

Extension News

Agriculture* Family & Consumer Science* 4-H Youth Development

Don't get caught out in the cold, create a vehicle emergency kit

Source: Annhall Norris, food preservation and food safety extension specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.), Blankets, Ice/snow scraper, Bottled water, Shelf-stable snacks (choose high protein foods to provide energy), Flashlight, Cell phone charger and battery backup, Jumper cables or battery-powered jump starter, Sand or kitty litter (to help with traction if you are stuck in snow), Small or collapsible shovel, Roadside flares or glow sticks, Flat tire inflation canister (non-explosive).

During the winter months, always keep your gas tank full. Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater. Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running. Keep your vehicle(s) and home safer this winter season with these helpful tips.

This issue:

FCS Program

Homemaker Happenings

4-H Camp

Ag Programs

Forage News

Flood Information

Recipe

February Calendar



Family and Consumer Science

Laugh & Learn Playdate

Save the Date

February
27th @ 3:30

SAVE THE DATE

PAINTING FOR *Two*

*Location: Lee County Extension Office

*Date: Feb 13th, 2025

*Time: 5 PM

Bring a friend, significant other, family member, etc.

Passport Challenge

Join us on
February 12th at

5 PM. Log all
locations,
events, and

more in your
travel booklet.

Lets explore
KY!!



Survive & Thrive Disaster Preparedness Series

April Topic:

Spring Weather Preparation

Register for one of these events by calling the
Extension Office where you wish to attend:

Knott County: 606-785-5329

Letcher County: 606-633-2362

Lee County: 606-464-2759

Lee County

April 9th @ 10 AM

Letcher County

April 10th @ 10 AM

Knott County

April 11th @ 10 AM

WALK YOUR WAY CHALLENGE

Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start? Start slow, Start smart, Start with us!

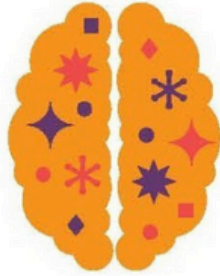
This 12 week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU.

DATES AND TIMES

March 13th @ 5 PM	April 23rd @ 5 PM
March 19th @ 11:30 AM	April 30th @ 11:30 AM
March 26th @ 5 PM	May 7th @ 5 PM
April 2nd @ 11:30	May 14th @ 11 AM
April 9th @ 5 PM	May 21st @ 5 PM
April 16th @ 11:30	June 5th @ 5 PM

Call to register at
606-464-2759

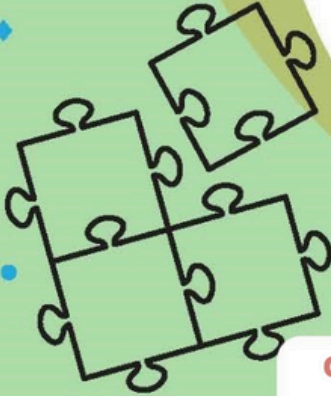




WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Our brains control essential executive functions, such as speaking, thinking, learning, making sound decisions, and remembering. In addition to physical exercise, getting at least seven to eight hours of quality sleep and eating a heart-healthy diet improves brain fitness for maintaining long-term cognitive health in older adults.

DATES AND TIMES

- | | |
|-----------------------------|-----------------------------|
| March 13th @ 5:30 PM | April 23rd @ 5:30 PM |
| March 19th @ 12 PM | April 30th @ 12 PM |
| March 26th @ 5:30 PM | May 7th @ 5:30 PM |
| April 2nd @ 11:30 AM | May 14th @ 11:30 AM |
| April 9th @ 5:30 PM | May 21st @ 5:30 PM |
| April 16th @ 12 PM | June 5th @ 5:30 PM |

**CALL TO REGISTER
606-464-2759**



**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

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, 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





Homemaker HAPPENINGS

Time Well Spent:

Organizing Tips for Increased Productivity.

