

# 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

The flowers are blooming, the trees are leafing out, the warblers are migrating, the horses will be racing soon, and finally, it's warm enough to start planting. That means you are probably busier than normal, so I'll keep it short.

This month, remember to take care of yourself, even a little bit at a time. Do a few small stretches before your day is over, take a walk in the woods, or practice taking three deep breaths when you're feeling overwhelmed by the pile of work ahead of you. If there is anything I can help you research or learn about, please let me know. I'll be busy planting some plots here at the extension office, and driving around the county to see how everyone else is doing.

Last month, I started offering free seed packets to anyone who updated their contact info. That worked so well, I'm going to keep it rolling. If you submit an updated contact information form online, in-person, or by mail in the month of May, you can come to our office and pick up **THREE FREE VEGETABLE SEED PACKETS!** Varieties will be distributed randomly, but you'll get three different types of vegetables to grow on your own while supplies last! They are seeds from last year's growing season generously donated by a local garden supply store.

If you find yourself with extra time this month, I've enjoyed watching short videos made by farmers, for farmers on a website called One Good Idea. (<https://goodideafarm.org/>) Try something new this year and tell me how it goes!





## Small Ruminant Profit School Continuing Thursdays

Join local sheep and goat producers for Class #6 in person covering quality assurance programs and guardian animals with extra time for Q&A with Small Ruminant Expert Dr. Beth Johnson, DVM, Kentucky State Veterinary Office. Classes are FREE. Anyone is welcome to attend any or all of the classes. More information online at <https://bit.ly/BullittANRevents>

Class #6 - May 5 - Quality Assurance Programs and Guard Animals

Class #7 - June 2 - Animal Health HANDS-ON TRAINING

Class #8 - June 30 - Annual Production Cycles

## Keystone Species

Goldenrod is not just our state flower, but it's been proven to host over 100 species of caterpillars, an essential food source for bird populations, and over 40 species of other pollinators that rely on goldenrod as a food source! While some native plants only provide food or habitat to one or a few species of insects, birds, or other wildlife, several species are essential to hundreds. These are coming to be known as keystone species. Without these plant species, the native ecosystem collapses. In last month's newsletter and again this month, I have included a list of keystone native species to consider conserving or even planting on your properties. As you survey your fencerows, forest edges, and even backyard, consider familiarizing yourself with a few of the plants listed on **page 11**. As you spot them in your landscape, know that you are helping to maintain your local ecosystem by letting them grow. Many of them are plants that you might consider "weeds". But this year, consider easing up on your control and think about their (and your) role in the local ecosystem in which your farm and yard play a part. Instead of thinking of "nature" as somewhere else separate from your yard, try beginning to think of yourself, your home, and your property as an integrated part of the natural world. Feel free to ask for more help with identifying, conserving, or planting native species around your farm!



Two different species of goldenrod found at the Bullitt County Extension Office

### Beef Quality and



### Care Assurance



### Beef Quality & Care Assurance Week May 23-25 in Bullitt County

If your BQCA number is expiring this year, please consider getting [recertified online](#). If you would prefer to do so in person, three times will be available in May at the Bullitt County Extension Office.

Mon. May 23 @ 5-7PM (Before Soil Conservation Meeting)

Tues. May 24 @3-5PM

Wed. May 25 @ 12-2PM

The next BC Cattlemen's meeting will be June 14, 2022 at 7PM and continuing every month on the second Tuesday. There will be no May Meeting.

Get BQCA certified online here: <https://bit.ly/BeefQCA> or contact me for more information. Be sure to see the events pages for more information on upcoming webinars.

### Vegetable Garden Pests

If you've raised brassicas in the garden, you've encountered the Cabbage Moth. They lay eggs on crops like cabbage, kale, broccoli, cauliflower, collards, and more. Once their green caterpillars hatch, they start eating holes in your leaves, or even whole leaves! Meanwhile they blend in almost perfectly hiding along the stems.

One fun method of deterrence may prevent cabbage moths from ever laying eggs in your garden. They are apparently quite territorial, and hanging decoys in your garden makes it seem like there is already a resident population established, forcing them to flutter by.

