

# "HAVE YOU HERD"

## May issue of Owen County Agriculture & Natural Resources



**Kendal Bowman**  
Owen County Agriculture Agent

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How is it May already? Thankfully the weather has cooperated for planting. But on the flip side my pastures aren't how I'd like for them to be this time of the year due to the lack of rain. Two years ago, I approached UK Extension administration about a gardening app, I'm excited to announce it has launched now! The app is called "sow". It is a must for any gardener, please see page 2 for more details!

April was a busy month to say the least. The bull series was a success with over 60 producers educated on preparing for breeding series. Within this workshop, we offered an opportunity for producers to have a breeding soundness exam (BSE) on their sires. We figured this was the first BSE clinic offered in ten years, when they used to do it at Eden Shale. We had 172 RSVP'd for the Ag Funding Workshop! It was packed, we had to put extra chairs out. Thank you, again, German American Bank for sponsoring, it was a great program. The CAIP (Cost Share) administrator reported 126 applied for the program. The scoring committee will be reviewing all the applications and you should be notified by the end of the month if you were approved or denied. Any CAIP questions, please reach out to Gayla Lewis [gayla.lewis@ymail.com](mailto:gayla.lewis@ymail.com).

In June, there will be some changes to purchasing antibiotics for livestock. This is new for all of us, join us May 19th at United Producers Inc. to learn more. If you received storm damage (down barns, debris in field, fence down, etc.) reach out to the Farm Service Agency, 502-484-3979, there may be funding available. Funds may also be available for profit losses due to the pandemic.

The backbone in the farm family is the mothers. A kid on her hip, hoeing the garden, rushing the older kids to a 4-H meeting, and delivering supper to the family in the field. Moms wear many hats, don't forget to honor them on Mothers Day, May 14th!!

**May is Beef month! Go enjoy a local steak!**





# SOW APP AVAILABLE FOR KENTUCKY GARDENERS

Source: Rick Durham, UK horticulture extension specialist

Kentucky gardeners have a new tool available in Apple and Google Play app stores to assist with planting, sowing and harvesting decisions for their home garden.

SOW—A Planting Companion is a free app based on University of Kentucky Cooperative Extension's [publication ID-18 Home Vegetable Gardening in Kentucky](#). The app also incorporates information for Alabama and North Carolina and other areas in U.S. Department of Agriculture Plant Hardiness Zones 6a-9a. Kentucky is primarily in zone 6b, with a few areas in 6a or 7a. After downloading the app, enter your state and county to get customized plant information based on your hardiness zone. You can always change the information later in the settings menu.

The app has three main sections: My Garden, Journal and Library. The library currently has information and photos of about 36 popular home garden vegetables. You may sort the vegetables alphabetically, by harvest date or by planting date. Clicking on a vegetable in the library will open information about that vegetable, including estimated days to harvest, expected yield, plant spacing, planting depth, soil pH range and average number of plants per person you need to include for a good harvest.

You can add vegetables to the My Garden section. You can develop more than one garden, for example, a spring garden, a summer garden and a fall garden, and keep them separate. My Garden helps you keep track of planting dates, seed or transplant planting method, the specific cultivar or variety you planted and when you should be able to harvest it. You can even plan ahead and enter a planting date for the future and the app will give you the option to add this date to your phone's calendar as a reminder.

After you harvest a crop, you the Journal section to record yield, harvest date or any other notes you may need to help plan next year's garden.

The app can also link you to your local Cooperative Extension office, where you'll find staff information and ways to contact extension agents with questions. Download the app through Apple, <https://apps.apple.com/us/app/sow-a-planting-companion/id840347996>, or Google, [https://play.google.com/store/apps/details?id=edu.aces.SOW&hl=en\\_US&gl=US&pli=1](https://play.google.com/store/apps/details?id=edu.aces.SOW&hl=en_US&gl=US&pli=1), or search for it in your mobile device app store.

For more information about gardening or other horticulture topics, contact the Owen County Cooperative Extension Service.