February 11th @ 10 AM

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

HOW TO GET OUT OF A Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

Date: Feb 6th, 2025

Location: Lee County Extension
Office

Time: 10:00 Am

Reminder!!!!

Log those volunteer hours!



COST: FREE

TIME: 1 P.M.

**WHERE: LEE COUNTY
EXTENSION OFFICE**

Upcoming dates:

**Feb 5th, Feb 7th, Feb 12th,
Feb 14th, (Feb 19th @11),
Feb 21st, Feb 26th. and Feb
28th**



4-H CAMP

Hold the date: May 27 – 30, 2025

For More Information Call Lee County Extension Office: 606-464-2759

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. **For summer camp info, scan the QR CODE to connect to your county 4-H Agent.**

J.M. Feltner 4-H Camp:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life

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.

Ag & Natural Resources

Forage News

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

Upcoming Events (see Forage website for details and to register, click on EVENTS)

- Jan. 12-14, 2025- AFGC Conference, Orlando, FL
 - Jan. 17 - Forages at KCA, Owensboro, KY
 - Jan. 23 - Novel Endophyte Renovation Workshop, Lexington, KY
 - Jan. 29— Equines and Endophyte Workshop, Lexington, KY
 - Feb. 25 - Alfalfa and Stored Forage Conference, Lexington, KY
 - Mar. 6 - Tall Fescue Workshop, Leitchfield, KY
 - April 29-30—KY Beginning Grazing School, Logan County
 - Sept. 24-25— Intermediate Grazing School, Versailles
- Subscribe or access full articles at the UK Forage Website
www.forages.ca.uky.edu.

COOPERATIVE EXTENSION

 University of Kentucky 


BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



Robinson Center - JACKSON
Dr. LW Beckley

FREE

 March 20, 2025
10:00AM - 5:00PM

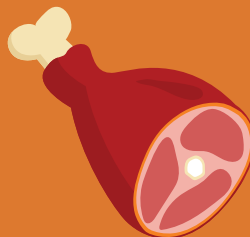
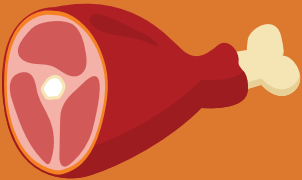
 CALL TO SCHEDULE APPOINTMENT
606-464-2759

 PROTECT YOUR CALF CR
\$125/Bull Savings

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Country Hams



**WANT TO GET FUNDING TO IMPROVE YOUR LAND BUT
DON'T KNOW WHERE TO BEGIN? GET A FARM NUMBER!**

***FREE FARM NUMBER
REGISTRATION CLINIC
LEE COUNTY***

WEDNESDAY, FEBRUARY 19, 2025

2:00 PM-7:00 PM

**LEE COUNTY COOPERATIVE EXTENSION OFFICE
259 INDUSTRIAL PARK RD,
BEATTYVILLE, KY 41311**

- The Farm Number Registration Clinic is a FREE opportunity to register for a FSA Farm Number and speak with experts about funding opportunities for improving the ecological, recreational, and economic value of your land
- This clinic brings the FSA agents to the Cooperative Extension office, making the registration process more accessible for Lee County residents. Typically, you would have to go in-person to the USDA Service Center in Jackson, Breathitt County.
- A Natural Resources Conservation Services (NRCS) agent and Conservation District representative will also be present to discuss what financial assistance programs are available to registered Farm Number holders

Follow the link to register:

<https://shorturl.at/laukr>



LiKENKnowledge.org

CONTACT

Tina Johnson

Community Engagement Coordinator-
Lee County

tjohnson@likenknowledge.org

RESOURCES & INFO



linktr.ee/LiKENKnowledge

IF YOU WANT TO ACQUIRE A FSA FARM NUMBER FOR YOUR LAND, PLEASE REGISTER USING THE QR CODE/LINK BELOW OR CONTACT US.

