

# Powell County Extension News

January, 2024

The 2023 Central Kentucky Hay Contest results are in. Mr. Tony Ball had the best hay in Powell County. The hay was grass with a little clover mixed in. The numbers were Crude Protein- 12.2, Total Digestible Nutrients- 60, and Relative Forage Quality- 131.

## Good work Mr. Ball!

If you are interested in learning about the quality of your hay. Join us on January 22nd at the Extension office. We will have a program on Understanding Hay Quality.



## This month at the Extension Office

Monday

8

Homemakers Quilt Club at 11 a.m.

Beekeepers Association at 6:30 in Clark County

Tuesday

9

Clay City Homemakers at 11 a.m.

Monday

15

Extension Office closed to observe MLK Day

4-H Livestock Club (Ham Curing)

Tuesday

16

4-H Art Club at 5:30 p.m.

Monday

22

Livestock Association at 6:30 p.m.

Tuesday

23

4-H Cloverbuds at 5:30 p.m.

Friday

26

Date Night Cooking at 6 p.m.

## 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.

# Volunteer Spotlight



## Sue Reynolds

### What is your role in Extension?

President of Powell Co. Homemakers and Educational Chair on the Area Homemaker Board.

### How did you first get involved with Extension?

Friends invited me to a meeting. I was really impressed with the community involvement that the Extension Office has to offer.

### Which quality do you most like in a person?

Honesty and respect.

### What do you enjoy most about volunteering?

Helping others is an enjoyment to me.

### What are some of your hobbies?

My pets and my plants.

### As a child, what did you want to be when you grew up?

I wanted to be a hairdresser and a teacher. For the last 27 years I have been a teacher of Cosmetology and Esthetics.

### What is a fun fact about yourself?

I enjoy day trips to new places with friends and loved ones..



# 4-H Youth Development



## Emilee Hager

Powell County Agent for 4-H Youth Development

*Emilee Hager*



606-663-6405



Emilee.Hager@uky.edu



Powell County 4-H



[powell.ca.uky.edu/4H\\_Youth\\_Development](https://powell.ca.uky.edu/4H_Youth_Development)



## SUBSCRIBE



Scan the QR code or visit <https://bit.ly/Powell4H> to subscribe to our **4-H Youth Development** newsletter & get all the latest news!

### Enroll in Kroger's FREE Community Rewards Program:



1. Have your Kroger Plus Card ready!
2. Visit [kroger.com/communityrewards](https://kroger.com/communityrewards)
3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to ENROLL NOW in the Community Rewards Program
5. Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

