

JANUARY 2024

MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER



Top 10 routine tractor maintenance tasks



Be ready for the growing season before it starts with these 10 routine maintenance tasks.

1. Inspect the front axles and steering. Is it time to grease the bearings and steering components? Make sure nothing is loose.
2. Check the coolant system. Make sure the coolant levels are adequate. Ensure the radiator is not plugged up with debris.
3. Look at those belts. Check to see they have the right tension and that they are not cracked. This will prompt you to have a spare on hand.
4. The air filter is next. Make sure it is not clogged and robbing power from your engine by not allowing air to get through.
5. Check engine oil. You should check this daily, but if you haven't, a good time to do it is during your weekly inspection. Also, check the fluid itself to



Get your soil tested
before the growing
season!

Soil testing is **FREE** for
McCreary County residents!

Routine test measures:

- pH
- nitrogen
- phosphorus
- potassium
- trace minerals

Testing time is 2-3 weeks.
Soil collection probes available for
checkout.

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

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Upcoming Events McCreary County Extension

Jan 8th, 5:30pm
McCreary County Extension
District Board Meeting

Jan 9th, 6:30pm
Current Market Trends-
McCreary County Cattleman's
Association

Jan 25th, 2pm
Lake Cumberland Area Grain
Meeting, Casey County
Extension Office

Jan 30th, 2pm
Master Gardeners Final Exam

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

Follow us!



- ensure it doesn't have any contaminants or water in it.
6. Pay attention to the battery. If your battery is not a maintenance-free battery, check the liquid levels. Examine the cables for corrosion and make sure they aren't rubbing against the frame components.
 7. Check clutch and brake linkages. With everyday use, you may not notice linkage getting out of adjustment. Specifically check for free play and other linkage adjustments.
 8. Look at the hydraulic reservoir. Make sure the fluid is at the correct level and change the fluid when needed. The system provides fluids for remote cylinders, and it the critical lubricating force in your tractor's transmission.
 9. Test those tires and make sure they are properly inflated.
 10. Check the back of the tractor. Is it clean? Make sure the hydraulic hose connections are clean to keep dirt out of the system.

These simple procedures can extend the life of your tractors and protect your critical investment.

For more information on equipment maintenance, contact the McCreary County Cooperative Extension Service.



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Game-Stuffed Peppers



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Game-Stuffed Peppers

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 15-ounce can no-salt-added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack Cheese, shredded

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.

2. Preheat the oven to 350 degrees F.

3. Gently scrub peppers with a clean vegetable brush under cool running water.

4. Cut off curved top of pepper. Remove stem only and throw away. Dice remaining part of pepper top.

5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.

6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.

7. Add the tomato sauce and rice to the skillet. Stir to combine.

8. Fill peppers with rice and meat mixture. Top with shredded cheese.

9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.

10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

Yield: 6 servings

Serving Size: 1 stuffed pepper

Nutrition facts per serving:

280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars; 0g added sugar; 26g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 30% daily value of iron; 6% Daily Value of potassium.

4-H Spotlight



Our McCreary 4-H Jr. Cattlemen's Club members toured Lake Cumberland Livestock Market in December. They learned the ins and outs of selling cattle at auction, and even got a free hat! Special thanks to Jeff Loveless for conducting the tour, and their volunteer club leader, Charity Clark, for arranging the trip.



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