

News Around the Knobs

A Newsletter on Bullitt County Agriculture and Natural Resources
from the University of Kentucky Cooperative Extension



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View from the field

By Nathan Rider

Imagine a winter hay feeding system where you didn't use your tractor for months at a time and that allowed you to build up pasture fertility without applying commercial fertilizer. What if this same system also kept your cattle clean during the winter without coats caked in mud and manure, allowed you to creep graze fall-born calves, and built up the organic matter levels in your pasture soils. Would you be interested in something like that? As far-fetched as this may sound, all these benefits are possible with an innovative winter-feeding technique called "bale grazing".

While popular in the Northern Plains and Canada, bale grazing is a relatively new concept to Kentucky, but one that is becoming more intriguing to farmers as they look for ways to be better stewards of the environment and cut fertilizer costs. In bale grazing, farmers set out hay bales on their land prior to winter feeding. They use temporary fencing to control the cattle's access to the bales. As the cattle eat the bales, farmers move the temporary fencing to give them access to more. The movement of cattle gives farmers a better nutrient distribution across their land. It's not for everyone, but a few of your neighbors are giving it a try.

Several interested Bullitt County cattle producers joined me in Nelson County for a chat with Dr. Greg Halich on the topic this past month. But before the class started over in Bardstown, Dr. Halich and I had the pleasure of visiting a couple farms across the county to discuss with producers their pasture management strategies and plans to try bale grazing. I'd like to invite you to think about your farm or garden and set a goal you'd like to achieve this year. Then, let me know if there's anything I can do to help you get there. I love leaving the office behind to make visits around the county. I would be happy to visit or even bring a UK specialist out with me to make an assessment and plan of action to help you reach your goals! As spring picks up, don't hesitate to give me a call.



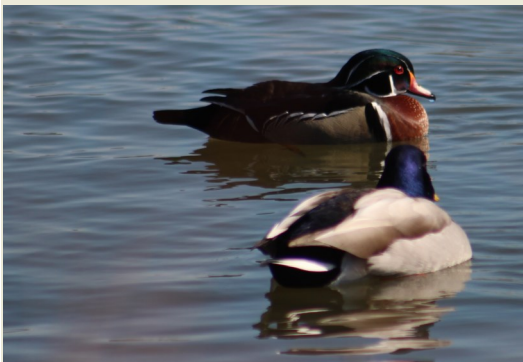
Small Ruminant Profit School Continuing Thursdays

Join local sheep and goat producers for Class #3 in person covering parasite management as well as a presentation from the Kentucky Office of Ag Policy on CAIP funding opportunities and extra time for Q&A with Small Ruminant Expert Jim Mansfield of Four Hills Farm! Expect future classes every other Thursday. Classes are FREE. More information on Page 6 or online at <https://bit.ly/BullittANRevents>



Learn more about Bale Grazing

If you'd like more information about the winter hay feeding technique described on page 1, let me know! I'd love to help you explore new ideas on your farm. Watch more about Bale Grazing here: <https://bit.ly/BaleGrazingKY>



A native wood duck & mallard on a nearby pond.

See Your Photo Here!

Would you like the chance to be featured in a future newsletter or on our new social media pages? Send me a high-quality photo of your animals, garden, or favorite farm or garden tool or piece of equipment, and follow me on [Facebook](#) and [Instagram](#)! Search for @BullittCountyAg.

CAIP Deadline Approaching

Producers who were approved for the County Agriculture Investment Program have until March 15, 2022 to turn in their invoices, proof of payments and Producer Report & Certification paperwork to the Bullitt County Soil Conservation District. If you received a letter of approval and have any questions on what to do next, please call Vickie Porter at 502-538-0628, or email at bccd@windstream.net. If you need the County Agent Signature on your Certification for Educational Requirement, please visit the Bullitt County Extension Office, but call ahead to make sure I am on site. Otherwise, you can also scan and email documentation to me and I can sign and return it to you electronically.



Kentucky Watershed Watch

Kentucky has over 90,000 miles of streams, and most of them never get tested or even looked at. Volunteers help get eyes on our local waterways by adopting a stream site and monitoring about 3 times a year.

Kentucky Watershed Watch is a citizen science based organization where volunteers are trained how to sample the quality of Kentucky's waterways. You can learn more at <https://bit.ly/kywater> or learn how to sample a stream on youtube: <https://bit.ly/streamsample>.

