

Trimble County Extension November 2022 Newsletter



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

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

Trimble County
43 High Country Lane
Bedford, KY 40006
Phone (502) 255-7188

CHARCUTERIE BOARD BUILDING

November 14, 2022 6:00 P.M.
Trimble County Extension Service

Make planning for your holiday gatherings fun!
From appetizers to sweet treats, *Charcuterie Boards* are a
versatile and attractive way to serve your favorite foods.



\$5.00
Registration,
RSVP to
(502) 255-7188
by 11/8/22

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Cultural Cook Along 2.0



France November 29, 2022
6:30 p.m.

Santé! From boeuf borguignon and croissants to salad nicoise France offers a variety of taste sensations. Cook along as we make a French dish or two.

*Call to
sign up!*
(502) 255-7188

In person at Trimble County Extension Service

Homemaker News . . .

Trimble Thimbles Sewing Group

Saturdays 11:00 a.m.

at the Trimble County Senior Center (County Park)

3240 Hwy 421 N • Bedford, KY 40006

Experienced or beginners, all are welcome!

Simply Sharing Homemaker Group

November 16, 2022 10:30 a.m. Topic to be determined.

Trimble County Homemaker Dues

You are invited to join or renew your membership and support your local Homemaker Club. Dues are \$8.00, you may pay in person at the Extension office or mail to:

Trimble County Homemakers • PO Box 244 • Bedford, KY 40006

YOU ARE INVITED TO

Christmas in the American Colonies

SATURDAY, DECEMBER 3, 2022

1:00 pm Trimble County Extension Service

Open to the community ~ No cost to attend
Refreshments provided

Guest performer from the Kentucky Humanities Council





Watch your mailbox for your Agricultural Census!
Contact us if you need help!

HAM CURING PROJECT

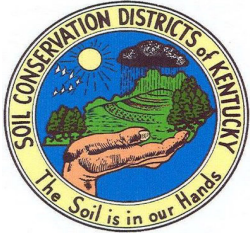
The Country Ham Project is open to 4-H Youth and Adults. The program supplies youth members with two raw hams and adults one ham to take through the curing process. 4-H Youth participating in the project will have one of their hams entered in the Kentucky State Fair. The 4-H member will be asked to give a speech about the project and if completed, get two country hams to take home.



If you are interested in the Country Ham Project, the signed contract and fee must be submitted to the Trimble County Extension Service by December 15, 2022. Limited to the first 30 participants. To sign up, stop by the Trimble Extension office Monday - Friday, 8:00 - 4:30 p.m.

• 4-H Youth Ham Project Fee: \$60.00 (2 hams) • Adult Participant Fee: \$40.00 (1 ham)

Trimble County Conservation District Services



In cooperation with the Trimble County Fiscal Court, conservation offers no cost **dead animal removal**. The service contract is with BlueLine Outdoors. For assistance please contact BlueLine directly at 502-645-9829. Text message seems to get the fastest response.

TCCD has a **Local** Cost Share that is 50/50. The local cost share is limited to \$780 per landowner per year and funds are limited to available funding. We assist with livestock waterers, hay/pasture seeding, lime, broadleaf, bush hogging, heavy use areas, pollinators, sinkhole repair, fencing, rotational grazing, and dead animal composting. These practices must follow state and federal guidelines where applicable.

The Trimble County Soil and Water Conservation District is located at **511 West Street, Bedford, KY**. The office hours are **Thursdays 8:00 am to 4:30 pm, closed for lunch**. You can also reach them at 502-255-7114 or trimblecd@gmail.com.

Agriculture & Natural Resources

A list of services offered by Cooperative Extension Service is provided. And *did you know* . . . The Trimble Extension office has items available for borrowing. A list of items is provided. As always, upcoming events are shown below. Do not hesitate to reach out with any questions you may have regarding programs or agriculture needs. I am happy to be of help!

Contact Information: (502) 255-7188 or regina.utz@uky.edu

Regina Utz

Agent for Ag & Natural Resources

Services Provided by Cooperative Extension

- » Soil Testing
- » Weed Identification
- » Plant Disease Identification
- » Insect Identification
- » Hay Testing
- » Site Visits
- » Forage Cyanide and Nitrate Testing



Items for Borrowing from Trimble Extension

- » Soil Probe
- » Hay Sample Probe
- » Hay Moisture/Temperature Probe
- » Windrow Moisture Tester
- » Grain Moisture Tester
- » Ear Tagging Tool
- » Cattle Pelvic Meter
- » Castration Bander Tool

Upcoming Events & Dates

Marketreedy Producer Training (Virtual)

Training date options: Nov 7, Nov 9 or Nov 11

November 8th: Hay Testing and Winter Rationing

Trimble County Extension Service, 6:00 p.m.

November 8th: UK Crop Pest Management Webinar Series

(Tuesday mornings, November through December)

November 3-17 : North American International Livestock Exposition

Kentucky Exposition Center, Louisville, KY

November 17th: Beef Quality & Care Assurance 10:00 a.m. or 6:00 p.m.

Oldham County Extension Service

December 8th: Private Pesticide Applicator Certification

Trimble County Extension Service, 12 p.m. (noon) Lunch provided, must rsvp.

December 9th: Private Pesticide Applicator / Weed Management

Oldham County Extension, 9:00 a.m.

December 13th: Preparing Your Farm's Taxes 6:00 p.m. Trimble County Extension Service

Trimble Program!
Dont miss this
learning opportunity!