**May 3:** Top 10 Landowner Tree Issues

**May 10:** Wildfire Response

**May 17:** Bug

**May 24:** Pesky Plants

For "From the Woods" VIA ZOOM

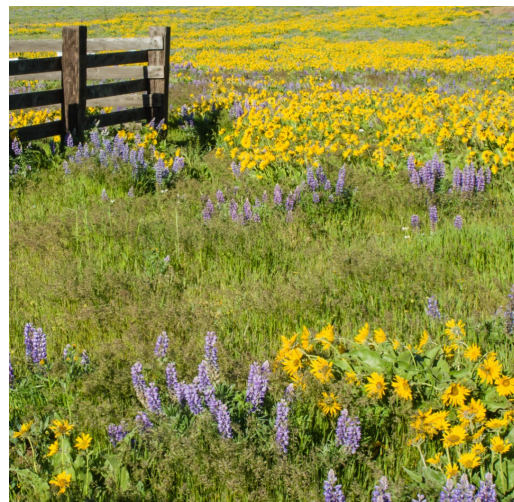
Register by emailing

rdwill5@uky.edu & kebo233@uky.edu



May 3, 2023

Putting the Kibosh on Squash Bugs in the Garden



May 10, 2023

Starting Native Perennial Seed



May 17, 2023

Companion Planting



May 24, 2023



Planting for Monarch

12:30 - 1:00 PM

Register Here

<https://tinyurl.com/23MayHWW>

VISIT [kentuckyhortnew.com](http://kentuckyhortnew.com)





Every 3rd Wednesday Morning Except July & January

**Wednesday  
May 17th  
8:30-9:30am  
Before The Sale**

**United Producers, Inc.  
86 Bramblett Ln,  
Owenton KY 40359  
502-484-5703**

**Topic: Feeding Distillers Byproduct's**

COOPERATIVE EXTENSION University of Kentucky College of Agriculture, Food and Environment  
Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development  
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, regional 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 Extension, Cooperative Extension, KY 40546  
Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION University of Kentucky College of Agriculture, Food and Environment



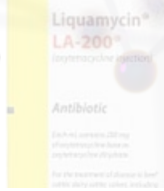
**Friday Farmer Fundamentals  
Every 3rd Friday Night  
Except July & January**



**May 19th Topic:  
Are you ready? Antibiotics for livestock  
will be prescription only in June**

**United Producers, Inc.  
86 Bramblett Ln,  
Owenton KY 40359**

**5:30-6:30pm  
Before The Sale  
502-484-5703**



COOPERATIVE EXTENSION University of Kentucky College of Agriculture, Food and Environment  
Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development  
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, regional 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 Extension, Cooperative Extension, KY 40546  
Disabilities accommodated with prior notification.



# Happy Mother's Day



## Don't Forget To Test Your Soil

### SHARED USE EQUIPMENT

#### EXTENSION OFFICE



**Battery Powered Fence Staple Gun**  
Available For 1 Week  
\$150 Refundable Deposit  
Staples Available For Purchase



**Soil Probe**  
Available For 2 Weeks  
6 Free Samples A Year

**BElectric 4-8 Comb, Honey Extractor, Electric Knife, & Bucket**  
Available For 1 Week  
\$150 Refundable Deposit

**Hay Probe**  
Available For 2 Weeks  
6 Free Basic Samples A Year



**Digital Moisture & Temperature Probe**  
Available for 2 Week

**Soil Compaction Meter**  
Available For 2 Weeks



#### SOUTHERN STATES

**7' & 10' Great Plains Seed Drill**  
\$100 per day.  
Saturday & Sunday count as a day.



**Lime Buggy**  
\$100 per day, \$60 1/2 day.  
Saturday & Sunday count as a day.



-Lime \$25 per ton @ the store.  
-Or order your own lime from the quarry.