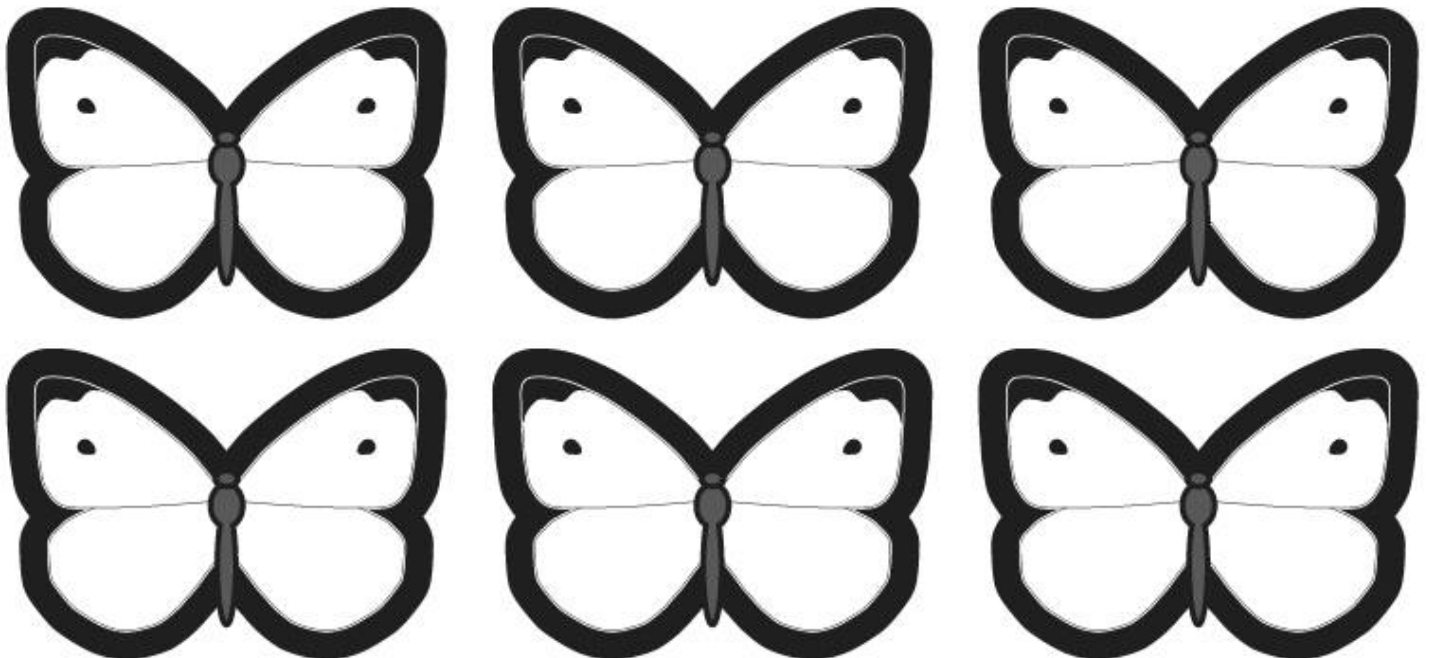
Try cutting out these decoys, gluing them back-to-back with a small #6 washer or a dime between each wing, and laminating them with packing tape. Alternatively, use these as a template to trace onto thin white plastic like a yogurt or milk container--make sure you draw the black dots! Then punch a hole in the tape and hang them with fishing line from a stick in your garden. Enjoy watching them flutter in the wind while you garden!



## 2022 OAK FIELD DAYS

- May 13:** Food Safety and Quality - UK Horticulture Research Farm
- June 24:** Diversified Organic Production on Mid-Sized Farm - Rootbound Farm
- July 7:** Small Scale Multi-Species Organic Farming - Rankin Farm
- July 26:** Cover Crops for No-Till Staple Crops & Vegetables - Salamander Springs Farm
- August 4:** Flowers, Herbs, & Vegetables - Mountain Girl Provisions
- September 13:** No-Till Organic Market Gardening - Rough Draft Farmstead
- October 4:** Cover Crops, Integrated Grazing, Soil Health in Row Crops - Beiler Farm
- October TBD:** CSA Marketing, Recordkeeping, and More - Virtual

**REGISTER AT [WWW.OAK-KY.ORG](http://WWW.OAK-KY.ORG)**



Cut as close to the white wing as you can. Source: Australian Butterfly Conservation - <https://bit.ly/AUScabbagewhite>

## 9 Tips for Managing High Feed Prices in Beef Operations

*Adapted from Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky*

There is no single management practice, feed ration, or genetic trait that drives profitability. Profitability is a summation of all little things coming together to create a profitable system. With higher input prices, everyone is looking to cut costs. Feed costs are one of the biggest expenses facing beef producers. Below is a list of some of those little things, that can really add up!

