

NIKKI'S NEWSLETTER

Marshall County's Agriculture & Natural Resources Update

Hello all! As you may notice, the picture above is not Marshall County, Kentucky! It is a photo of the Denali mountains taken from Talkeeta, Alaska! Why on earth am I showing you this? Because you can join me on an agricultural and cultural tour of Alaska, which includes a stop at Talkeeta! See page two for more details! I look forward to taking members of the agriculture community on this excursion!

Building Update

The new building is under construction! Contractors are busy doing demolition and are tearing down unneeded walls and preparing the space for the remodel! We hope to be able to move into the new building in the summer of 2024! As for our current building, it is time to line up a buyer. See page 3 for details about the sale. We need your help getting the word out about this great property!

Commercial Applicators

Be advised that there will be a CEU conference coming up! See page 4 for details.

4-H Livestock Club

The group had a good first meeting on October, 19th and look forward to their next meeting on Nov. 2nd. It's not too late to sign up! to join, simply bring your 9-18 year olds to the Benton branch of the Marshall County Library for the next meeting! See page 9 for more info.

Field day at GCF Angus Farms

Don't forget the fast approaching field day at GCF Angus! Many UK specialists will be on site to guide producers and answer questions. Take advantage of this opportunity! After the field day we will come back to the Extension Office for a hamburger dinner graciously provided by Michael Dobbs with Peel and Holland Insurance! After the meal, we will have our regular Tuesday night " Adult Farmer Beef and Forage Class" featuring UK Beef Specialist, Katie VanValin. She will be sharing tips on how to prepare your "momma cows" for their next breeding season. See page 7 for details.

Adult Farmer Beef & Forage Meetings

Don't forget! the AFB&F Series is underway. So far, we have had three quality presentations and three great turnouts! We would love for you to join us for the next lesson on Nov. 7th. See page 8 for details.

Garden Lovers

Remember there is a garden related lesson here at the Extension Office every month! This month is on pond plants with the state aquaculture specialist. Also, don't forget the quarterly Master Gardener Library Series. Next Month, they will be covering growing elderberries. See page 6 for details on both programs.

Q'u yet dahdi nuntghesht'ih!

This is not a typo. It means "see you later in an Alaska's native language.


Marshall County ANR Agent

IN THIS ISSUE:

EVERYBODY

- P.2 Alaska Trip*
- P.3 Office Building
for Sale*
- P.4 Commercial CEU
Training*

HORTICULTURE

- P.5 Fall Garden Pop
with Mums*
- P.5 French Cutting Celery*
- P.6 Lunch Break
Gardening & Master
Gardener Library Series*

LIVESTOCK

- P.7 Field Day*
- P.8 Adult Farmer Beef &
Forage Series*
- P.9 4-H
Livestock Club*

RECIPE OF THE MONTH

- P.10 Twice Baked
Acorn Squash*

Cooperative Extension
University of Kentucky
Marshall County
1933 Mayfield Highway
Benton, KY 42025
(270) 527-3285
extension.ca.uky.edu



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

North to Alaska

July 29th-Aug. 4th 2024

Agriculture & Cultural Tours

Join Marshall, McCracken, Calloway, Livingston and Graves County Agriculture Agents on a Agricultural and Cultural Trip to Alaska! This 7 day land excursion will take you as far south as Kenai Fjord and as far north as Fairbanks! Prices start at \$3,325 and do not include airfare.

Interested participants can request an informational packet from their county office, and are required to attend the informational night held at the Marshall County Extension Office on December 18th, 2023 at 6pm. Space is limited. Trip registration is due by January 15th, a \$500 non-refundable deposit is due by January 30th and final payment is due by April 1st.



Culture

Enjoy scenic views as we travel across Alaska! Tour landmarks like Denali Park, Talkeeta, Kanai Fjord, and more! Travel by coastal train and board a day cruise to the famous Resurrection Bay. View jagged cliffs, marine life and alpine glaciers from the boat. Embrace the culture by tasting traditional Alaskan cuisine, staying at a famous historic hotel in Anchorage, or by embarking on an optional fishing trip or airplane glacier tour.



Agriculture

Explore Alaskan Agriculture! Enjoy touring farms and Alaskan industry! Tour a fruit and vegetable farm, fish hatchery, reindeer farm, birch tree syrup production facility, ox Farm, Alaskan brewery, Alaska Plant Materials Center, a shipping port & engage with an Alaska Extension Agent!

Office for Sale

SPACIOUS COMMERCIAL PROPERTY

FOR SALE



MARSHALL COUNTY EXTENSION SERVICE
1933 MAYFIELD HWY. BENTON KY 42025



ABOUT:

This meticulously maintained brick building, constructed in 2000, is an ideal space for businesses. Situated in Benton, it provides convenient access to two primary intersections and is in proximity to the town center. The property adheres to the Americans with Disabilities Act (ADA) requirements, boasts stunning landscaping, and offers ample parking to accommodate clients.

PROPERTY FEATURES:

Four Primary
Offices

LAND AREA
3.55 ACRES

RENTABLE AREA
7,610 SQ FT

RECENTLY INSTALLED
HVAC UNITS



Take a sneak peek inside
our establishment!