In order to acquire a FSA Farm Number, please try and bring the following documents:

1. Copy of your deed or lease;
2. Copy of PVA Map/Property Card (in color);
3. Completed AD-2047 form
 - We will have copies of this at the clinic, you can complete it there. You will need to know the last 4-digits of your Social Security Number (SSN)

If you have trouble getting any of the above documents, let us know and we can help you! Contact information is on the front page. Don't let document requirements stop you from getting a Farm Number!



<https://shorturl.at/laukr>



Forage News

Keeping Forage-Livestock Producers in Kentucky Informed
Dr. Ray Smith and Echo Gotsick, editors

January 2025

Introducing Forage News Co- Editor, Echo Gotsick

First, we would like to thank Krista Lea for her almost 10 years of service as co-editor of Forage News! She has handed off her position to Research Technician, Echo Gotsick. Echo is a former graduate student turned research technician here in the plant and soil sciences department at UK. Throughout her time at UK she studied different techniques of analyzing pasture botanical compositions and tracked changes in pasture systems throughout seasons and years.

Join/ Renew KFGC Membership

I encourage you to show your support for Forage/Livestock agriculture in Kentucky and join the Kentucky Forage and Grassland Council. A bonus to joining KFGC is an automatic membership to the American Forage and Grassland Council. A great two for one value for only \$25. If you are already a KFGC member, then I encourage you to renew your membership today.

The easiest way is to go to AFGC.org, then click on Membership and Join/Renew Now. Make sure you join as an Affiliate Member of Kentucky Forage and Grassland Council. If you want to mail in your membership then write a check payable to KFGC for \$25 and mail to our KFGC Treasurer: Caroline Roper, UKREC, PO Box 469, Princeton, KY 42445. Make sure to include your name, address, phone, and email with your check.

2025 KY Grazing Calendar Now Available

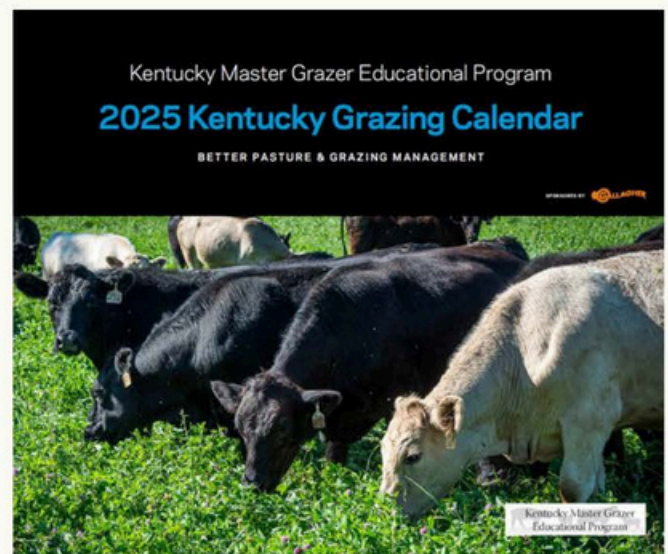
The 2025 Kentucky Grazing Calendars are now available. Not only is there a calendar, but beautiful forage and livestock photos from our own Dr. Jimmy Henning. In addition, we have included timely tips for things you should be doing on your farm each month of the year. Pick up your free copy from the KFGC booth at the KY Cattlemen's Annual Conference in Owensboro in two weeks, or grab a copy at most KY county extension offices. We will also be able to mail copies on a first come/first serve basis. Email your request to me with your full mailing address: raysmith1@uky.edu. We gratefully acknowledge the support of Gallagher Fencing and the KY Master Grazer program to develop and print these calendars.

Tall Fescue Workshops

Several excellent tall fescue workshops have been organized by the Alliance for Grassland Renewal and will be available in coming weeks. The first one is an online event Thursday evening Jan. 23 from 7-10EST. This

Forage Timely Tips: January

- ✓ Continue strip-grazing of stockpiled tall fescue for maximum utilization.
- ✓ Remove animals from waterlogged pastures to limit pugging and soil compaction.
- ✓ Feed best hay to animals with highest nutritional needs.
- ✓ Supplement poor quality hay as indicated by forage testing.
- ✓ Feed hay in poor pastures to increase soil fertility and enhance organic matter.
- ✓ Consider 'bale grazing' - set out hat throughout field when the ground is dry or frozen. Then use temporary fencing to allocate bales as needed after that.
- ✓ Use variety trial results to select seed for spring renovation
- ✓ Prepare for pasture renovation by purchasing seeds, inoculant, etc. and getting equipment ready.



