

JANUARY 2025

# MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

## Maximize Pasture Success with Clover Frost Seeding

As legumes, clovers are an essential part of a strong and healthy nitrogen cycle in grasslands. Distributing six pounds of red clover and one to two pounds of white clover over a grassy area with some bare soil in the later part of winter, combined with minimal competition control, can develop high-quality pasture.

Frost seeding is a preferred establishment method due to its minimal equipment requirements. Typically, a small spinner seeder attached to a tractor or four-wheeler is all you would need for seed distribution. Red and/or white clover are well-suited for frost seeding as they exhibit rapid germination, shade tolerance, and vigorous root and shoot development in their seedling stages. Their small, smooth seeds are readily incorporated into the top quarter inch of soil through natural weather patterns or animal movement.

Essential steps to frost seeding clover are:

- Conduct a soil test and apply necessary nutrients. Clover thrives in soil with a pH of 6.5 to 7 and medium to high levels of phosphorus and potassium.
- Choose a high-quality variety. Selecting a superior red clover variety can yield up to three tons more hay per acre and extend the stand's lifespan.



## PRIVATE PESTICIDE APPLICATOR TRAINING

January 14th, 6pm EST  
McCreary County Extension Office  
141 College St.  
Whitley City, KY 42653

Cost: FREE

Must call 606-376-2524 to register!!

Private applicator certification is  
valid for 3 years.

Not sure if you need this? Contact the  
McCreary County Extension Office for more  
information.



- Apply correct seeding rate- seeding rates range from 8 to 12 pounds of red clover and one to two pounds of white/ladino clover per acre.
- Achieve optimal seed-soil contact. Frost seedings rely on precipitation and the freeze-thaw cycle to integrate clover seeds into the top quarter inch of soil. Utilizing a corrugated roller post-seeding can further enhance soil contact.
- Manage competition the following spring. Avoid additional nitrogen application on overseeded fields. Be prepared for timely mowing to control grass or weed overgrowth above the clover. Although clover seeds are inherently vigorous, controlling competition can expedite and improve establishment.

McCreary County Extension offers FREE soil testing for McCreary County residents. Take advantage of this service before frost seeding this winter.

For more information about frost seeding clover, contact Tracie Goodman, McCreary County Agriculture & Natural Resources 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](mailto:Tracie.Goodman@uky.edu)

## UPCOMING EVENTS MCCREARY CO. EXTENSION

Lunch & Learn:  
Electric Pressure Cookers  
McCreary Co. Public Library  
*Jan 14th, 12pm*

McCreary Fun-Makers  
*Jan 14th, 4pm*

Private Pesticide Applicator  
Training  
*Jan 14th, 6pm*

KJCA Convention:  
McCreary Jr. Cattlemen's Assoc.  
Owensboro, Ky  
*Jan 17th*

McCreary Cattlemen's Assoc.  
*2nd Tuesday of each month, 6pm*

*\*All events located at McCreary  
County Extension unless stated  
otherwise.*

Call 606-376-2524 for  
more info

Follow us!





# January Garden Planning



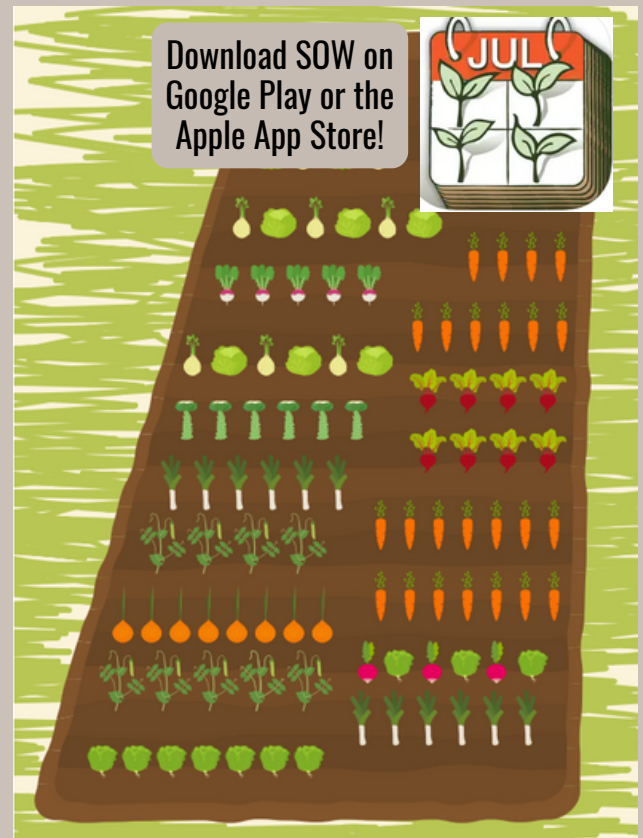
Check out [planeatmove.com](http://planeatmove.com) for garden info & seasonal recipes!

Draw out your garden on paper or make a list of what you want to grow this year.

If you're tech savvy- download the "SOW-a Planting Companion" app by Alabama Cooperative Extension in Google Play or the Apple App Store.

Place plants together that will mature at the same time so that they can be replaced with a new planting.

Look at seed catalogs, garden stores, or online sources for vegetable varieties and choose some to purchase.



## MEET THE AGENT



Tracie Goodman  
ANR/4-H Agent  
[tracie.goodman@uky.edu](mailto:tracie.goodman@uky.edu)  
606-376-2524

*I'm Tracie Goodman, I've been the Agriculture & Natural Resources/4-H Youth Development Agent in McCreary County for five years.*

*My background is a mixed bag which actually works well with my job. I've done everything from food service to finance. I have a B.S. in Biology/Secondary Ed and my M.S. in Agriculture & Natural Resource Management. I love agriculture and the outdoors, and wanted to teach in a less formal setting, so it feels right that I landed in Extension.*

*Helping people is my bread and butter. No matter how big or small the request I try to find a solution. Please don't hesitate to reach out.*



***ANR Spotlight***



**SCKY HAY CONTEST**

**Thank you to all who participated in this year's South Central Kentucky Hay Contest!**

**There were over 260 entries from 13 counties. McCreary County had a great showing with 19 entries.**

**Forage testing is still FREE with McCreary County Extension. This is a valuable tool for winter feeding!**

**Call 606-376-2524 for more info.**

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PO Box 278  
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