We're excited to invite
you to our
Open House

November 3, 2023
10 a.m. - 2 p.m.

CONTACT DETAILS:

📞 270.527.3285

✉️ marshall.ca.uky.edu

Contact the office to schedule an
appointment for more details:
Monday-Friday 8:00 a.m.- 4:30 p.m.



PESTICIDE APPLICATOR CDU HOURS WORKSHOP (LAST CHANCE)

This course will include speakers:

- Forrest Wynne Kentucky State University: Aquatic Weed Control
- Travis Legleiter University of Kentucky: Weed Control in Field Crops 2023-2024
- Ric Bessin University of Kentucky Department of Entomology; Preparing Pesticides Properly
- Samantha Anderson University of Kentucky Department of Entomology; Know your Label

This course will include four CDU Hours including 1 Credit for 5A and 3 credits for 2A

Cost: \$10.00 Per Person (Cash or Check)
Date: Tuesday November 14th 2023
Time: Registration is 8:30am-9:00am **Speakers from:** 9:00am-1:50pm
Where: Grand Rivers Community Center
 115 West Cumberland Ave Grand Rivers, KY 42045

RSVP is required to be able to attend this meeting.

Please RSVP by **Friday November 10th 2023** by 4:30pm. RSVP by calling the Livingston County Extension Office at 1.270.928.2168

Sponsored by: Livingston County Cooperative Extension, Marshall County Cooperative Extension, Callaway County Cooperative Extension, Caldwell County Cooperative Extension & McCracken County Cooperative Extension

Lunch will be provided



CEA for ANR

erative
sion Service
and Natural Resources
Consumer Sciences
Development
y 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 without discrimination 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 reproductive capabilities for gene and embryo selection. Reasonable accommodations for disabilities may be available with prior notice. Program information may be made available in language other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Fall Gardens Pop with Mums

Rick Durham, Extension Horticulture Professor

Mums bring new life to the fall garden and spruce up a front porch. All around Kentucky, garden centers offer many varieties of colorful blooms. Fewer daylight hours and longer nights trigger flowering, which make mums a popular fall choice. Nurseries often artificially do this by pulling dark cloths over the plants in late summer and early fall, which stimulates blooming. If you have mums growing in the landscape, the natural decrease in day length will do the trick as well.

You have dozens of varieties from which to choose, but mums generally fall into one of two groups: garden or hardy mums and cutting mums or florist mums. Florist mums usually are tender and will not survive winter. When buying a mum for fall color, look for the plant with tight buds that haven't flowered yet to make the plant last longer. Choose the variety you want based on the ones close to it that have already bloomed.

Water is another key to making your mum last longer. Place the mum in a larger pot when you bring it home to help it retain more water. If you leave it in its original container, check the soil at least every other day by simply putting a finger into the soil, at least to the first knuckle. If the soil is dry, your mum needs water. Make sure water gets good contact with plant roots and the soil. Either water from the bottom up in a pan or pail of water, or from the sides of the pot with a watering can or garden hose. Watering overhead on the leaves or buds may cause them to quickly deteriorate. To avoid root rot, don't allow mums to stand in water long. Once flowers begin to fade, "deadhead" or pick off the fading blooms, which will promote new growth and make the plant look healthier. If you want to enjoy garden mums inside, find a good location near a south-facing window, out of direct sunlight. Keep it away from heating or air conditioning vents that tend to dry the flowers. Keep the soil moist, but not soggy. Mums prefer moderate night temperatures, about 60 degrees Fahrenheit. If you expect frost, protect outdoor mums by moving them under cover overnight.

Once the plants have finished blooming, they will stop growing. You can either add them to your compost pile or plant them in your garden. Be aware, however, even the best gardeners find that mums planted in the fall often fail to establish in our climate. For more information about fall flowers, contact the Marshall County Office of the University of Kentucky Cooperative Extension Service.

French Cutting Celery

Johnnie Davis, Marshall Master Gardener

Tucked into a corner of your seed catalog pages, you may have noticed an herb called cutting celery. It is also known as French Cutting Celery, or Chinese celery, or seasoning celery. It is a very old herb, used for seasoning in European or Asian cooking.

Cutting celery is usually grown from seeds since plants are hard to find. Direct sow into the garden after Mothers Day, or start under lights in a pot indoors. It may be kept as a houseplant. The plant grows to 12 to 18 inches in height. It will need a lot of moisture and likes a bit of nitrogen occasionally. It is cold hardy where winters are mild.

The plants leaves and thin, hollow, crunchy stems are used in stock, soup, eggs, or potatoes. Added to salads, it will give a touch of peppery taste. It looks very similar to parsley, making it a pretty garnish with a different dimension of flavor. Cooks like to use it by chopping together the leaves and stems. When harvesting, cut the stem at about $\frac{3}{4}$ the way down.