Novel Endophyte Renovation Workshop is free and will provide practical recommendations on managing existing tall fescue stands and considerations for renovating stands with improved varieties. The second workshop is Equine focused and will be held in Lexington from 10-2:30 Jan. 29 (at the extension office). Entitled "Equines and Endophytes Workshop" the meeting is designed for

horse owners, breeders and managers to determine the risk of fescue for their horses and management steps to alleviate the risk. The cost is \$40. The third workshop is an all-day event designed for cattle and small ruminant producers on March 6 from 8 to 5:00 at the Grayson County extension office in Leitchfield, KY. Registration is only \$40 and the event will feature comprehensive management strategies to get the most from your existing fescue stands and to determine if your pastures and hayfields should be renovated. Go to the Grassland Renewal website under events for more information and to register. <https://grasslandrenewal.org/events/>

Grazing Calendar Dedication to Bob Hall

We are pleased to announce that the 2025 KY Grazing Calendar is dedicated to Mr. Robert (Bobby) Hall Jr. A sixth-generation Kentucky farmer, Bobby ran a purebred Suffolk sheep operation for many years, and now custom grazes cattle on high quality pasture on his Scott County farm.

After graduating from the UK in 1953, Bobby managed purebred Angus herds in Bloomfield, KY, and Dutchess County, NY. He served in the army as a veterinary food inspector from 1955-1957. Returning to Lexington, he accepted the position of Beef Cattle Herdsman at the University of Kentucky, under Dr. W.P. Garrigus, from 1958-1964. In 1964 he purchased a livestock feed mill in Lexington which ultimately became Hallway Feeds. The mill became the only family owned, equine focused feed manufacturer in the country, supplying successful thoroughbred breeders and trainers, as well preeminent horses in competitive English and Western disciplines in the United States and abroad.

Bobby was intimately involved in bringing the North American International Livestock Exposition (NAILE) from Chicago to Louisville, starting with the sheep show. He served on the NAILE executive committee from 1975-2012. He has received numerous honors, including being the first inductee into the University of Kentucky Animal Sciences Hall of Fame (1987), the Harold Workman Distinguished Service to Agriculture Award (2014), and the UK College of Agriculture Distinguished Alumni Award (2016). In 2024, Bobby received the Grassroots Award from the Kentucky Forage and Grassland Council, our highest recognition for forage producers in Kentucky. He was also recently inducted into the 2025 University of Kentucky Hall of Distinguished Alumni. Even with all the accolades that he's received over the years, what drives Bobby most of all is his commitment to family and a desire to see others succeed.

The editors of the 2025 Kentucky Grazing Calendar are indebted to Bobby Hall for his untiring and enthusiastic support for forages, rotational grazing, and the Kentucky Forage and Grassland Council. His leadership in the forage/livestock industry reaches across Kentucky and literally around the world.

Forages at KCA– Jan. 17th

If you are attending the KY Cattleman's Association meeting in January in Owensboro, make sure to attend the Forages at KCA session. It will be held the second afternoon of the meeting, Jan 17 from 2:25 to 4:30. This year's theme is **Matching Animal**



Genetics to Forage Resources and will feature two outstanding forage/livestock producers. Dan Glenn will talk about "Optimizing Production with a Forage Focused System" based on his operation in Fitzgerald, GA- Deep Grass Graziers. Dalton Bennett from Knoll Crest Farm in Redhouse, VA will share about "Genetics for Tall Fescue Based Systems." We look forward to seeing many of you there.