Learn more about YOUR Salt River Watershed here: <https://bit.ly/SaltRiverWW>

Opportunities for youth:

The 4-H Stream Program is designed to train youth as citizen scientists who are able to conduct scientific investigations about streams across the Commonwealth, determining if these waters are healthy. Team leaders guide local middle school to high school-age youth through a series of water-related lessons and hands-on activities. Teams are encouraged to develop a community service project that helps address any issues or concerns identified through their sampling efforts.

Training materials, videos and other resources are available through Watershed Watch in KY's website.



Discover Local CSA Farms

CSA in Kentucky is a Facebook group (<https://bit.ly/CSAinKYonFB>) for anyone interested in learning more about CSA (community supported agriculture) offerings in the bluegrass and for those that already participate or love CSA to share their favorite resources, tips, and ideas. Check out the farms that distribute in Bullitt County including [Broken Buckle Beefalo Farm](#), [Barr Farms](#), [Buds n Berries](#), [La Très Jolie](#), [Slaughter Family Farm](#), [Solway Farms](#).

More Info available here: <https://bit.ly/KYproudCSA>

**KY PROUD
CSA FAIR
GIVEAWAY**

**SIGN UP FOR A CSA SHARE
FROM A FEATURED FARM
AND GET A FREE CSA COOKBOOK**

FEBRUARY 23RD-MARCH 3RD

Logos for Bluegrass Farm, Edible KY, Kentucky Agriculture Council, Kentucky Proud, and OAK are visible at the bottom.

Horse Owners - Hay Survey

The University of Kentucky is currently researching how owners select and utilize hay for their horses. Please take a few moments to complete the following survey to help identify what is most important to you when buying hay. <https://bit.ly/HorseHaySurvey>

Update Your Contact Information

Please help us by updating [your contact information and interests](#). Please go to the following link or scan the QR code to fill out a very quick form to update your interests, address, phone number, and email address. Otherwise, feel free to email me, give us a call or drop by the office and we can update your information that way. <https://bit.ly/UpdateContactInfoHere>



Scan or click here
to fill out online!

Blueberry Production Classes

The folks at Bluegrass Blueberries offer a free blueberry production class for those looking to be blueberry farmers, existing blueberry farmers, or those who are possibly going to be buying a blueberry farm. The class will involve the best economical way to start a blueberry farm, how to install a blueberry farm, how to water, mulch, prune, fertilize, spray, and maintain a blueberry farm, what varieties you should buy, how to pick blueberries, and how to market your blueberries. Classes are March 19 and May 21 2022 at 10AM. More Info: <https://bit.ly/BlueberryClassKY>



HOPKINSVILLE, KY MARCH 17-18 IN-PERSON

Christian County Extension Office
Limited space. Masks required.

KEYNOTE: John Kempf

SPEAKERS: Rebecca McCulley,

Krista Jacobsen, Guy Jodarski,

Meggan Hain, Melvin Troyer and

additional sessions with John Kempf

FARM TOUR: organic dairy farm &

KOFFI feed mill tour.

Boxed lunch included

BURLINGTON, KY APRIL 8 IN-PERSON

Boone County Extension Office
Limited space. Masks required.

KEYNOTE: Lindsay Rebhan

SPEAKERS: Cassia Herron,

Kevin Archer, Jeff & Sandy Ashba,

Joel Dufour, Annie Woods,

April Pandora, Mike Hass

FARM TOUR: Idyllwild Farm

SHORT COURSE: Ecological Design

for Regenerative Systems.

Boxed lunch included

MORE INFO: <https://bit.ly/OAKConference2022>

Bullitt County Events

Small Ruminant Profit School – Classes #3 – Topic: Parasite Management and CAIP Funding– Join local sheep and goat producers for an in-person class on parasite management as well as a presentation from the Kentucky Office of Ag Policy on CAIP funding opportunities. – Get updates about future classes by filling out this form: https://bit.ly/BullittSRPS_InterestForm

Thurs. Mar 10, 2022 – 6:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

Small Ruminant Profit School – Classes #4 – Topic: Marketing your Products and Livestock – Get updates about future classes by filling out this form: https://bit.ly/BullittSRPS_InterestForm

Thurs. Mar 24, 2022 – 6:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

Small Ruminant Profit School – Classes #5 – Topic: Quality Assurance Programs and Guardian Animals – Get updates about future classes by filling out this form: https://bit.ly/BullittSRPS_InterestForm

Thurs. Apr 7, 2022 – 6:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

BC Cattlemen’s Association Monthly Meeting - Join local beef producers every second Tuesday of the month to learn new techniques in herd management and earn educational credits to meet KY Ag Development Fund and Beef Quality and Care Assurance requirements.

Tues. Mar 8, 2022 & Apr 12, 2022 - 7:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

BC Beekeepers Association Monthly Meeting - Join local beekeepers every second Wednesday of the month to learn techniques in hive management, integrated pest management, and more.

Wed. Mar 9, 2022 & Apr 13, 2022 - 7:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

BC 4-H Youth Beekeeping Club - Youth ages 9-18 preferred. Learn about beekeeping with hands-on lessons and demonstrations, every fourth Wednesday of the month.

Wed. Mar 23, 2022 & Apr 27- 5:45 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY



Scan this code with your phone's camera to access this list of events online!

Regional and Online Events

Best Management Practices for Preping Eggs For Sale in Flocks – Small and Backyard Flocks Extension Webinar

Tues. Mar 1, 2022 – 3:00 PM – ONLINE: <https://bit.ly/PoultryExtEvents>

From the Woods Today - Dept. of Forestry and Natural Resources discussion.

Wed. Mar 2, 2022 – 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

Beef Webinar – Shooting the Bull: Answering your beef questions – Roundtable discussion with UK Beef Specialists - To register, please email to Darrh Bullock, dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message.

Tue. Mar 8, 2022 - 8:00 PM – ONLINE

Virtual Novel Tall Fescue Renovation Workshop 2022 - Join the Alliance for Grassland Renewal and UK Forages for a workshop focused on novel endophyte tall fescues and their uses on your farm. Cost \$15.

Tue. Mar 8, 2022 – 6:00 PM – ONLINE: <https://bit.ly/Fescue2022>

IPM Training School - Ten UK-College of Agriculture, Food and Environment specialists will present and discuss updated findings on diverse topics about the field and horticultural crop production arranged in two sessions. Pesticide applicators and Certified Crop Advisers will receive CEUs for each attended session. Register and more info: <https://bit.ly/IPMSchool2022>

Wed. Mar 9, 2022 – 9:00 AM – 5:00 PM – ONLINE or Christian County Extension, 2850 Pembroke Road, Hopkinsville, KY

Regional and Online Events

From the Woods Today - Dept. of Forestry and Natural Resources discussion.

Wed. Mar 9, 2022 – 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

From the Woods Today - Dept. of Forestry and Natural Resources discussion.

Wed. Mar 16, 2022 – 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

Western KY Organic Association of Kentucky Conference - This event series is a must for farmers, agriculture professionals, and anyone passionate about building more resilient food systems - in Kentucky and beyond! Conference sessions provide useful tools, techniques, research and resources for use on and off the farm. The 17th offers an afternoon organic dairy farm tour and an organic mill tour. The 18th is a full day agenda including a keynote, multiple sessions, a boxed lunch and networking time.

From the Woods Today - Dept. of Forestry and Natural Resources discussion.\

Wed. Mar 23, 2022 – 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

From the Woods Today - Dept. of Forestry and Natural Resources discussion.

Wed. Mar 30, 2022 – 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

2022 KY Proud Virtual CSA Fair - Community Supported Agriculture (CSA) offers you the chance to connect and subscribe to your local farms and farmers – so you can have incredibly healthy, seasonal food on a weekly, biweekly or monthly basis. CSA farms offer a variety of delivery and pickup options. Now Attend a live event during the CSA Fair to learn more about CSA offerings in your area and top tips on cooking seasonally with your CSA share. <https://bit.ly/22KYCSAfair>

 Cooperative
Extension Service



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ONE POT ITALIAN TORTELLINI DINNER



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



- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 2 (15-ounce) cans no-salt-added tomato sauce
- 1 (8-ounce) package fresh sliced mushrooms
- 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
- 1 (19-ounce) package frozen cheese tortellini
- 1 cup low-moisture, part-skim shredded mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.

3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
7. Top with mozzarella cheese and allow to melt before serving.
8. Store leftovers in the refrigerator within 2 hours.

Makes 8 servings
Serving size: 1 cup
Cost per recipe: \$15.81
Cost per serving: \$1.98

Nutrition facts per serving:
340 calories;
10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

Source: East Region (4, 6) Nutrition Education Program



Recipes from the
**2022 Food And Nutrition
Recipe Calendar**



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Cooperative Extension Service

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University of Kentucky
College of Agriculture,
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Cooperative Extension Service

Agriculture and Natural Resources

Read this newsletter and
more online at:

[https://bit.ly/BC-ANR-
Newsletters](https://bit.ly/BC-ANR-Newsletters)



Bullitt County Agriculture and Natural Resources March Newsletter 2022