\*Community Rewards Program does not affect your fuel points or other discounts



# 4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 5:30PM

**Livestock Animal Not Required!**

January 15th: Ham Curing Day

NO MEETING ON JANUARY 9th



169 Maple Street  
Stanton Ky. 40380

- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405

**Thank you to our 2023 Livestock Club  
Investment in Youth Sponsors:**

**Whitaker Bank**

**Blaze Enterprises**

**Jeremy Foster**

**CG Bank**

**Carmen Rogers, PVA**

**Steven Skidmore**



# 4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH

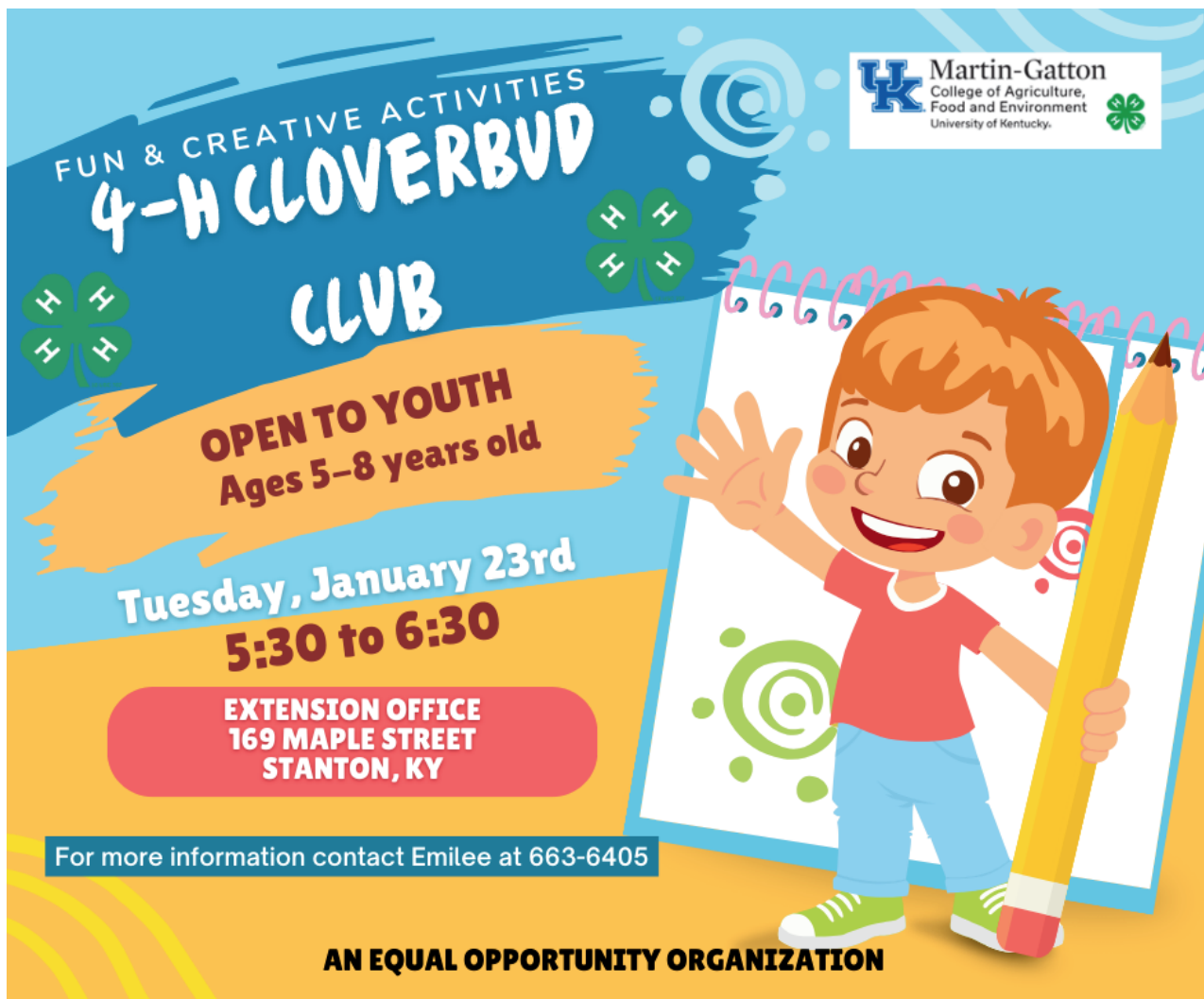
Opened to ages 5-18 years old

**JANUARY 16TH**  
5:30 to 6:30pm

169 Maple Street  
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405



**FUN & CREATIVE ACTIVITIES**  
**4-H CLOVERBUD CLUB**



**OPEN TO YOUTH**  
Ages 5-8 years old

**Tuesday, January 23rd**  
**5:30 to 6:30**

**EXTENSION OFFICE**  
**169 MAPLE STREET**  
**STANTON, KY**

For more information contact Emilee at 663-6405

**AN EQUAL OPPORTUNITY ORGANIZATION**

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

# 4-H Cooking Club

**OPENED TO ALL YOUTH AGES 9-18 YEARS OLD**

**Meetings will be the 1st Tuesday of each month**



- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

**February 6th  
4:30 to 5:30**

169 Maple Street  
Stanton Ky. 40380

**For more information contact: 663-6405**

An Equal Opportunity Organization



## POWELL COUNTY 4-H POULTRY CLUB

**Meeting the 1st Tuesday each month @ 5:30**

Open to youth 5-18 years old

Members will learn breeds and species, anatomy,  
showmanship, and responsible ownership

**Next Meeting: February 6th**

NO JANUARY MEETING

Meetings will be held monthly at the Powell County Extension Office

For more information  
contact us at 663-6405  
or [emilee.hager@uky.edu](mailto:emilee.hager@uky.edu)



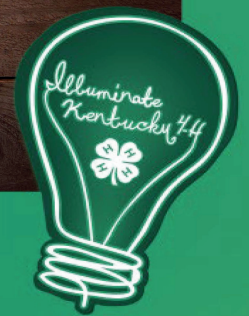
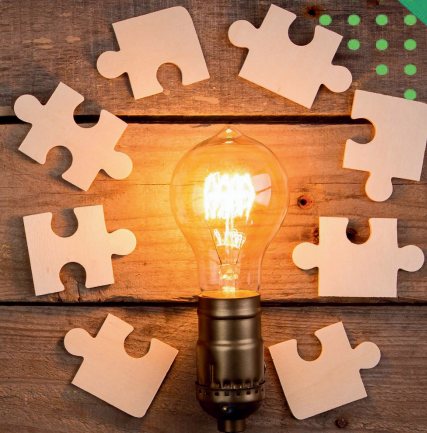


Powell County 4-H is selling Rada Cutlery and merchandise to help raise money for youth activities in Powell County. You can order online and have your items shipped directly to you. Visit our link below to place your order.

**Thank you for your support!**

[https://radafundraising.com?  
rfsn=2394695.a8003c](https://radafundraising.com?rfsn=2394695.a8003c)

*An equal opportunity university.*



# Kentucky 4-H Summit

**Middle School Leadership Conference**

March 21–23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state  
Service Project | Fun Workshops | Find your spark  
Opportunities to learn and grow

*Register by 1/19/24 with your county 4-H Agent  
Call 606-663-6405 for more information.*

# Agriculture and Natural Resources



## Jason Vaughn

Powell County Agent for  
Agriculture & Natural Resources

*Jason Vaughn*



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



[powell.ca.uky.edu/anr](http://powell.ca.uky.edu/anr)

## Annual Plant Sale

Watch for sale dates  
coming soon!

### Plants available will be:

Strawberry  
Blueberry  
Red Raspberry  
Black Raspberry  
Blackberry  
Candy Onions  
Asparagus



**POWELL COUNTY**  
LIVESTOCK ASSOCIATION

For more information, contact Jason  
Vaughn, Powell County ANR Agent  
663-6405 or [jason.vaughn@uky.edu](mailto:jason.vaughn@uky.edu)

The Powell County Livestock Association will meet  
Monday, January 22nd at  
6:30 p.m. at the Powell County Extension Office.

Please call, if you plan to attend,  
by Friday, January 19th by noon, 663-6405.