**Fertilizer Buggies:**  
\$25 per load or up to 4 hours.  
\$50 pickup fee if buggy kept over 4 hours.



**300g Sprayer**  
\$100 per day.  
-Customer must purchase tank cleaner and clean the sprayer before and after use.



**Anderson and H & S Wrappers In Line Wrappers**  
\$100 per day.  
- Customer provides his own plastic.

**OK Corral/Chute**  
\$100 per day.





# M

Beef Integrated  
Resource Management



## *Spring Calving Herd* **Breeding Season Begins**

- ✦ Begin breeding replacement heifers for “head-start” calving. Mate to known “easy-calving” bulls based on EPDs.
- ✦ Begin breeding cows no later than May 20<sup>th</sup>, especially if they are on high endophyte fescue. Use best quality pastures during the breeding season. Avoid high endophyte fescue pastures during breeding, if possible.
- ✦ Record inventory of all cows in each breeding pasture.
- ✦ Spring or “turn-out” working. Consult your veterinarian on the vaccines and health products for your herd. These may include:
  - ✦ Deworm cows: Consider strategy to reduce pasture worm load.
  - ✦ Vaccinate cows for Vibrio, Lepto (5-way), IBR, PI3 and BVD
  - ✦ Vaccinating calves for clostridial disease (blackleg)
- ✦ Dehorn and castrate calves, if not done at birth. Consider including implants in steer calves.
- ✦ Continue supplying supplemental magnesium until daytime temperatures are consistently above 60°F.
- ✦ Pre-breeding vaccination should be done at least 21 days before starting the breeding season if using a killed vaccine. Modified Live should be given 4-6 weeks prior to breeding season.

## *Environment*

- ✦ Use rotational grazing strategies.
- ✦ Incorporate results of stream/pond banks and riparian areas inspections into future grazing plans.
- ✦ Clean and keep cattle off of the winter feeding areas.
- ✦ Throughout spring and summer, clip winter feeding areas to control weeds and improve sod formation.
- ✦ Consider applying herbicides to winter feeding area if weed invasion occurs.
- ✦ Complete cleaning of winter feeding areas and apply manure and any contained run off to pastures or agricultural fields according to a nutrient management plan.
- ✦ Ensure access to clean/cool water, limit access to stream/ponds and consider portable or permanent water system.

## *Fall Calving Herd* **Weaning Period**

- ✦ Weaning working
  - ✦ Give any necessary booster vaccinations to calves (i.e. IBR, PI3, BVD, BRSV).
- ✦ Obtain cow and calf weights at weaning and see your County Extension Agent for information on record keeping programs. Cull cows based on performance and pregnancy status. Make initial heifer selections, keeping more than you intend to retain for the next breeding season.
- ✦ Pregnancy test cows if not done previously.
- ✦ Creep graze calves or wean and put on best pasture. If calves are weaned, restrict pasture for cows.
- ✦ Weaned calves can be conditioned by feeding a complete dry ration for a short period of time after vaccinating, deworming and implanting.
- ✦ Marketing: Complete your calf marketing program. Alternatives include CPH-45 sales (check local sale for specific requirements and dates), weekly auction markets, private treaty sales to dealers or feeders, back-grounding the calves yourself or retaining ownership through the feedlot.

## *Considerations for all Cattle*

- ✦ Don't start fly control until fly population builds up.
- ✦ Prevent/Control Pinkeye:
  - ✦ Clip tall, mature grass
  - ✦ Reduce flies with adequate fly control
  - ✦ Treat problems quickly
  - ✦ Consider vaccinating

## *Forages*

- ✦ Start hay harvests for quality forage.
- ✦ Seed warm season annuals for supplemental forage as needed.
- ✦ Seed warm season perennial grasses.
- ✦ Manage (clip, graze, make hay, etc.) to prevent seed-head formation on fescue and to control weeds as needed. Consider herbicide options.
- ✦ Rotate pastures as needed.

## *Record Keeping*

- ✦ Record bull turn-out date.
- ✦ Record BQA information when processing calves.
- ✦ Record the series of CPH-45 tags, the date applied and to which calving group they are applied.