Call for more
information
on any of the
programs listed!
(502) 255-7188

Cover Crop Establishment

This dry fall weather may be great for harvesting, but it's not ideal for establishing cover crops. Just like any other crop, cover crop seed needs moisture to establish and that is certainly in short supply this fall. There is some rain in the forecast over the next couple of weeks, and that will hopefully be enough to get cover crops (and our wheat) established. Even a moderate cover crop stand will protect soil from erosion, and bring additional benefits, over the winter and spring period. With limited moisture, and with seed costs being higher this year, how can you increase the odds of successful establishment?

First, when it's dry, cover crop establishment will be better if you can drill the seed. Planting the seed into the soil puts it in closer contact with moisture, which will aid in germination and emergence. Broadcasting seed onto dry soil is very risky, especially if there is not regular rain in the forecast. If you have to broadcast, try some vertical tillage or packing to improve seed-to-soil contact. (Remember, however, that tillage can dry out the soil and increase erosion.) Smaller seeds such as clovers need to be planted shallower for successful emergence, while seeds such as wheat and cereal rye can be planted deeper where there may be more moisture. These small grains may be better options in dry conditions. (Plus, see the next point - it's getting late for species other than wheat, cereal rye, or triticale!)

Second, make sure you're watching planting dates and optimal planting windows. Don't push them by planting species too late. Some species, like crimson clover, needs to reach a certain size to successfully over-winter. If planted late and it stays dry, plants are unlikely to reach that size. University of Kentucky Cooperative Extension publication AGR-18 gives planting date windows for many common cover crop species. The Southern Cover Crops Council (www.southerncovercrops.org) also has multiple cover crop fact sheets, and information on planting, managing, and terminating cover crops.

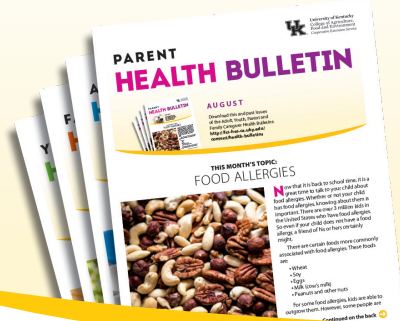
Third, make sure your residual herbicide program won't interfere with the cover crop germination and establishment. The University of Wisconsin has a guide for this (https://ipcm.wisc.edu/download/pubsPM/2019_RotationalRestrictions_final.pdf); it outlines numerous pre-plant herbicides in corn and soy bean, and whether damage might occur for different types of cover crops planted that same fall. Also see this newsletter article from Ohio State for a simpler table. (It gives names of herbicide active ingredients rather than products, but you can match your herbicide name to its active ingredient online.) If you will graze these cover crops or harvest them for forage, you MUST adhere to the rotational restrictions on the herbicide label.

As always, when choosing cover crops, consider your goals, as well as your location (soil and climate), your cropping system (when can you plant and when do you want to terminate), and available equipment. Goals for cover cropping may include reducing soil erosion or suppressing winter weeds (including marestail). In dry years, cash crops may not take up all the nutrients applied in the spring, so capturing these before they are lost may be an important goal for cover crop plantings this fall. When seed costs are high, consider the most economical species to accomplish your goals. If you're interested in learning more about cover crops, the Southern Cover Crops Council is hosting a conference in February 2023, in Baton Rouge!

Source: Dr. Erin Haramoto, UK Associate Professor Plant & Soil Sciences Department

PARENT

HEALTH BULLETIN



NOVEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

BE READY FOR WINTER WEATHER



With upcoming holidays and the business that comes with it, preparing for impending cold weather can fall to the bottom of the to-do list. However, the onset of winter will not wait for people to be prepared. Extreme weather conditions and events, like extremely low temperatures, can threaten family's lives and disrupt infrastructure critical to well-being. Power-outages due to cold weather can create even more challenges for staying safe and warm. Below are some winter safety tips to help families and children stay safe, whether you and your children are staying indoors or taking part in outdoor winter activities.

Indoor heating awareness

- **Use caution around fires.** Wood-burning stoves, fireplaces, and outdoor firepits are cozy but can present danger — especially to small children. Use caution and set up protective gates when

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Dress your child in several layers, and make sure their head, neck, hands, and feet are covered.

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possible. If you have lost power or heat and are using alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

- **Keep hydrated.** In drier winter air, or indoor air warmed by dry heat, children lose more water through their breath and skin. Offer plenty of water, and try giving warm drinks and soup for extra appeal. Use lotion, lip balm, or other moisturizer to protect skin and prevent dryness or cracking.

Dress for the weather

- **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, hands, and feet are covered. Dress babies and young children in one more layer than an adult would wear.
- **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
- **Check babies' and small children's hands and feet regularly for extreme cold.** Check to prevent loss of blood flow from lint or hair wrapped around children's fingers or toes that may have become trapped in the seams of socks or mittens.

When heading outdoors

- **Check-in to keep warm.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
- **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited because of snowbanks and ice on the roads making braking difficult.
- **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun reflects off the snow, so apply sunscreen to exposed areas.
- **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding,



or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.

- **Watch for danger signs.** Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 911 immediately.

Upcoming holidays are a good time to invest in winter clothing for children who may have grown since last year, including items such as a warm coat, hat, mittens or gloves, and boots. If you find outgrown or unneeded winter items in your home preparing for the upcoming season, consider donating those to a community resource that can make those items available to others in need.

REFERENCES:

- <https://www.savethechildren.org/us/charity-stories/cold-weather-tips>
- <https://www.childhoodpreparedness.org/post/winter-preparation-and-safety-tips-for-parents-and-children>

ADULT HEALTH BULLETIN

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123RF.com





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

Trimble County
PO Box 244
43 High Country Lane
Bedford, KY 40006-0244

RETURN SERVICE REQUESTED

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Happy Thanksgiving!
Office Closed
November 24 & 25, 2022

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