

OCTOBER 2023

MCCREARY COUNTY EXTENSION

AGRICULTURE NEWSLETTER



Forage Testing

Now is the time to test your winter hay supply! Forage testing can be a useful tool to minimize feeding costs while maximizing animal production. Testing hay is beneficial whether you plan to feed it to your own livestock or sell it. Knowing the quality of hay can increase selling price and/or be used to create a more accurate winter feeding ration. When sampling hay, it is important that, individual cuttings, fields, and hay types (a lot) are sampled and tested separately.

For most accurate results, test hay as soon as possible before feeding or marketing. A high quality coring device should be used to collect a minimum of 20 cores from each lot. Hay probes are available for checkout at the McCreary County Extension Office. Probe to a depth of 12-24" and take cores from butt ends of random bales or core towards the center of round bales from the edges not the flat end.

It is important that samples are representative of the entire lot of hay. Do not choose bales based on whether they seem to be of low or high quality. Up to half of the material from each lot should be tested as soon as possible after the sample is collected. Put samples in a sandwich bag and deliver them to the McCreary County Extension Office.

cont next page...

Now taking applications!

MONEY FOR FARM IMPROVEMENTS

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KENTUCKY AGRICULTURAL
DEVELOPMENT FUND

Eligible Investment Areas:

- Agricultural Diversification*
- AgTech & Leadership Development*
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- Fencing & On-Farm Water*
- Forage & Grain Improvement*
- Innovative Ag. Systems*
- On-Farm Energy*
- Poultry & Other Fowl*
- Value Added & Marketing*

Administered by
McCreary County Farm Bureau
117 S. Main St
Whitley City, KY 42653
606-376-5329

More information on our website
mccreary.ca.uky.edu



Forage Testing cont...

Once you have correctly sampled your forages and received the results, interpreting them is a common area where mistakes are made. The majority of reports will include moisture, dry matter (DM), crude protein (CP), acid detergent fiber (ADF), and neutral detergent fiber (NDF) values. Your county agriculture extension agent will help you interpret these results and provide recommendations on a balanced ration.

Hay testing is **FREE** through McCreary County Extension. For more information, contact Tracie Goodman, McCreary ANR Extension Agent.



Tracie Goodman
ANR/4-H Extension Agent
University of Kentucky
McCreary County Cooperative Extension Service
141 College St.- P.O. Box 278
Whitley City, KY 42653
606-376-2524
Tracie.Goodman@uky.edu

Upcoming Events McCreary County Extension

Sept 30th, 12pm
McCreary Cattlemen's Annual Picnic &
Portable Corral Demo @ Vernsway
Farms

Sept 30th, 9am-1pm
McCreary Farmers Market
Closing Day

Oct 10th, 12pm
Library Lunch Program: Meal Planning
With Seasonal Produce

Oct 10th, 6:30pm
Value-Added Cattle Marketing
McCreary Cattlemen's Association

Oct 12th, 5pm
Field to Fork Deer Processing
Demonstration

Oct 12th, 5:30pm
Grow Appalachia: Final Meeting &
Potluck

Oct 19th, 5pm
Venison Summer Sausage Workshop

Oct 25th, 10am
Get Healthy McCreary: Pinnacle Knob
Hike

For more information, contact us at
606-376-2524!

Follow us!





Oven-Baked Frog Legs



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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

Oven-Baked Frog Legs

- 1 pound frog legs, cleaned
- Buttermilk, to cover
- ½ cup cornmeal
- ½ cup all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ¼ teaspoon salt
- ¼ cup melted butter

In a covered container, soak frog legs in buttermilk for 3 hours or overnight in the refrigerator. Preheat oven to 400 degrees Fahrenheit. Mix cornmeal, flour, garlic powder, and pepper in a plastic bag. Use tongs to remove frog legs from buttermilk. Place one or two at a time in bag with cornmeal mixture to coat. Place frog legs in a greased 13x9 baking dish; sprinkle with salt. Drizzle lightly with melted butter. Cover tightly with aluminum foil and bake 30 minutes, ensure thermometer inserted into the meatiest part of the leg reaches 165 degrees Fahrenheit. Remove foil after 20 minutes to allow frog legs to brown.

Yield: 4 servings

Nutrition Facts

4 servings per container
Serving size 4 ounces (157g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 330mg	14%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 3mg	15%
Potassium 382mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



McCreary County 4-H Spotlight **~Shooting Sports~**



McCreary County 4-H Shooting Sports Club wrapped up the year by competing in the Kentucky 4-H Shooting Sports State Championship.

HUGE thank you to their coach, Tim Grooms, and coordinator, Jessica Musgrove. Also special thanks to their team sponsors. They represented McCreary County well!

Sponsors:

**Outdoor Venture Corporation
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McCreary County Extension Office
PO Box 278
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