**CAIP**  
**Educational**  
**Approved!**



# Forecasting Winter Storms

## What a Headache!



Tony Edwards – National Weather Service Charleston, WV

When I was a child - probably by around 7 years old - I knew I wanted to be a meteorologist. I was infatuated with the weather. To my mother's dismay, The Weather Channel was a mainstay on our TV and I even kept a log of the weather each day. My uncle worked for the Department of Highways and had to drive a snow plow each winter. I loved winter, he hated it. I remember one conversation with him distinctly. He told me that when I grew up to be a meteorologist, he wanted me to get all of the meteorologists in the area on the same page with forecasting winter storms. He was so tired of watching the different "opinions" of how much snow we were going to get on each evening TV weather broadcast. For him, the differing opinions made it very hard to do his job. I'm sure many others around our region also wonder "why is it so hard to forecast how much snow is going to fall?"

Forecasting snow amounts is one of the hardest things we have to do as meteorologists. First off, we have to get the temperature forecast right. Not just the temperature at the surface, where there's plenty of thermometers, but we also have to forecast the temperature accurately throughout the atmosphere up through the cloud layer. There are very few ways to get accurate temperature measurements above the ground, so we have to rely on imperfect computer models for this part of the forecast. The temperature and how it varies from inside the clouds down to the ground determines the consistency of the snow, or how wet and sticky vs. dry and fluffy it is. We also have to accurately forecast how much liquid will fall during the storm. For instance, 0.5 inches of liquid vs. 0.7 inches could make the difference of several inches of snow in some cases. This is probably the second hardest thing we have to do! Finally, we have to get the storm track correct. A low-pressure system tracking as little as 25 miles off course can mean the difference between a foot of snow or no snow for your location! All of these are important considerations for a forecast just featuring snow. It gets exponentially MORE complicated if the forecast includes other types of precipitation such as freezing rain or sleet. All of these variables create uncertainty in the forecast and, unfortunately, humans aren't the best at dealing with uncertainty. It's been at least 30 years since I had that conversation with my uncle and unfortunately, I've failed him miserably! He still has to wade through differing opinions on how much snow is going to fall when he gets his forecast information. To be honest, the atmosphere is just too complicated and we may never be able to completely accurately forecast winter storms. Despite the complications, we can still plan for the possible impacts. Here's a few tips to help you be as prepared as possible when snow is forecast:

- When the weather forecast REALLY matters, don't rely on a phone app! Get your forecast from a local source, whether it be from the National Weather Service or your local TV meteorologist. The forecast from most apps is computer-model generated with no local human input. That's fine for figuring out if you need to wear a coat, but not for when your life could depend on it!
- If you see vastly different opinions on how much snow is expected for your location, then you can guess that it's just a complicated forecast and plan for the worst-case scenario you hear. If you flip through the channels and see all of the meteorologists having the same opinion on how much snow will fall and the timing, you can have more confidence in the forecast.
- Finally, put together an Emergency Kit for your home and automobile. You'll at least want 72 hours of food, water and prescriptions in your home kit and some basic tools and supplies for your automobile. Check out Ready.gov for some great ideas on what to include in those kits.

# UK Beef Management Webinar Series

Registration is necessary, please send an email to [dbullock@uky.edu](mailto:dbullock@uky.edu) with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. All meeting times are 8:00pm ET/7:00pm CT.

**January 9, 2024**

Management decisions that impact reproductive efficiency in beef herds – George Perry, Professor, Texas A&M University

**February 13, 2024**

What's the Cost of a Cheap Mineral – Katie VanValin, Assistant Extension Professor, University of Kentucky

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## Powell & Clark County Beekeepers

will meet Monday, January 8th at  
6:30 p.m. at the

**Clark County Extension Office Annex**

*A potluck dinner will be served.*

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



# Squirrel Pot Pie

Servings: 6 Serving Size: 1/6 of pie

## Ingredients:

- 2 squirrels, cut in half
- 3 cups chicken stock
- 4 tablespoons flour
- 1/2 cup sliced mushrooms, about 2 ounces
- 1/2 cup chopped celery, about 1 rib
- 1 small onion, diced
- 1 cup frozen mixed vegetables
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 refrigerated pie crust
- 1 tablespoon milk



Source: Cook Wild Kentucky Project

## Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place squirrels in large stockpot. Add chicken stock and cover. Bring to a boil over medium high heat. Reduce heat and simmer 1 hour.
3. Wash mushrooms, celery, and onion; with a clean vegetable brush under running water before preparing.
4. Preheat oven to 400 degrees F.
5. Remove pot with squirrels from heat and let sit 10 to 15 minutes or until meat is cool enough to handle. Use tongs to remove meat and bones from broth. Separate and discard all bones and cartilage. Chop any large pieces of meat.
6. Place a colander over a large bowl and strain broth to remove any additional bones. In a small bowl, stir cooled broth, 1 tablespoon at a time, into flour until a smooth liquid is achieved.
7. Return remaining broth to pot. Stir flour mixture into broth and heat, stirring, until broth comes to a boil and has thickened.
8. Add meat, all vegetables, and seasonings to broth, and stir to mix.
9. Pour mixture into a deep-dish pie plate or baking dish.
10. Cover squirrel mixture with premade pie crust. Slit crust to vent.
11. Brush top of crust with milk.
12. Bake 40 minutes or until golden brown.
13. Serve immediately. Store leftovers in the refrigerator within 2 hours.

