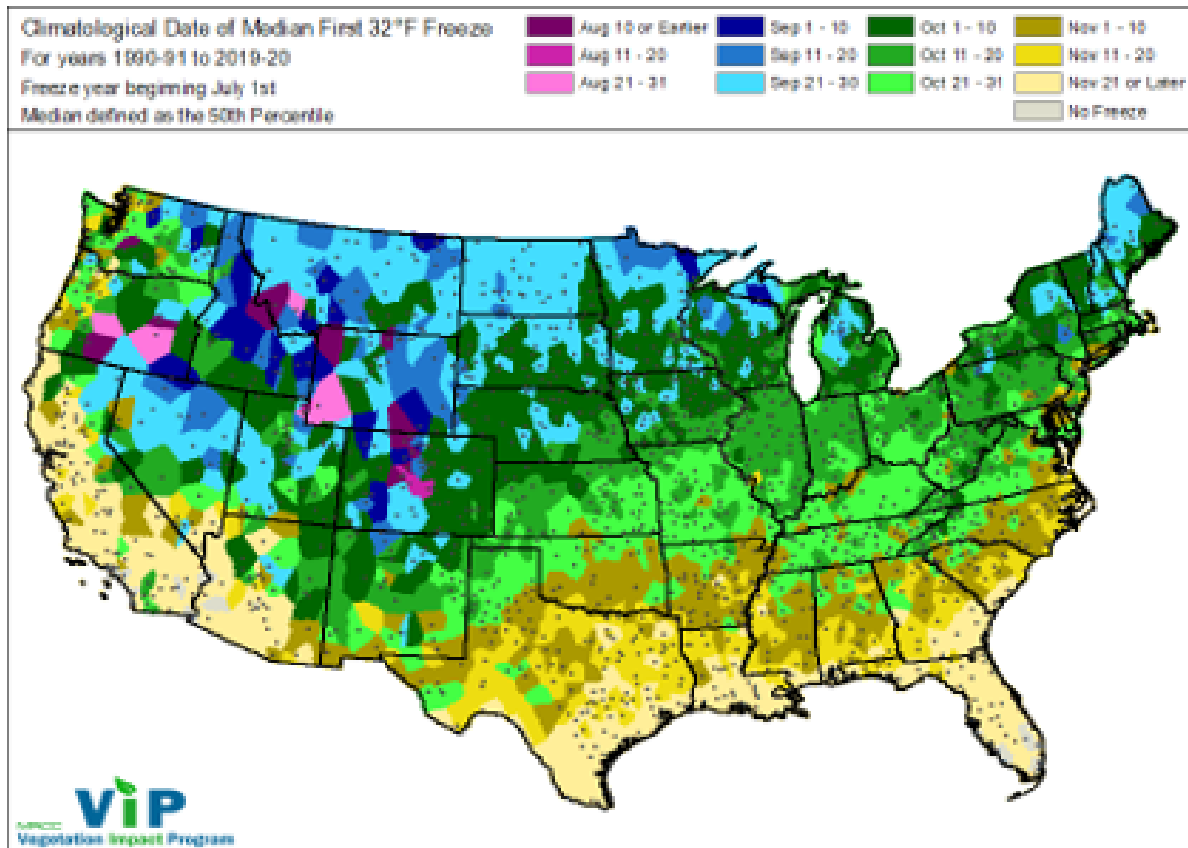


Tracking the First Fall Freeze

by Derrick Snyder - National Weather Service Paducah, KY



As the calendar moves into October, nights continue to become longer, leaves begin to turn color, and first frosts and freezes begin to occur. The first freeze of the fall typically marks the end of the growing season. As shown on the map below, most locations across the Commonwealth typically see their first freeze of the season during the latter half of October into the early days of November.



Frost can often develop on plants even when thermometers show the temperature to be a few degrees above freezing. This is because most thermometers are mounted several feet above the ground, and the temperature a few inches from the ground can be colder than what a thermometer reads. This most often occurs on clear nights with calm winds.

To protect your plants from frosts and freezes, consider taking preventive measures like covering them with tarps or blankets in the evening before temperatures drop. This can help trap the ground heat and provide insulation. Additionally, placing mulch around the base of plants can help retain soil warmth. If possible, relocate potted plants indoors or to a sheltered area. Watering the plants before the onset of frost can also provide a slight protective effect, as water releases heat as it freezes, helping to moderate the immediate environment around the plants.

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RETURN SERVICE REQUESTED

Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour	2 teaspoons pumpkin pie spice	1/2 cup honey
1 1/4 cup whole-wheat flour	2 cups pumpkin puree	2 cups pumpkin puree
1 1/2 teaspoons baking powder	1/3 cup olive oil	2 eggs
1 teaspoon baking soda	1/3 cup chopped walnuts	1/2 cup melted margarine

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>