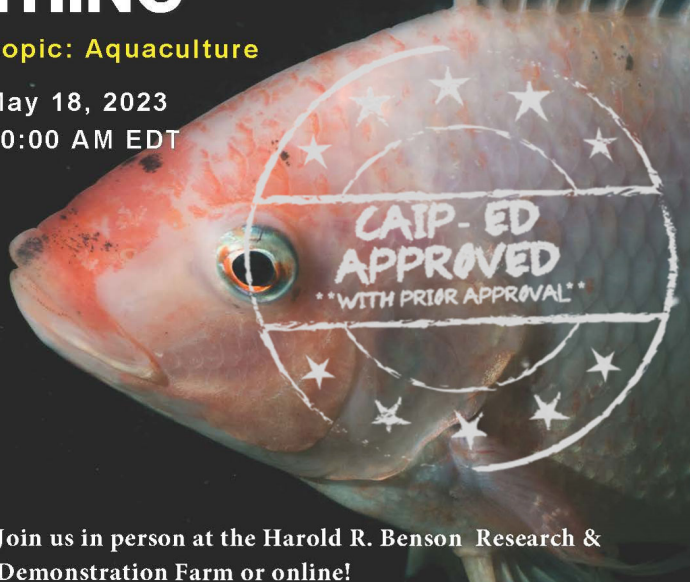


# THIRD THURSDAY THING



Topic: Aquaculture

May 18, 2023  
10:00 AM EDT



Join us in person at the Harold R. Benson Research & Demonstration Farm or online!

1525 Mills Lane, Frankfort, KY 40601

[youtube.com/kysuag/live](https://youtube.com/kysuag/live)



# BEEF CATTLE WORKSHOP

May 24, 2023, at 6 P.M. EDT

Topic: Parasite Control & Vaccine Recommendations



Join us online:

[YouTube.com/kysuag/live](https://YouTube.com/kysuag/live)

This institution is an equal opportunity provider.



## GETTING STARTED, a Farming Series

Join us for Getting Started, a Farming Series. Participants will take a deep down into how to start and maintain a farm. Covering topics like marketing, grants, finances, and more.



**Session 1, sponsor:** AGCREDIT

Dr. Steve Issacs; University of Kentucky  
Caleb Thomas; Farm Service Agency  
May 25th, 6-8pm @ the Scott County Extension Office, 1130 Cincinnati Rd. Georgetown

**Session 2, sponsor:** farm CREDIT MID-AMERICA

Cara Stewart; KCARD  
Clint Quarles; Attorney, KDA  
Adam Jones & Joe Ulrich; NRCS

June 13th, 6-8pm @ the Franklin County Extension Office, 101 Lakeview Ct, Frankfort

To sign up call the Scott County Extension Office or scan the QR Code below. Spots are limited to 30 participants only. There is a \$30 fee to help cover materials and food.



**EVERY FRIDAY**  
**STARTING MAY 12TH- OCTOBER 27TH**  
**10 AM - 1pm**  
**Behind Farm Bureau**

- Kids day June 9th**
- Special Market June 1th 10-2pm at courthouse lawn during Mayberry Day**

Questions?  
Contact us at

Scott County Office:  
502-863-0984  
[brittany.brewer@uky.edu](mailto:brittany.brewer@uky.edu)

Franklin County Office:  
502-695-9035  
[keenan.bishop@uky.edu](mailto:keenan.bishop@uky.edu)

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4H Youth Development  
Community and Economic Development

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Additional accommodations are available upon request.



# EDEN SHALE FARM UPDATE

Other than the four days at Christmas, there has not been any winter weather to speak of this year. While those four bitterly cold days did kill some of the young plants in my landscaping, I'm afraid it was not enough to kill off some of the bugs hibernating for the season. I have even noticed a significant number of flies on the cattle already! There is no doubt that our climate now acts in a series of extremes, which can be very challenging to manage on the farm.

One concern I have right now is the lack of rainfall that we have received this spring. It has been very dry the second half of the winter. Our cattle have not had to fight mud at all, and we have not had to bed the calving barn a single time. I will have to say it has been nice calving without the muddy conditions.

But I am worried about moisture starting into the growing season this dry. I compared the rainfall data from our Mesonet weather station for this year and the 2022 season. There was not as big of difference as I had thought there might be. From January 1, 2022 to April 12th 2022 we had received 15.1 inches of rain. This year from January 1st, 2023 to April 12th, 2023 we received 13.3 inches of rain. A mere two inches less this year. But one difference I will note is that for 2023 there were more large rain events (single days with 1.5+ inches) where 2022 had more total days with rainfalls of smaller amounts. Again, more extreme patterns in our weather.

