

# Trimble County Extension December 2023 ~ Newsletter

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

Trimble County Cooperative Extension 43 High Country Lane, Bedford, KY 40006

## FARM EQUIPMENT MAINTENANCE FIELD DAY

December 16, 2023  
9:00 a.m. to 1:00 p.m.

☎ Call (502) 255-7188 to rsvp

Presented by Joshua Jackson,  
UK AG Biosystems Engineering  
Demonstration and discussion:  
tractor, bushhog, atv, bobcat, etc.

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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Disabilities  
accommodated  
with prior notification.



# Agriculture & Natural Resources

As always please do not hesitate to call me regarding programs or any on farm needs you might have. Wishing you all a happy and prosperous New Year!

Regina Utz  
Agent for Ag & Natural Resources  
regina.utz@uky.edu

## Upcoming Events & Dates

### December 4th, 11th, & 18th: Beginning Farmer Series

Trimble and Henry County Extension Offices, 6:00 p.m.

### December 8th: ~~Trimble Cattlemen Meeting~~ - **Cancelled**

### December 14th: Caring for Senior Horses - Dr Bob Coleman

Trimble County Extension Service, 6:30 p.m.

### December 16th: Equipment Maintenance Field Day

Trimble County Extension Office, 9:00 am-1:00 p.m. Please rsvp (502) 255-7188.

### January

### January 2 - 4: Fruit and Vegetable Conference Fayette County Extension Office, 7:30 - 3:30 p.m.

### January 9th : Private Pesticide Applicator Training Trimble Extension Service, 10:00 a.m.

### January 10th - 12th : Kentucky Cattlemen's Association Convention

Lexington, KY <https://keca.memberclicks.net/kcaconvention2024#!/>

### January 18th: Diversifying Your Farm with Agricultural Tourism

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

### January 23rd: Trimble County Cattlemen's Meeting

Trimble County Extension Office, 6:30 p.m.

### January 25th: Ration Building, Dr. Jeff Lehmkuhler

Henry County Extension Office, 6:30 p.m. Meal provided, RSVP (502) 845-2811

### January 25th-27th: OAK Conference

Kentucky State University Research Farm, Frankfort, KY

### January 31st: Making Maple Syrup (pt.1- tapping trees)

Trimble County Extension Office, 10:00 a.m.

### February 1st: Making Maple Syrup (pt.2- cooking syrup)

Trimble County Extension Office, 1:00-6:00 p.m. Come anytime!

### February 9th: Private Pesticide Applicator Training

Trimble County Extension Office, 10:00 a.m.



## Diversifying your Farm with Agritourism

Diversifying your farm with agritourism enhances both your income and community engagement. By offering visitors a firsthand experience of farm life, you not only generate additional revenue but also foster a deeper connection between consumers and the agricultural roots of your operation.



presented by  
Kendal Bowman, Owen County Agriculture Agent  
January 18, 2024 6:00 p.m.  
Trimble County Extension Service  
Please RSVP for the program by 1/16: (502) 255-7188

## Master Cattlemen Program

Trimble, Shelby, Henry, Spencer and Oldham County Extension offices will be offering the **Master Cattlemen Program** this winter. The program will consist of 6 in-person sessions traveling between three counties.

You **must** rsvp before attending. There is an \$80 registration fee to cover meals and materials.

Meal: 5:30 p.m. Program: 6:00 p.m.

- January 29, 2024: Shelby County Extension Service
- February 5, 2024: Henry County Extension Service
- February 12, 2024: Trimble County Extension Service
- February 19, 2024: Henry County Extension Service
- February 26, 2024: Shelby County Extension Service
- March 4, 2024: Trimble County Extension Service



An RSVP is a **must** for this series. Please contact the Trimble County Extension Service to register by Jan 19, 2024 (502) 255-7188.

# Maple Syrup Making

Tapping Collection, Processing  
Trimble County Extension

**Tapping**  
Jan 31, 2024 ~ 10:00 a.m.

**Cooking / Processing**  
Feb 1, 2024 1:00 - 6:00 p.m.  
Drop by anytime!

## What is the Cost of a Cheap Mineral?

Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky

The quality and cost of mineral supplements can vary greatly, and it can be overwhelming trying to make sense of all the numbers and information listed on the feed tag. While I am always a proponent of trying to manage feed costs, I caution producers against exchanging an adequate mineral for a poor-quality mineral. While saving a couple of dollars on a bag of mineral can certainly add up, it is important that the mineral being provided is still adequate to meet the needs of the herd to prevent mineral deficiencies which can become costly!


In the fescue belt, cattle are especially susceptible to selenium deficiency. Symptoms of selenium deficiency include white muscle disease in calves and decreased immune function and growth. Unfortunately, signs of mineral deficiency can be difficult to spot, and often producers may not realize they have an issue until testing is completed as part of a necropsy. Many complications from mineral deficiencies can be avoided all together by feeding an adequate mineral.