Alfalfa and Stored Forage Conference– Feb. 25th

The 2025 Alfalfa and Stored Forage Conference will be held Feb. 25 from 8:00 to 3:30 at the Fayette County Extension office, 1140 Harry Sykes Way, Lexington, KY. The conference will provide important updates on alfalfa production and feature how to produce grass hay for premium markets. Speakers will include long-time alfalfa breeder Dr. Don Miller from Idaho. Don Dr. Miller has developed or co-developed 100 alfalfa varieties, 6 red clover and one teff grass variety during his plant breeding career. Specific presentations will include: Everything I Ever Needed to Know about Armyworms, Armyworm Control Methods: What to spray and when, What's New in Alfalfa Varieties, What do Horse Owners Want and Why, What We Can Learn from the Results of the KY Hay Contests, Emerging Markets for Unique Forage Species, and a Producer Panel. The panel will feature four top KY hay producers discussing Orchardgrass, Timothy, Teff, and Fescue/mixed hay production. We have asked them to be very practical and explain their successful methods for establishment, fertilizing, harvesting and marketing. And then we will open the floor to questions. The cost is \$45 and students are only \$15. Go to the UK Forage Website under events (<https://forages.ca.uky.edu/events>) for more details and to register or mail a check with your name to Krista Lea, N222 Agriculture North, Univ. of Kentucky, Lexington, KY 40546-0091.

see blue.

Pub of the Month: Forage Variety Trials for 2024

Most of the 2024 UK Forage Variety Trials reports are now available on the Forages Extension website and the rest will be available by mid-January. Reports cover red and white clover, tall fescue, orchardgrass, alfalfa, summer annual grasses, other forage species and include data on yield, persistence, maturity, seedling vigor and grazing preference. For an overview of the best varieties from 23 years of UK testing look on the last page of each report or go to the 2024 Long-Term Summary of Kentucky Forage Variety Trials at this webpage. https://forages.ca.uky.edu/variety_trials

Buy Red and White Clover Seed Now

Just as last year, improved varieties of red and white clover are currently in short supply, both in the U.S. and worldwide. This means that if you want to frost seed clover in February you are advised to purchase or line up your seed now. If you wait you may only be able to find unimproved common clover seed that just does not persist well in Kentucky.

New 2,4 D Tolerant Red Clover

The following information is from a presentation for the upcoming AFGC annual conference entitled: "Developing and Testing 2,4-D Resistant Red Clover". The encouraging thing is that 2,4 D tolerant red clovers are coming on the market. The caution is to make sure you have good information on the variety before you buy seed to make sure it's adapted to KY.

Dr. Norm Taylor initiated a 2,4-D tolerant red clover breeding program over 30 years ago by crossing a known tolerant line from Dr. Ken Quesenberry (UF) with 'Kenland'. Dr. Taylor continued with multiple generations of recurrent selection including 2,4-D applications each cycle. After his death, UK researchers continued with modifications to the original protocol and are now in final stages of testing the most advanced line UK2022. To validate tolerance a trial was planted spring 2023 and sprayed late April 2024 (2nd production yr).

Injury ratings (0-9 scale) two wks post-application at 1lb/A ae were 2.0, 4.0, and 4.5 and at 2lb/A ae 3.5, 5.25, and 6.0 for UK 2022, 'Q Medium Red', and Kenland, respectively. Regrowth injury ratings 7 wks post-application (4 wks after harvest) were 0.0, 0.75, 5.25 at 1lb/A ae and 0.75, 0.75, 6.0 at 2lb/A ae for UK 2022, Q Red, and Kenland. Cumulative forage yield 2024 (3 harvests) for unsprayed checks was 5.1, 4.4, 5.6 tons/A for UK 2022, Q Red, and Kenland. The yield for these entries at 1lb/A ae was 4.6, 3.3, 3.3 and at 2lb/A ae 4.2, 3.0, 2.8 tons/A. Lower yields for Q Red in KY was likely related to it being an early maturing variety and reduced 2nd year persistence.

Graduate student Tara Lewis determined potential mode of tolerance in these breeding lines. Using an earlier 2,4 D tolerant line (UK2014) she showed less parent 2,4-D and more 2,4-D metabolites leaf, shoot and root sections of UK2014 at all sample times (8, 24, 48 and 72 hrs post-treatment) compared to Kenland indicating enhanced 2,4-D metabolism is the likely basis for tolerance. In conclusion, UK 2022 shows promise for low-rate applications of 2,4 D with less injury than the check and much better recovery. Further testing to validate 2,4 D tolerance in UK 2022 is planned for 2025 before a potential variety release. ~Ray Smith, Gene Olson, Sara Carter, Lucas Araújo, Tara Lewis, Michael Barrett, and Gabriel Roberts

Know your Winter Weeds and How to Control Them

Dr. Jimmy Henning wrote an excellent article on winter weeds for the December 5 issue of Farmer's Pride. He included excellent seedling photos of these weeds and we wanted to include an excerpt of his article in this issue of Forage News.

Winter weeds are a common problem in Kentucky pastures. Most do not realize that these weeds are often up and growing now. These plants can be very competitive with our perennial cool season grasses, especially in new seedings. These weeds can be recognized easily. This article will focus on five very common winter weeds of pasture: buttercup, common chickweed, henbit, purple deadnettle and poison hemlock.

Weed Identification

Buttercup is the common name for several *Ranunculus* species that are short-lived perennials. Most often, we are not aware of buttercup until its yellow flowers appear. Once you see the yellow flowers, buttercup will produce seed. Right now, buttercup is present in pastures as individual or clumps of plants (Fig. 1). Leaves are shiny and lobed. Buttercup can be toxic to livestock. The risk for toxic effects are low since buttercups are not palatable and grazing animals rarely consume them if other forage is available. The toxin is found in the leaves and stems, and flowering plants contain more of the toxin than younger plants. The drying process in haymaking eliminates the toxic agent. Mowing is usually ineffective for controlling buttercups; however, buttercups are easily controlled with several herbicides.



Figure 1.

Common chickweed (*Stellaria media*) is a winter annual with smooth, oval-shaped leaves with pointed tips that grow opposite each other (Fig. 2). Common chickweed typically grows close to the ground and often forms a dense mat.

Henbit and **purple deadnettle** are winter annual species of the same genus (*Lamium*) and are frequently confused with each other. Henbit leaves (Fig. 3) are more lobed than deadnettle, which tend to look heart shaped (Fig. 4). Henbit flowers are pink to red and occur in clusters in the upper leaf stalks. Purple deadnettle flowers occur near the tops of the plant and are less purple than henbit flowers. The most striking difference is that the purple deadnettle's upper leaves and stems are very red in appearance compared to henbit.

Poison hemlock is a toxic plant actively growing now in many pastures (Fig. 5). Hemlock is aggressive and can overtake areas if uncontrolled. Although not usually grazed, poison hemlock can be poisonous to livestock, particularly when other forages are limited or when present in large quantities in hay. Cattle, goats and horses are considered to be most susceptible to toxicity. In addition, poison hemlock can crowd out desirable plants in areas where it becomes established.



Control Options

The UK publication 'Broadleaf weeds of Kentucky pastures' (AGR-207) is one of the best places to start in developing a control strategy. This simple two-page publication is available at your local extension offices or download the full color version at <http://www2.ca.uky.edu/agc/pubs/AGR/AGR207/AGR207.pdf> . To utilize the herbicide table, locate the weed to be controlled, note the time(s) of most effective control and find the herbicide choice(s) that give good control.

All of the weeds in this article are poorly managed by mowing, but many herbicide choices are available. February and March are good times for chemical control, but herbicides need two or three days of 50° F daytime temps after spraying for best results. To make sure you can take advantage of a possible spraying opportunity, purchase your desired product now and make sure spraying equipment is working and calibrated. As with any herbicide, always read and follow label instructions.