The biggest difference this spring has been the wind. It seems as though we have moved to the great plains where the relentless wind is constantly blowing dust into your eyes causing you to seek shelter behind the nearest wind break that will offer some relief.



Again, lets compare the Mesonet data. In 2022 from January 1st to April 12th we had three measured wind gusts that reached at least 40 mph with the highest of those gusts being 50 mph. In 2023 during the same time we have had eleven gusts that were recorded at 40+ mph and the highest gust was 68.5 mph. All this wind has wreaked havoc on our old buildings at the farm. Nearly every barn has some level of damage, ranging from some loose metal flopping around, to one barn that had the entire corner blown off! There are also countless trees down on fences and in the edges of hay fields that have to be cleaned up. Now we are working to get quotes gathered so that the insurance can help make the needed





# What Is Wrong With My Shrub?

Around the area, many homeowners are seeing badly damaged shrubs in their landscape. Holly, Japanese maple, crape myrtle, and many different types of boxwood are just a few of the damaged shrubs that we have been receiving calls about. Many homeowners are just starting to observe the issues going on with these types of shrubs. Many are concerned that the rapid damage or dieback that is just being noticed is the result of a fungal or disease pathogen. The reality though is that many of these plants have fallen victim to winter damage that most likely occurred back in December when the temperatures dipped below 0 F, and wind chills were as low as -20 F.

## What to Do to Address Winter Kill in Shrubs?

Many may wonder what to do. The best advice that I can give is to continue to wait. Much of the winter damage may not be seen even until later this summer. While some landscape shrubs may be so heavily damaged that they need to be replaced, in many cases you will not know until later in the year. In some instances, it may take years for landscape shrubs to recover from heavy winter kill. Most winter damaged landscape shrubs should start to exhibit some regrowth and recovery going into summer. However, keep in mind that it may take years for your landscape shrubs to recover.

**Resist the urge to fertilize your shrubs or winter damaged trees.** Fertilization in the spring can actually make matters worse. That is because the roots were damaged by the freeze, and root growth will decrease as the shrubs begin to recover. Spring fertilization of shrubs may promote shoot or top growth initially, but the growth may turn out to be more than the plant roots can support when hot, dry weather stress comes in the next couple of months. Even under normal circumstances, fertilization of landscape shrubs is only recommended in the dormant period (November-December) when this practice encourages root growth. So, do not apply fertilizer to damaged shrubs this spring.

**What about pruning?** Most of the time, pruning of woody landscape plants is of little value to the plants themselves and is done rather for aesthetics and human preference. For most small leaved evergreen shrubs that were damaged by the winter weather, the foliage is now dry and crispy. If left alone, the damaged leaves and twigs will eventually fall to the ground on their own. You can put two hands in among the damaged foliage and rub it gently. All of the dead foliage and many small twigs will fall harmlessly to the ground. For many spiny hollies, you may want to wear gloves to protect your hands as you do this. For those shrubs that have been sheared into a formal hedge, light sheering can be done now or later.

**Here are a few other options** if you can't wait because you just can't live with the sight of a damaged landscape shrub in your landscape.

- You may just consider replacing them if they were not the pride and joy of your landscape to begin with. Change them out with something that you like better.
- If your damaged tree or shrub is found in most other yards in your neighborhood, consider replanting them with something that is not as common. You may want to choose a newer variety and species of landscape plant that has greater resistance to common diseases or a unique growth habit. This will allow for greater species diversity which makes for healthier and greener communities. It helps minimize disease issues and can be more aesthetically pleasing.
- If the shape or structure is in jeopardy due to freeze damaged but you don't necessarily want to replant, you can cut it back to the ground. Most shrubs will regrow rapidly. And if it doesn't, you can always replace that plant with a different species next fall.





UGA0886010

## Summary

Eastern tent caterpillars occasionally outbreak and defoliate deciduous forest and ornamental trees. While this can concern land- and homeowners, healthy trees can withstand the defoliation and should recover without intervention.

## Description

Eastern tent caterpillars are perhaps best known for the web tents they build collectively . These tents occur in the crotches and forks of branches in spring and early summer, and should not be confused with fall webworm tents, which occur at branch tips in the late summer and fall.

Caterpillars of all sizes are covered in defensive hairs. Young caterpillars are dark with two thin yellow stripes along the back . Mature caterpillars are about two inches long. They have a median white stripe on the back flanked by two yellow stripes; the rest of the body is mottled blue, yellow, and black . They may be confused for forest tent caterpillars, which have white dots down the back instead of a solid line and do not build silk tents.

## Distribution

Eastern tent caterpillars occur throughout eastern North America, from the northeastern United States and adjacent Canada, south to Florida, and west to the Dakotas and Texas. Sporadic records occurs somewhat further west into Colorado and Montana as well.

## Life History and Behavior

Eastern tent caterpillars have one generation per year. Caterpillars hatch out in early spring. Caterpillars of all sizes use the web tents for protection from predators and parasitoids and feed on leaves away from the tent. When caterpillars mature in early summer, they migrate away from the tent to find a protected place to spin a cocoon and pupate. This can be cause for concern for homeowners when they encounter large numbers of wandering caterpillars. However, mature caterpillars in this stage do not feed and are no longer a threat to plants. Adults emerge in late June and July and lay egg masses that contain 150-350 eggs. The eggs overwinter.

## Host Plants and Economic Damage

Eastern tent caterpillars preferentially feed on rosaceous trees, including cherry, crabapple, and apple. The eastern tent caterpillar occasionally feed on other deciduous shrubs and

# Eastern Tent Caterpillar



trees. When caterpillars are abundant, they can completely defoliate an infested tree. Because they hatch early, they may consume all of the fresh buds and leaves, which gives the appearance that a tree did not leaf out.

Historically, eastern tent caterpillars were considered economically important pests that warranted widespread control efforts. However, the caterpillars are a native species that are attacked by a plethora of natural enemies, including birds and various insect predators and parasitoids. So outbreaks are periodic and short-lived and damage is generally considered aesthetic rather than a health threat to most trees.

## Medical and Veterinary Concern

Eastern tent caterpillars are covered in long defensive hairs. It is recommended to wear gloves when dealing with them, but even ungloved it is usually safe to handle them gently. Just make sure to wash your hands after handling caterpillars in order to avoid getting hairs into the eyes or mouth, where they may be irritating. There are no recorded instances of children swallowing eastern tent caterpillars like there are for hickory tussock moth caterpillars, but it is likely that swallowing one would cause a similar reaction.

Accidental consumption of wandering caterpillars has been linked to mare reproductive loss syndrome in horses, so horse owners and breeders should be cognizant of the host trees around horse pastures (since the caterpillars prefer cherries and apples) and outbreak status of caterpillars.

## Prevention and Control

Healthy deciduous trees can withstand total defoliation multiple years in a row without long-term detrimental effects, so it is not recommended to attempt to control caterpillars in natural forest settings. For ornamental trees, one option is to keep trees healthy and do nothing.

If control is warranted, caterpillar density can be reduced by pruning out egg masses during the winter before they hatch and manually removing silk tents using a stick or other implement and disposing of them. CATERPILLAR TENTS SHOULD NEVER BE BURNED WITH FIRE. Besides potential danger to nearby structures, the fire will cause more damage to the tree than the caterpillars could.

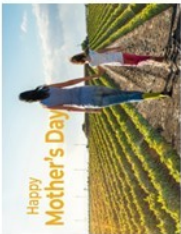

If manual removal is not possible, young caterpillars can be controlled using Bt or horticultural oil. Older caterpillars can be controlled using broad spectrum insecticides – there are many products labeled for caterpillar control on ornamental trees – but this should only be done as a last resort given the considerations mentioned above.

*Michael J. Skvarla, PennState Extension*



# May 2023

**Best Days of May**  
 Purchase Animals : 22, 23  
 Breed Animals: 4-6  
 Wean Animals: 6, 15  
 Castrate animals: 11, 12  
 Slaughter livestock: 4-6  
 Mow to promote growth: 4, 22, 23  
 Mow to slow growth: 6, 17, 18  
 \*\*These dates are based off the climate - not extension research\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>belly</i>	2 <i>reins</i>	3 <i>reins</i>	4 <i>secrets</i>	5 <i>secrets</i>	6 <i>secrets</i>
7 <b>Turkey Season Ends</b> <i>thighs</i>	8 <i>thighs</i>	9 <i>knees</i>	10 From the Woods: Wildlife Response VIA ZOOM 11 AM <b>Horticulture Wednesday:</b> Starting Native Perennial Seed VIA ZOOM 12:30 PM <i>knees</i>	11 <i>legs</i>	12 <b>Farmer's Market</b> 10 AM—1pm Behind Farm Bureau <i>legs</i>	13 <b>Pond Management Field Day</b> 10 AM 1606 A Grange Drive LaGrange, KY <i>feet</i>
14  <i>feet</i>	15 <i>head</i>	16 <i>head</i>	17 <b>Brunch &amp; Learn:</b> Feeding Distillers Byproduct's 8:30AM UPI Stockyard <b>From the Woods:</b> Bug VIA ZOOM 11 AM <b>Horticulture Wednesday:</b> Companion Planting VIA ZOOM 12:30 PM <b>Pork Processing Workshop--</b> UK Meats Lab Lexington, KY 859-257-7550 <i>neck</i>	18 <b>KSU Third Thursday Thing:</b> Topic: Aquaculture 10 AM KSU Farms Mills Lane Frankfort, KY <i>neck</i>	19 <b>Farmer's Market</b> 10 AM 1pm Behind Farm Bureau <b>Friday Farmer Fundamentals: Livestock Antibiotic Update</b> 5:30-6:30 PM <b>Bullfrog Season Opens at 12</b> <i>arms</i>	20 <b>Squirrel Season Opens</b> <i>arms</i>
21 <i>arms</i>	22 <i>breast</i>	23 <i>breast</i>	24 <b>From the Woods:</b> Pesky Plants VIA ZOOM 11 AM <b>Horticulture Wednesday:</b> Planting for Monarch VIA ZOOM 12:30 PM <b>Beef Processing Workshop-</b> UK Meats Lab Lexington, KY 859-257-7550 <i>heart</i>	25 <b>Getting Started Farming Series Part 1</b> 6 PM Scott Co Ext. Office <i>heart</i>	26 <b>Farmer's Market</b> 10 AM - 1pm Behind Farm Bureau <i>heart</i>	27 <i>belly</i>
28 <i>belly</i>	29 <b>CLOSED MEMORIAL DAY</b>  <i>reins</i>	30 <i>reins</i>	31 <i>reins</i>			<b>USDA's Pandemic Assistance Relief Program (PARP) &amp; Emergency Relief Program (ERP 2)</b> Deadline to apply June 2nd FSA 502-484-3979



Kendal Bowman

Email: kendal.bowman@uky.edu

Owen.ca.uky.edu

Fax: (502) 484-5704

Phone: (502) 484-5703

Owenton, KY 40359

265 Ellis Hwy

Owen County

Cooperative Extension Service

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



NONPROFIT ORG  
US POSTAGE  
PAID  
OWENTON, KY  
PERMIT #59

# Cabbage Rolls

<b>12</b> cabbage leaves	<b>1 teaspoon</b> garlic salt	<b>¼ cup</b> chopped green pepper
<b>1 pound</b> lean ground beef	<b>¼ teaspoon</b> pepper	<b>1 teaspoon</b> sugar
<b>1 cup</b> cooked brown rice	<b>½ teaspoon</b> dried basil	<b>1 tablespoon</b> cornstarch
<b>1 (15 ounce)</b> can tomato sauce	<b>½ teaspoon</b> dried oregano	<b>1 tablespoon</b> water
	<b>½ cup</b> chopped onion	

**Cover** cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ½ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

**Yield:** 6 servings, 2 rolls each

**Nutritional Analysis:** 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

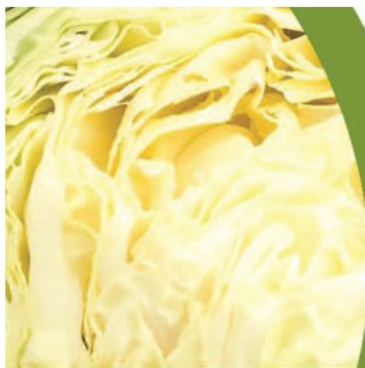


Plate it up!