The biennial member of the carrot family, French cutting celery (*Apium graveolens* var *secalinum*) is currently being researched as an anti-inflammatory for use in arthritis cream. The "cut and come again"



Upcoming Gardening Classes

Lunch Break Gardening Series

UK University of Kentucky
College of Agriculture,
Food and Environment

December

Butterfly Host Plants



Join the Woodlands Nature Station Naturalists from LBL, as they discuss butterfly gardening and the plants that provide food for butterfly caterpillars!

Join us during your lunch break for a gardening workshop!

\$12

Includes a boxed lunch from a local restaurant

1st Wednesday Monthly
12:15-12:45pm
at the Marshall County
Extension Office



RSVP by Dec. 1st
Call 270-527-3285



Join Marshall Master Gardener, Rick Borgess, for a free gardening lesson about growing elderberries!

MASTER GARDENER LIBRARY LESSONS

ELDERBERRIES

Two chances to attend!
Marshall County Public Library Branches:
Hardin- December 13th from 10-11:00am
Calvert City- December 20th from 10-11:00am



In Marshall County!



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

BACK TO BASICS

FIELD DAY

November 7, 2023

3:00 pm – 5:30 pm

GCF Angus

9422 Hwy. 68 E

Benton, KY, 42025

To register please call

Marshall Co. Extension

**Office at (270)527-3285 by
November 1st.**



TOPICS & SPEAKERS

- **PINK EYE** - Dr. Caleb Jenkins, Stone Veterinary Clinic
- **REPRODUCTION** - Dr. Les Anderson, University of Kentucky
- **PASTURE WALK** - Dr. Megan Taylor, Murray State University
- **MEAL/ADULT BEEF SERIES** - Marshall County Extension Office

Back to Basics is designed to get producers to do the basics. Come out and see how producers near you do the basics and still continue to learn how to improve their farm.



Thank You to our Meal Sponsor





2023 Marshall County Adult Farmer Beef and Forage Meetings

Adult Farmer Educator, Jeff Futrell, has teamed up with Agriculture Extension Agent, Nikki Rhein, to offer another beef and forage series this fall! Programs will be on Tuesday Nights (except Halloween) starting at 6:30pm and will be located either at the Marshall County Extension Office or the Benton Branch of the Marshall County Public Library. Join us!

Schedule:

- ~~Oct. 17th- Forages & Fertility, Dr. Megan Taylor, MSU Professor~~
- ~~Oct. 24th- Cattle Market Outlook, Jeff Futrell, Adult Ag. Ed.~~
- ~~*Oct. 30th (Monday)- Fencing, Jeremy McGill, Gallagher~~
- ** Nov. 7th @ 3:00pm- Field Day at Dale Golds Farm
- Nov. 7th- Feeding for Breeding, Dr. Katie Vanvalin, UK Beef Spec.
- *** Nov. 14th- Cattle & Forage Costs/Return, Jeff Futrell, Adult Ag. Ed.
- Nov. 21st- KQCA, Kevin Laurant, UK Beef Spec.
- Nov. 28th- Cattle Health and Products, Dr. Daniel Tracy, Zoetis
- Dec. 5th- Cattle Health Issues, Jeff Futrell, Adult Ag. Ed.
- *** Dec. 12th (Tentative) Transporting Equipment Regulations, Jason Morris, State Police

**Due to Halloween, we will meet on Monday, October 30th instead of Tuesday, October 31st.*

*** On Nov. 7th, UK will be hosting a field day at Dale Golds Farm See UK flyer for full details.*

**** All programs are at the Marshall County Extension Office EXCEPT November 14th and December 12th, which will be held at the Marshall County Public Library Benton Branch.*

4-H Livestock Club

Livestock 9

Miss Zoey Ramsey, MSU Agriculture Student



MARSHALL COUNTY LIVESTOCK CLUB

It's not
too
late to
join!

Who can join?

Marshall County youth ages 9-18
who love animals, and want to
learn more about livestock and
agriculture.

*No animal ownership nor
experience required.*

Information

Thursday Nights from 5:30-7:30pm
Located @ the Marshall County Public
Library Benton Branch- Room B
\$30 Annual Dues
Parent Volunteers Welcome
Questions? Contact 270-527-3285

Fall Meeting Dates

OCT. 19TH
NOV. 2ND
NOV. 16TH
DEC. 7TH

Recipe of the Month



Ingredients:

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Twice Baked Acorn Squash

Directions:

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. Spoon into shells. Bake at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Nutritional Analysis:

210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium
27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV
vitamin D, 15% DV calcium, 15% DV iron, & 20% DV potassium

Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is high in vitamins A and C and is a good source of potassium and vitamins B6, K, and folate.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place, and use it within 1 month. Once sliced, wrap dry pieces in plastic wrap and refrigerate for up to 5 days.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the

pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30 to 40 minutes or until tender.

To microwave:

Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:**
1/2 squash, 5 to 8 minutes;
1 squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:**
2 pieces, 3 to 4 1/2 minutes.
- **Hubbard squash:** (1/2-pound pieces) 2 pieces, 4 to 6 1/2 minutes.

To bake:

Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

August 2022

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

PlateltUp.ca.uky.edu



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, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs



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

For more information go to:

<http://marshall.ca.uky.edu/AgNaturalResources> or follow us on Facebook @marshallcountyanr

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, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING.