



# NEWSLETTER

April 2025

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As the days grow longer and temperatures rise, it's time to turn our attention to pasture management for our livestock. Proper pasture management is crucial for maintaining healthy and productive animals. Now is the perfect time to assess your pastures, plan for rotational grazing, and ensure that your forage is in optimal condition. By taking proactive steps now, you can set the stage for a successful grazing season ahead.

In addition to pasture management, don't forget that asparagus is now in season! This delicious and nutritious vegetable is a great addition to your spring meals. Be sure to check out the asparagus recipe at the end of this newsletter for a tasty way to enjoy this seasonal treat.

We also encourage you to explore the programs scheduled for the upcoming months. These programs offer valuable insights and opportunities to enhance your agricultural practices. Plus, don't miss the weather update included in this newsletter to help you plan your activities effectively.

Let's work together to make this year the best yet for our livestock, our land, and our kitchens!



A handwritten signature in cursive script that reads 'Amanda Potter'.

Amanda Potter  
County Extension Agent for  
Agriculture & Natural Resources/  
4-H Youth Development

## 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.

# LUNCH & LEARN ZOOM SERIES 2025



**\*Eligible for CAIP  
Education**

## Pest Management

**MONDAY- JUNE 2, 2025  
12 NOON - 12:30 P.M.**

## Plant Propagation

**MONDAY, JUNE 9, 2025  
12 NOON- 12:30 P.M.**

## Tree Planting & Care

**MONDAY, JUNE 16, 2025  
12 NOON - 12:30 P.M.**

## Disease Management

**MONDAY, JUNE 23, 2025  
12 NOON - 12:30 P.M.**

**Call the Extension Office (606) 784-5457 to  
register. Zoom links will be sent upon registration**

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# CAIP

## Education Trainings

### May 2025

#### 22 Beef Cattle Vaccinations

Location: Rowan County Fiscal Court Meeting  
5:00 P.M. Call to register (606) 784-5457

#### 29 Livestock Pests

Location: Rowan County Fiscal Court Meeting  
5:00 P.M. Call to register (606) 784-5457

### June 2025

#### 12 Understanding Soil Profiles

Location: Rowan County Fiscal Court Meeting  
5:00 P.M. Call to register (606) 784-5457

#### 26 Pasture Management

Location: Rowan County Fiscal Court Meeting  
5:00 P.M. Call to register (606) 784-5457

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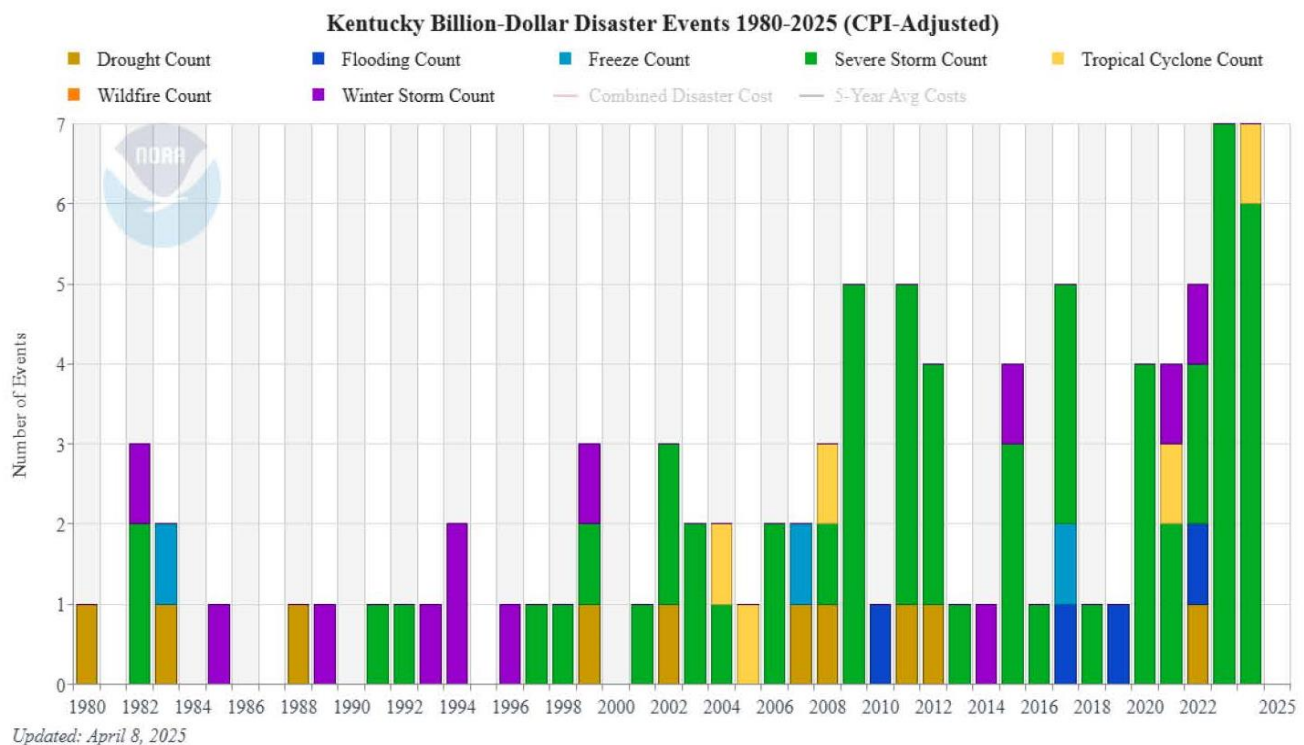
## Unlucky Kentucky?

By Jane Marie Wix – National Weather Service Jackson, KY

This article was originally supposed to be centered around flash flooding safety - but I think the state has seen its fair share of both flash and river flooding over these past few months. Does it ever feel like Kentucky needs a break from all this crazy and impactful weather!? It seems like if one side of the state isn't being impacted, the other side is. Just since February, Kentucky has seen a major flash flood event, an impactful snow storm, another historic river flooding event, and a tornado/severe thunderstorm outbreak. I'm likely missing some smaller events that occurred in between as well.

If you're thinking that the amount of impactful weather events has gone up - you aren't wrong! In fact, a recent Acuweather article renamed us as "Unlucky Kentucky". Between tornadoes, flash flooding, river flooding, winter storms, ice storms, and high wind events - we've seen just about every weather type over the last few years. We even had widespread damage on the eastern side of the state due to the remnants of a hurricane (Irene) last fall!

In just the last two years, the state has been part of 14 separate billion-dollar disasters, according to NOAA (<https://www.ncei.noaa.gov/access/billions/mapping>) with 2023 and 2024 tying for the highest number on record since tracking began in 1980. That's not taking into account any of the historic flooding and severe weather that has taken place so far in April, which impacted large portions of this state and neighboring states.





A study published in the journal “npj Climate and Atmospheric Science” in 2018 showed that the ingredients required for producing long-lived tornadoes were flourishing more in the Mississippi River Valley in the last 20 years, compared to parts of the original “Tornado Alley”. In other words, “Tornado Alley” once located through the Great Plains is shifting south and east, and it now includes parts of western Kentucky.

On the east side of the state, residents are well aware that so long as heavy rains occur in the hills of eastern Kentucky, so too will the flash flood threat. And while it is harder to get tornadoes in the mountains, recent history shows us that even the mountains can’t protect us when Mother Nature decides to intervene. The heavily forested areas of this area of the state can also be prone to forest fires when dry periods and droughts occur, especially when coupled with high winds.

One of the main reasons we started creating these articles is to help people in communities across Kentucky become more weather aware and weather prepared in the face of these events. Unfortunately, there is no guarantee that these large-scale/high-impact events will be letting up any time soon. While we all agree we need a break after these last few years, ultimately the weather is out of anyone’s control. So the best thing we can do is try to become more resilient in the face of these disasters.

## The Many Values of Kentucky Grown Food



### Money Stays

Dollars spent with Kentucky farms and food entrepreneurs recirculate in our local economy, generating more wealth and stronger communities.



### Culture and Community

Strong local food systems celebrate and preserve Kentucky's food culture. Greasy beans, Hickory King corn, and country ham are just some of the unique foods that Kentuckians love to eat and our farmers love to raise.



### More Jobs

It takes a lot of work to put local food on our plates, and that means local jobs. From farm store clerks to line cooks, meat packers to graphic designers; we all benefit from a strong Kentucky food and farm economy.



### Healthy Land

Less sprawl, more biological diversity, and support for farmers who are the stewards of our land are some of the benefits that come with a vibrant and sustainable Kentucky food and farm economy.



### Fresh Flavor

Foods straight from Kentucky farms are as fresh as it gets, and come to you at the peak of their flavor. Eating with the seasons ensures a healthy, varied diet, and keeps our farmers busy all year.

# Reclaiming Pugged Up Pastures

**To maximize success with summer annual grasses, check out these tips!**

- Choose adapted species suited for Kentucky soils such as Sudangrass or crabgrass
- Use high seeding rates
- Wait for the soil temperatures to warm up
- Control broadleaf weeds
- Manage grazing
- Manage haying
- Reseed cool-season grasses

*For more information on renovating pastures and no-till seeding visit your local county extension office. Check out UK Extension publication AGR-229 for additional tips.*



# Webinar Event

## Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension



### Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



**Thursday, May 29th**

6-7:30pm CDT

7-8:30pm EDT

**Register Now!**

[ukfcs.net/AgS](http://ukfcs.net/AgS)

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600 West Main Street  
Morehead, KY 40351

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**RETURN SERVICE REQUESTED**

## What's Cookin'



## Asparagus Tomato Salad

**1 pound** of fresh asparagus, trimmed and cut into 1-inch pieces  
**1 small** zucchini, halved and cut into 1/4 inch slices  
**3 tablespoons** olive oil  
**2 tablespoons** red wine vinegar  
**1** garlic clove, minced

**1/4 teaspoon** seasoned salt  
**1/4 teaspoon** honey mustard  
**1 cup** cherry or grape tomatoes, halved  
**1/4 cup** sliced green onions  
**1/4 cup** shredded fresh mozzarella cheese  
**1/4 cup** minced fresh parsley

**Place** the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

**Yield:** 6 servings

### Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.



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

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)