In the United States, concentrations of selenium in the feed are regulated by the Federal Drug Administration. This regulation exists to prevent selenium toxicity from occurring due to over supplementation which could have negative impacts on the health of livestock, wildlife, and humans. Since the inclusion rate of selenium is regulated not to exceed 3 mg per head per day, rarely will you see differences in selenium concentration in free-choice minerals formulated for a similar intake. For example, mineral supplements formulated to be consumed at 3 oz. per head per day will typically contain 35 parts per million of selenium. Since more selenium cannot be added to the mineral supplement, the type of selenium included in the supplement is especially important. Research from the University of Kentucky has shown that feeding a mix of selenium sources can be better than a single selenium source. For this reason, it is recommended that producers choose a mineral that provides 50% of the selenium from sodium selenite and 50% from a selenium yeast.

What is the cost of providing a better form of selenium in the mineral? Recent price comparisons have shown that the difference in price for providing a 50/50 blend of selenium sources increases the cost of the mineral by as little as \$1 per bag, assuming all other inclusions were similar. If we assume that a cow typical consumes 1.4 50 lb. bags of mineral per year, that is a difference of \$1.40 per cow per year. How does that compare that to cost of losing a single calf due to selenium deficiency?

Fortunately, it is possible to manage mineral costs while still providing a mineral that will meet the nutritional needs of the herd. Take some time to evaluate your mineral tag this year. What source of selenium is included? How much zinc or manganese is included in the mineral? Current recommendations from the UK Beef IRM Basic Cow-Calf Mineral are 3,200 ppm for zinc and 3,750 ppm for manganese. We rarely see deficiencies of these minerals in the state, so over feeding might be adding to your mineral cost without providing an added benefit. Producers can purchase the UK Beef IRM Mineral from local feed suppliers or use the sheet as a guide for selecting a mineral available locally. It is not uncommon for producers to show me a couple of mineral tags and ask me which they should be feeding. Much to their surprise, I don't always recommend the more expensive mineral. Sometimes the better mineral is cheaper, but this isn't always the case. It is important to evaluate mineral choices and select the mineral that meets the needs of your herd, without providing excess quantities of minerals or other ingredients that may not be beneficial. For help evaluating mineral choices, please reach out to the Trimble Cooperative Extension Service.

## 4-H Youth Development

  
Extension Agent for 4-H Youth Development

### 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 13, 2023. Limited to the first 30 participants. Youth interested but needing financial help please contact the Trimble County Extension Service at (502) 255-7188.

To sign up, stop by the Trimble Extension office Monday - Friday, 8:00 - 4:30 p.m. Hams typically go into cure around the middle of January.

• 4-H Youth Ham Project Fee: \$70.00 (2 hams) • Adult Participant Fee: \$50.00 (1 ham)

### Trimble County 4-H Horse Club

December 12, 2023 6:30 p.m. Christmas Party  
Trimble County Extension Office  
Bring a \$10 gift for the exchange.

### 4-H Livestock Club

December 19, 2023 6:30 p.m. Christmas Party  
Trimble County Extension Office  
Bring a dessert and a \$10.00 gift for the exchange.

**Save the date!!**  
**4-H Camp July 29 - Aug 2, 2024**

Sign up packets available

February 2024!



**Trimble Thimbles Sewing Group**

2nd & 4th Saturdays: beginning January 2024!  
9:00 a.m. at the Trimble County Extension Service

New or experienced all are welcome!!

First session  
January 27  
9:00 a.m.  
RSVP to  
502-255-7188



**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



Trimble County Homemaker Council  
Meeting: December 12, 2023 ~ 5:30 p.m.  
Trimble County Extension Service  
Please call (502) 255-7188 to *rsvp!*



**2024 Food & Nutrition  
Recipe Calendar**

Stop by and pick one  
up today!  
While supplies last.

**Savor  
the  
Flavor**

The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

**Savor the Flavor Series**

Trimble County Extension Service 6:00 p.m.

**Using Kitchen Tools**

January 9, 2024

Additional Sessions: Feb 13, March 12 & April 9 topics in February Newsletter!  
Sign up for one or all sessions. No cost to attend. Must rsvp (502) 255-7188.

*Families in the Kitchen...*

**COOK TOGETHER**

**Six week series**



**EAT TOGETHER**

**Free Event**

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun, and delicious
- Learn how to make healthy and affordable recipes
- Learn how to make a vegetable "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget



**DATE:** February 6, 13, 20, 27 - 2024  
March 5, 12 - 2024

**LOCATION:** Trimble County Cooperative Extension  
43 High Country Ln., Bedford, KY 40006

**TIME:** Sessions will be from 4:00 - 6:00 PM  
No cost to attend!

**CONTACT:** MUST RSVP by January 24, 2024  
Call (502) 255-7188

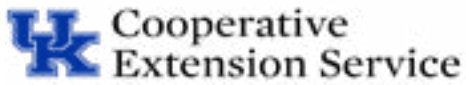


USDA  
Supplemental  
Nutrition  
Assistance  
Program

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Trimble County  
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Bedford, KY 40006-0244

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***Merry Christmas and  
a Happy New Year!***  
**Office Closed:**  
**December 25 - January 1, 2024**

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