390 calories; 18g total fat; 3.5g saturated fat; 2.5g trans fat; 65mg cholesterol; 580mg sodium; 32g total carbohydrate; 1g dietary fiber; 4g sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium.

# ***Pest Control Corner***



## ***Spotted Lanternfly Has Arrived in Kentucky***

The spotted lanternfly (aka SLF) is the newest invasive species that has found its way to the Bluegrass State. In early October, a homeowner in Gallatin County noticed the adult form of this insect on their property and worked with their local county Extension agent to submit photos to [reportapest@uky.edu](mailto:reportapest@uky.edu). Thanks to this, the Kentucky Office of the State Entomologist was able to visit the site and collect specimens to submit for federal confirmation, officially certifying an infestation. Thus far, no other county has reported lanternflies. As with all invasive species, the spotted lanternfly causes trouble in the areas that they move in to, and Kentuckians should expect to see this pest more frequently in the coming years.

### **What is the Spotted Lanternfly?**

SLF is very distinctive in appearance.; the adult is about an inch long, with strikingly patterned forewings that mixes spots with stripes. The back wings are contrasting red, black, and white. The immature stages are black with white spots and develop red patches as they age. They are a type of planthopper; they are capable of jumping and can be quite fast.

Spotted lanternflies develop through a process called incomplete metamorphosis. This means that the female lays eggs, which will hatch to reveal “nymphs,” immature insects that vaguely resemble the adult. They gradually get larger during the growing season, eventually developing their wings and becoming adults. SLF starts off black with white dots, and then before becoming adults, develop red markings.



Figure 1: Adult spotted lanternflies are distinct looking insects; their fore wings are half spotted and half reticulated, while the back wings are a mixture of black, white, and red. On the left, the wings are open and showing all of the color; on the right is how the insect is most likely to be encountered– with the wings closed over its back (Photos: Pennsylvania Department of Agriculture, Bugwood.org)

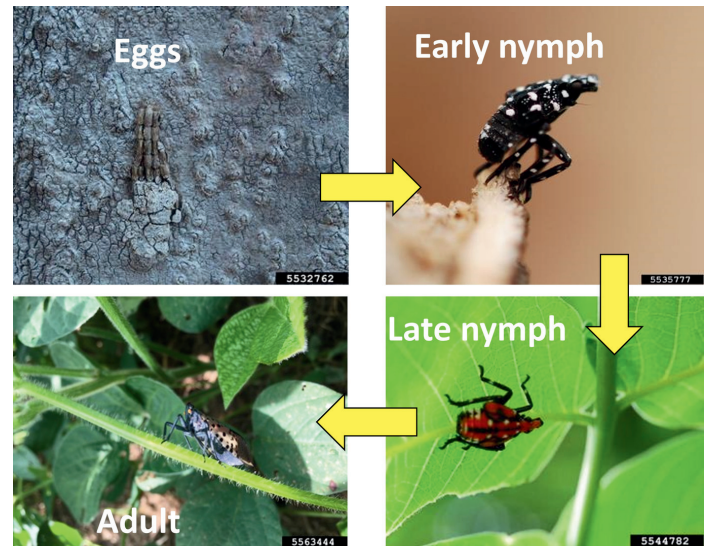
### **How did it get to Kentucky?**

The spotted lanternfly is a non-native insect that is from East Asia. The first confirmed infestations were found in Pennsylvania in 2014. Following that discovery, the pest has steadily made progress in infesting other states, such as New Jersey, Ohio, Delaware, New York, Connecticut, Maryland, and West Virginia. In 2021, an infestation was confirmed in Switzerland County, Indiana (directly across the Ohio River from Gallatin County, Kentucky). Further movement in Indiana has been confirmed in 2022 and 2023. In 2022, there was also confirmation of SLF in Cincinnati, OH, with the problem growing in 2023.

In late summer of this year, sites of SLF were confirmed in Illinois and Tennessee, as well. Just when it seemed that the insect might be in every state that touches Kentucky (but not actually in Kentucky), the local infestation was also discovered. Thus far, the number of insects discovered in Kentucky doesn't rival the infestations you might see images of online or in news reports from states in New England. It is possible that the Gallatin County population arrived via natural movement from Indiana. SLF can jump and fly, and their natural spread can take them 3 to 4 miles from an infested site in a given year. It is also possible that they were accidentally brought into the state on infested goods or on a car, truck, or other means of transport.

### What does it do?

This pest is known to feed on more than 70 plant species, including specialty crops like grapes, apples, peaches, and hops, as well as trees such as maple and black walnut amongst other hardwoods, and fruit crops. Their preferred host for a portion of their life cycle is the tree of heaven (another non-native/invasive species). SLF is classified as a true bug, part of the order Hemiptera. They feed using piercing sucking mouthparts.



As they feed, they excrete honeydew, a sugary fecal material that accumulates on nearby plants and surfaces and can attract black sooty mold fungi. Honeydew can also be slippery for people and unfortunately can attract stinging insects looking to feed on it. Another unique problem is that beekeepers near SLF infestations report that their bees will forage so heavily on the honeydew that they end up with honey made from SLF fecal material rather than nectar.

Finally, females lay their eggs on natural and unnatural surfaces alike. Eggs are being laid right now as autumn settles in, and they will overwinter in that stage. While they use trees, the cryptic and hard-to-see egg cases have also been found on automobiles, trains, lawn furniture, firewood, stones, and many other substrates. It's possible that Kentuckians who travel to Gallatin County or to Cincinnati, OH could pick up hitchhiking female lanternflies that will come back to un-infested parts of Kentucky and lay eggs there.



Figure 3: Spotted lanternflies feed on tender growth as nymphs before moving on to feed on the trunk and branches of trees as these bugs get larger and stronger (Photo by Emelie Swackhamer, Penn State University, Bugwood.org).



Figure 4: A mass of spotted lanternfly eggs has been laid on this vehicle. The eggs will hatch the following spring if not removed (Photo courtesy of WPMT Fox 43)

## What can people do to help?

Kentuckians should be on the lookout for this pest. Report suspicious looking bugs and egg cases to the Office of the State Entomologist at [reportapest@uky.edu](mailto:reportapest@uky.edu). When making a report, please include an image or a sample of the suspect, otherwise it will be difficult to confirm the problem. It is also important to include geographic information. It is true that this is a difficult pest to eliminate, but with the help of citizens monitoring for populations, there is hope that their spread can be slowed to allow communities more time to prepare.

## Spotted lanternfly lookalikes

While SLF is unique looking, there are some insects that resemble it!



Some moth species have similar looking under-wings. They will be fuzzy and lack the other designs SLF has.



Ornate bella moth

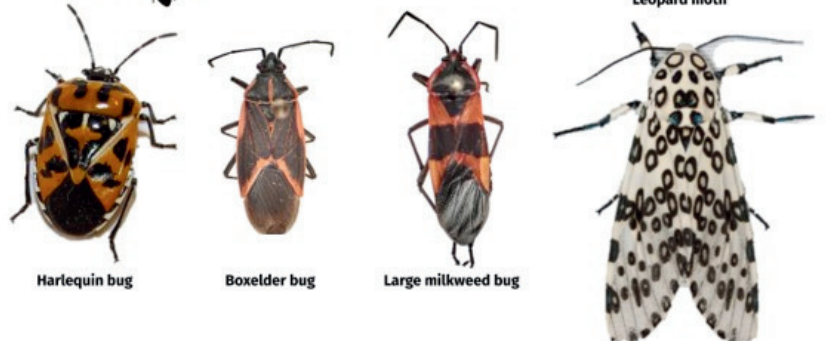
White lined sphinx moth

Pink underwing moth



Ailanthus webworm moth

Other insects may have spots or stripes but not quite the same mixture as the SLF.



Harlequin bug

Boxelder bug

Large milkweed bug

Leopard moth



Figure 5: Be on the lookout for the weird looking adults and for the egg masses spackled onto surfaces, as seen here. Don't bring home any unwanted hitchhikers and help us by reporting odd sightings! (Photo by Richard Gardner, Bugwood.org)

Figure 6: While the SLF is a unique looking insect, there are some other species that can be mistaken for it at a quick glance. These are just a few that have been submitted to the University of Kentucky over the last year (Photo: University of Kentucky Department of Entomology).

# Beginners Beekeeping Workshop

Join us for this **FREE** workshop taught by Larry Young, 2021 Kentucky Beekeeper of the Year and President of the Clark & Powell Beekeepers Association.

Great for anyone interested in beekeeping or as a refresher for existing beekeepers!

## Topics will include:

- **What to expect the first year of beekeeping**
- **Beekeeping equipment costs**
- **Pest and diseases of bees**
- **Selecting a site for your hive**
- **And much more!**

**6:30 p.m.**

**February 8th, 15th,  
22nd, and 29th**

**at the Powell County  
Extension Office  
169 Maple St.,  
Stanton**

**For more information or to register, contact the Powell County Extension Office, 663-6405**

## 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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Winter Feeding Check-Up and Using the UK Beef Cow Forage Supplement Tool

Kevin Laurent, Extension Specialist, University of Kentucky

Winter feeding is in full swing and for operations in the drier regions of the state, hay feeding has been going on for quite some time. So, depending on your particular situation, now might be a good time to reevaluate and fine tune your winter feeding program.

**1. Inventory your feed resources.** By now you should have an idea of how readily cows are consuming the hay you have offered. With roughly 120 days of feeding left to go, take inventory of hay on hand, and determine if supplies will be adequate. It would be better to purchase hay now than in late winter when you are down to your last rolls. In areas of the state that got adequate moisture, and if not already utilized, there may be some winter grazing available. Remember that in most cases, stockpiled fescue holds its nutritive value well throughout the winter and will usually meet the needs of a lactating cow. Spring calving herds may choose to defer grazing on stockpiled pasture until February or March and utilize these acres for a calving pasture or for new pairs. Fall calving herds will want to graze these pastures now since cows are lactating and being bred.

**2. Test your hay, weigh a few rolls, and use the UK Beef Cow Forage Supplement Tool [Beef Forage Supplement Tool \(uky.edu\)](#).** It is not too late to test your hay. With winter feed costs accounting for most of the cow-calf budget, knowing the nutritive value of your hay and how to adequately supplement is imperative. Hay analysis results can be entered in the UK Beef Cow Forage Supplement Tool which is a web-based app that can be loaded on a smart phone.

The app uses dry matter, crude protein, neutral detergent fiber (NDF), and total digestible nutrients (TDN) to estimate intake and supplementation needs for cows in three stages of production (mid-gestation, late gestation, lactation). Calculations are based on a 1250 lb. cow in a body condition score of 5. An example of the input and output screens are shown below. Notice that the hay in this example would not need any supplementation for a cow in late gestation but would require supplementation after calving. In the latter case, approximately 3 lbs. of DDGS should adequately meet the lactating cow's needs if she consumes 28 lbs. of hay.

Dry Matter	90	<b>Late Gestation</b>																																				
Crude Protein	9	Crude Protein: 9%																																				
NDF	60	NDF: 60%																																				
TDN	57	TDN: 57%																																				
Stage of Production	Late Gestation	<b>Expected daily intake of this forage for a 1250 lb cow is 2% of body weight, or 25 lbs on a dry matter basis, or 28 lbs on an as fed basis.</b>																																				
Supplements	<input checked="" type="checkbox"/> Corn <input checked="" type="checkbox"/> Soyhull <input checked="" type="checkbox"/> 75% Soyhull / 25% Gluten <input checked="" type="checkbox"/> 85% Soyhull / 15% DDGS <input checked="" type="checkbox"/> 67% Soyhull / 33% Gluten <input checked="" type="checkbox"/> 80% Soyhull / 20% DDGS <input checked="" type="checkbox"/> 75% Soyhull / 25% DDGS <input checked="" type="checkbox"/> 50% Soyhull / 50% Gluten <input checked="" type="checkbox"/> Corn Gluten Feed (Gluten) <input checked="" type="checkbox"/> Distillers Dried Grains w/solubles (DDGS) <input checked="" type="checkbox"/> Soybean Meal	<table><thead><tr><th>Protein</th><th>Supplement</th><th>Recommended Amount</th></tr></thead><tbody><tr><td>8.5%</td><td>Corn (6 lbs max)</td><td>None</td></tr><tr><td>11%</td><td>Soyhull (16 lbs max)</td><td>None</td></tr><tr><td>13.75%</td><td>75% Soyhull / 25% Gluten (16 lbs max)</td><td>None</td></tr><tr><td>13.85%</td><td>85% Soyhull / 15% DDGS (16 lbs max)</td><td>None</td></tr><tr><td>14.6%</td><td>67% Soyhull / 33% Gluten (16 lbs max)</td><td>None</td></tr><tr><td>14.8%</td><td>80% Soyhull / 20% DDGS (16 lbs max)</td><td>None</td></tr><tr><td>15.75%</td><td>75% Soyhull / 25% DDGS (16 lbs max)</td><td>None</td></tr><tr><td>16.5%</td><td>50% Soyhull / 50% Gluten (16 lbs max)</td><td>None</td></tr><tr><td>22%</td><td>Corn Gluten Feed (Gluten) (8 lbs max)</td><td>None</td></tr><tr><td>30%</td><td>Distillers Dried Grains w/solubles (DDGS) (8 lbs max)</td><td>None</td></tr><tr><td>50%</td><td>Soybean Meal (4 lbs max)</td><td>None</td></tr></tbody></table>	Protein	Supplement	Recommended Amount	8.5%	Corn (6 lbs max)	None	11%	Soyhull (16 lbs max)	None	13.75%	75% Soyhull / 25% Gluten (16 lbs max)	None	13.85%	85% Soyhull / 15% DDGS (16 lbs max)	None	14.6%	67% Soyhull / 33% Gluten (16 lbs max)	None	14.8%	80% Soyhull / 20% DDGS (16 lbs max)	None	15.75%	75% Soyhull / 25% DDGS (16 lbs max)	None	16.5%	50% Soyhull / 50% Gluten (16 lbs max)	None	22%	Corn Gluten Feed (Gluten) (8 lbs max)	None	30%	Distillers Dried Grains w/solubles (DDGS) (8 lbs max)	None	50%	Soybean Meal (4 lbs max)	None
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15.75%	75% Soyhull / 25% DDGS (16 lbs max)	None																																				
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22%	Corn Gluten Feed (Gluten) (8 lbs max)	None																																				
30%	Distillers Dried Grains w/solubles (DDGS) (8 lbs max)	None																																				
50%	Soybean Meal (4 lbs max)	None																																				
	Select All Clear Selection																																					



# Winter Feeding Check-Up and Using the UK Beef Cow Forage Supplement Tool

Remember there is a difference between hay consumption and hay disappearance. Knowing what your hay weighs and accounting for feeding waste is essential to estimating intake. Weigh a few rolls over truck scales to get an idea of bale weight. In most cases we tend to overestimate what round bales weigh. Once you have an idea of hay consumption, you can adjust the NDF number on the app to match what the cattle are consuming. A lower NDF value will estimate a higher hay intake and a higher NDF value will estimate a lower intake. Knowing the actual hay intake will enable you adjust supplement rates for a more accurate diet.

**3. Monitor body condition.** The old saying “the eye of the Master fattens the stock” is a very appropriate proverb for describing the typical winter feeding scenario. Developing an “eye of the Master” is essential to knowing if the feeding program is adequate. Even the best planned feeding program can be affected by adverse weather or other environmental issues. When we see cattle daily, we may become “barn blind” and not be able to see gradual changes in body condition. One idea to monitor condition is to take smart phone pictures every 2-3 weeks of certain cows or groups. This may make it easier to detect changes in condition and adjust feeding accordingly. Remember the goal is a body condition score of 5-6 at calving (no backbone, no middle ribs, no sharp hooks) and maintain this condition from calving to breeding. We are currently in a unique situation with higher-than-average cattle prices coupled with higher input costs. The successful producers will be the ones that can adequately feed the cowherd to maintain reproductive performance while also keeping a handle on feed and input costs. Here’s to a winter of little mud and favorable weather.

Forage Analysis - Dry Matter Basis

Dry Matter  
90

Crude Protein  
9

NDF  
60

TDN  
57

Stage of Production  
Lactation

Supplements

- Corn
- Soyhull
- 75% Soyhull / 25% Gluten
- 85% Soyhull / 15% DDGS
- 67% Soyhull / 33% Gluten
- 80% Soyhull / 20% DDGS
- 75% Soyhull / 25% DDGS
- 50% Soyhull / 50% Gluten
- Corn Gluten Feed (Gluten)
- Distillers Dried Grains w/solubles (DDGS)
- Soybean Meal

Select All Clear Selection

## Calculation Results

### Lactation

Crude Protein: 9%  
NDF: 60%  
TDN: 57%

Expected daily intake of this forage for a 1250 lb cow is 2% of body weight, or 25 lbs on a dry matter basis, or 28 lbs on an as fed basis.

Protein	Supplement	Recommended Amount
8.5%	Corn (6 lbs max)	N/A
11%	Soyhull (16 lbs max)	7.6 lbs
13.75%	75% Soyhull / 25% Gluten (16 lbs max)	6.1 lbs
13.85%	85% Soyhull / 15% DDGS (16 lbs max)	6 lbs
14.6%	67% Soyhull / 33% Gluten (16 lbs max)	5.7 lbs
14.8%	80% Soyhull / 20% DDGS (16 lbs max)	5.6 lbs
15.75%	75% Soyhull / 25% DDGS (16 lbs max)	5.3 lbs
16.5%	50% Soyhull / 50% Gluten (16 lbs max)	5.1 lbs
22%	Corn Gluten Feed (Gluten) (8 lbs max)	3.8 lbs
30%	Distillers Dried Grains w/solubles (DDGS) (8 lbs max)	3.1 lbs
50%	Soybean Meal (4 lbs max)	3.6 lbs

# FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



## Kendyl Redding

Powell County Agent for Family & Consumer Sciences

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 Powell County FCS Extension

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## EXTENSION HOMEMAKERS

### AREA MEETING PLANNING COMMITTEE

will meet January 5th  
at 10 a.m.

### QUILT CLUB

Quilt Club will be meeting  
January 8th at 11 a.m. at the  
Extension Office

## Self-Care




What does it mean to take care of yourself?  
Join us to learn how to extend the same time,  
kindness, and consideration to yourself as  
you do to those around you.

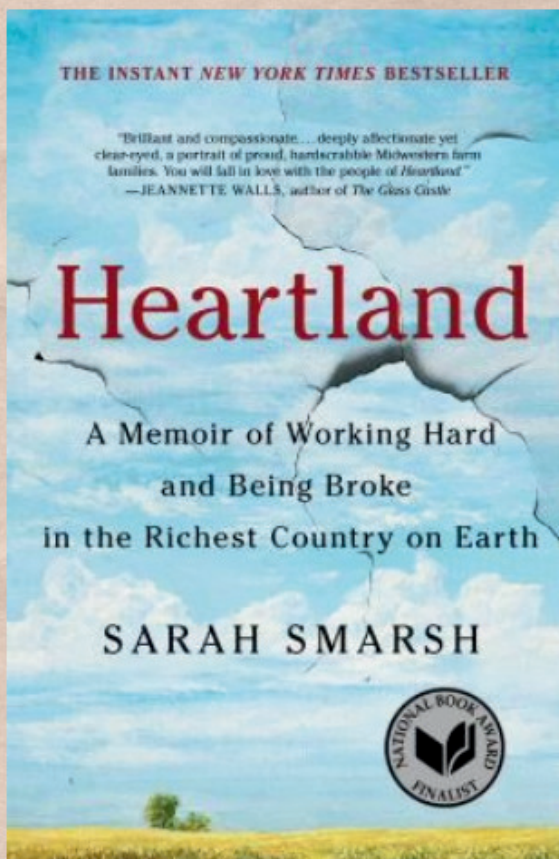
Powell County Extension Office  
Tuesday, February 6th  
6:00 pm

## CLAY CITY HOMEMAKERS

will meet January 9th at 11  
a.m. at the Extension Office

  
"THE JOURNEY OF A  
THOUSAND MILES BEGINS  
WITH A SINGLE STEP." -  
LAO TZU

# BIG BLUE BOOK CLUB



Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!



# MONTHLY DATE NIGHT COOKING

Grab your spouse, partner, friend, or other loved one and spend an evening cooking together! Learn ways to master the kitchen, prepare healthy, delicious dishes,

 **Registration required! Space is limited.**

**Last Friday of each month beginning  
January 26th**

**Powell County Extension Office  
6:00 - 8:00 pm**

# Savor the Flavor

 Martin-Gatton  
College of Agriculture,  
Food and Environment



## COOKING WITH OILS AND VINEGARS

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store – or they may be already in your cupboard!



Menu includes:

- Balsamic Veggie Pasta
- Tomato Basil Salad
- Balsamic Berries with Honey Yogurt

**Tuesday, February 13th**

**5:30pm-7:30pm**

**Powell County Extension Office**

**Registration is required, space is limited!** 

**Must be 18 years or older to attend.**



## Seasonal CRD Preparedness Tips

### January: Extreme Weather Preparedness

As winter storms are becoming more prevalent within this season, there is higher risk for car accidents and extreme cold. Blizzards can bring extreme temperatures, high winds, and freezing rain/snow. See the following tips to stay safe in this winter season:

#### 1. Learn the types of winter storms

##### *Winter Weather Advisory:*

- Issued during snow, freezing rain, freezing drizzle, and sleet

Could lead to life-threatening situations if ignored

##### *Winter Storm Watch:*

- Are usually issued 12 to 48 hours before the beginning of a Winter Storm
- Issued for: blizzard, heavy snow, heavy freezing rain, or heavy sleet

##### *Winter Storm Warning:*

- Issued typically 12 to 24 hours before the event is expected
- Issued for: heavy snow, heavy freezing rain, or heavy sleet



#### 2. Practice car safety during winter storms

##### *Stay off roads if at all possible*

If you must go out, then let someone know your route and times

##### *If your car skids:*

Remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go

##### *If trapped in your car, then stay inside:*

Run the motor about 10 minutes each hour for heat.

While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning.

Be visible to rescuers by turning on your dome light at night, tie a bright colored cloth to your antenna/door, and raise your hood (after snow stops)

#### 3. How to handle extreme temperatures

*Limit your time outside:* If you need to go outside, then wear layers of warm clothing and watch for frostbite and hypothermia

*Frostbite:* causes loss of feeling and color around the face, fingers and toes

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak the area in warm water, use body heat to warm, and do not massage or use a heating pad.

*Hypothermia:* An unusually low body temperature  
A body temperature below 95 degrees is an emergency

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first (chest, neck, head and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

##### *Reduce the risk of a heart attack:*

- Avoid overexertion when shoveling snow and walking in the snow
- Passing out in the snow (without help) is deadly

#### Sources:

<https://www.ready.gov/winter-weather>

<https://www.weather.gov/safety/winter-during>

<https://canva.com>



**Supplemental  
Nutrition  
Assistance  
Program**

# TIPS & TRICKS

## *Savory Winter Pork Stew*

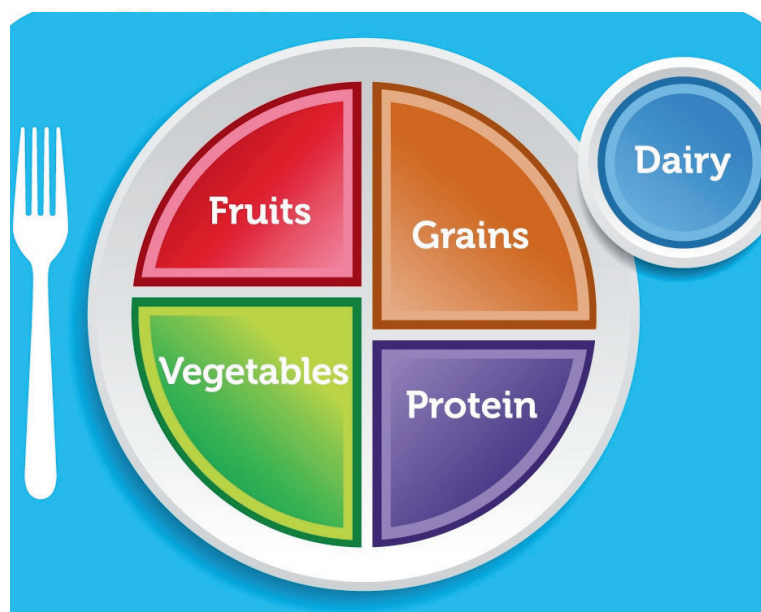
### Nutrition

- This recipe uses pork loin chops. MyPlate suggests selecting a wide variety of protein foods to get more of the nutrients your body needs and for health benefits. Meat and poultry choices should be lean or low fat. When cooking pork loin chops, if there is a layer of fat, simply remove it before cooking or after cooking and discard it. When buying pork chops, look for some without a layer of fat, especially if you are paying by the pound.
- This recipe uses low-sodium chicken broth. The USDA MyPlate recommends limiting sodium intake. Research shows that limiting sodium may reduce a person's risk for heart disease and high blood pressure (also known as hypertension). Canned products are a common source of sodium. Cooking with no-salt-added or low-sodium canned products is an easy way to reduce sodium intake.

### Cooking Tips

- This recipe involves cubing raw pork loin chops. Avoid cross-contamination when cutting raw meat by avoiding any contact with fresh produce. If possible, use separate cutting boards for the pork and for the produce. If only one cutting board is available, use hot, soapy water to thoroughly clean it between uses.
- Preheating the oil in the pan prevents the pork from sticking. To know if the oil is hot enough before adding the pork, look to see if the oil is shimmering. It should take a few minutes. Be careful not to let it heat too much because it will release more smoke once the pork is added.

- Tongs can make lots of cooking tasks much easier. When browning the meat, use tongs to flip the pieces and to remove them from the pan. Tongs also prevent the meat from getting pierced, keeping the pork juicy. Wash utensils with hot, soapy water after they have touched raw meat.



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



## Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



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1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$19.19**  
**Cost per serving: \$1.60**

### Nutrition facts per serving:

190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

### Source:

Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