Right now, winter pasture weeds are present but are small and sometimes overlooked. Weeds like those in this article can be identified with a little practice. Early identification along with timely herbicide application can give you a head start on cleaner spring pastures.



WINTER AND EARLY SPRING RIVER FLOODING **JANE MARIE WIX – NATIONAL WEATHER SERVICE JACKSON, KY**

Dean Acheson, a politician and lawyer, once said, “You can’t argue with a river - it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.” The further we head into the winter, rivers seem to become more “argumentative” as they swell and flood. So why do we typically see most of our river flooding in the winter and early spring here in Kentucky?

There are several factors...

1. During the winter months, the lack of vegetation, and the cold and occasionally frozen ground make it unable to absorb as much water. This creates more runoff into area creeks and streams, and eventually into the riverways.
 2. The winter also tends to bring more amplified/stronger storm systems, which can result in more widespread significant precipitation. Typically in the spring and summertime, heavy precipitation associated with thunderstorms is more localized, while in the winter, it can cover vast expanses, leading to more impacts on the rivers.
 3. Jam - it isn’t just for bread! Ice floating down the river can get backed up and dam up the waterway, known as an ice jam. The water behind the jam will rise and flow out of the banks, leading to areal flooding. Subsequently, the jam will eventually release, sending large chunks of ice and pent up water down the river, leading to potential flooding and damage downstream. Ice jams typically occur farther north than Kentucky, where rivers are more likely to freeze over.
 4. As we head into the early spring months, or even a warm spell after a large winter storm, rising temperatures begin to melt away at the snow and ice on the ground. If too much ice or snow melts at once, this creates a large amount of runoff into the waterways, leading to significant river rises. This gets amplified when heavy rains also fall on top of the melting ice and snow.
 5. According to FEMA and the National Inventory of Dams (2007), there are more than 80,000 dams in the United States. Dam failure or levee breaches can occur with little warning. Failures and breaches can be slow, lasting from days to weeks, or can be very abrupt with profound, sudden impacts to locations downstream. Causes of dam failure vary from natural causes such as prolonged rainfall, landslides, earthquakes, or erosion - to human causes such as improper maintenance and design, and negligent operation.
- In the last few months, the NWS launched nationwide Flood Inundation Mapping (FIM). These maps are available online and help decision makers, such as Emergency Management, show the



Ted John



Laker Campbell



Eric Collins

Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2 1/2 inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/cheesy_broccoli_potatoes-web-card_0.pdf

Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples

1/2 cup margarine
1/2 cup brown sugar
1/2 teaspoon salt

1 teaspoon nutmeg
1/4 cup hot water
2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.

- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and

- honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes.
Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.



02 FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Services
						1	<ul style="list-style-type: none"> • Farm Planning • Gardening • Forge Evaluations • Crop Evaluations • Timber Stand • Improvement • Pest & Disease • Diagnostics • Lawn Care • Landscape • Evaluations • Pond • Management • Hay & Soil testing • Beef Quality & Care Assurance
2	3	4	5	6	7	8	<ul style="list-style-type: none"> • Blood Drive
		Tasting Through the Calendar @ Senior Citizens @10	Bingocize @1	Meal Time Rut @10 AM Homemaker Council Meeting @11	Bingocize @1		
9	10	11	12	13	14	15	<ul style="list-style-type: none"> • Valentine's Day
		Increasing Productivity @10	Passport Challenge @5 Bingocize @1	Painting for two @5	Bingocize @1		
16	17	18	19	20	21	22	<ul style="list-style-type: none"> • Management • Hay & Soil testing • Beef Quality & Care Assurance
			Farm Number Registration Clinic 2 PM-7PM Bingocize @11	Pop up License Event	Bingocize @1		
23	24	25	26	27	28		<ul style="list-style-type: none"> • free on the KY Beef Network • Pressure Gauge Testing
		Diabetes Support Group @6 PM	Bingocize @1	Laugh & Learn @3:30PM ages 5 and under			