**Preg-checking:** An open cow is not pulling her weight on a cow-calf operation. Today producers have more options than ever for preg-checking their herd. New chute-side blood tests can be completed right on the farm in about 10 minutes. Commercial labs will run blood tests giving you results in just a couple of days. There is also ultrasound, which gives you a real-time answer but depends on scheduling and availability. Culling open cows not only decreases purchased feed costs but can also make available forage resources go farther as well.

**Buy in bulk:** Many feed retailers offer bulk discounts on purchased feeds. Consider increasing on-farm storage to store feed purchased when prices drop as opposed to waiting until it is needed to be fed.

**Get your hay tested:** Just like your soil, getting hay tested allows us to make strategic decisions about hay feeding. Cattle's nutrient requirements fluctuate throughout the year. Ensuring that hay with the highest energy and protein concentrations is fed to the cattle with the highest energy and protein requirements can go a long way in decreasing our supplemental feed costs. Work with the extension office, or use the University of Kentucky Beef Cow Supplementation tool online to help make management decisions based on your hay test results. We will be acquiring a hay probe for taking samples in the near future!

**Compare costs based on nutrients:** When comparing feedstuffs, it is critical that equivalent comparisons are being made. It is not enough to just look at cost per pound or ton. There are many factors impacting the weight-based cost of a feed ingredient. Water weight is a major difference to consider. Make sure to check the moisture content when comparing prices.

**Improve record keeping:** The best cattle managers are often the best record keepers, and that is no coincidence. Record keeping allows you to track feed costs, rate of gain, and subjectively identify less efficient cows. Luckily, record keeping can be easier than ever! There are several programs to help producers track performance metrics. The University of Kentucky recently launched X10D, a new program that encompasses whole-farm record keeping along with educational resources from University of Kentucky Cooperative Extension and forums to connect with other producers. For more information about X10D, visit [www.X10D.org](http://www.X10D.org), or call the Bullitt County Extension Office.



**Cut the fluff:** Body condition scores are highly correlated to reproductive performance. Cows with a body condition score of less than 5, have a much lower chance of being bred. What about those heavy cows? Each BCS point is equal to about 75 -100 lbs of live body weight. When cows' BCS increase, their maintenance requirements increase, feed intake increases, even their susceptibility to heat stress increases. Thus, the cost to maintain that cow at a BCS of 7 or 8 will be greater than if she were maintained at BCS 5 or 6. One solution for managing BCS of the cow herd is to sort cows by BCS. Keep those cows that are thinner or heavier separate from the rest of the herd. That allows you to feed those cattle either more or less energy and protein to increase or moderate their BCS.

*Continued from previous page*

**Prevent feed waste:** Feed wasted is money wasted. Preventing feed waste starts long before feeding. Storing hay under a roof is one of the first things to prevent wastage. For a 5 x 5 bale, 33% of the weight of that bale is found in the outermost 6", which is easily weathered when bales are stored outside and on the ground. Using hay rings can help prevent some losses too—designs that have solid metal skirting around the bottom may work even better than those that are open.

**Extend the grazing season:** Finding ways to extend the grazing season efficiently can be a great way to decrease your feed bill. Consider stockpiling tall fescue. It's commonly believed that nitrogen application is necessary to stockpile, but with current nitrogen prices, that just might not be an option. Although fescue responds well to nitrogen application, it will still stockpile (to a lesser degree) even without extra fertilization. Use strip grazing to efficiently utilize stockpiled tall fescue and extend the grazing season.

**Don't cut the minerals:** Minerals are a required nutrient, just like energy and protein. It's easy to consider cutting back on mineral supplementation when feed costs increase but don't do it! Many feeds are deficient in one or more minerals. Selenium and copper are the two most common deficiencies observed in cattle in Kentucky. Supplements like white salt blocks and trace mineral salt blocks simply do not have enough of these minerals to meet the animals' requirements. Minerals are extremely important for optimal reproductive performance and growth. To avoid mineral deficiencies, provide a good quality complete mineral supplement to the herd 365 days a year. The University of Kentucky Beef IRM mineral recommendations are developed to give producers across the entire state a good starting place for selecting a good quality mineral supplement.

## Update Your Contact Information

Please help us by updating [your contact information and interests](https://bit.ly/UpdateContactInfoHere). 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>

## Check your Super-Local Weather!

We recently installed an Ambient Weather monitoring station at the Bullitt County Extension Office! For real-time rainfall, wind speed, temperature, and soil moisture readings, check out the weather online. Bookmark this link to go back and check our super-local weather reports!

<https://bit.ly/BullittWeather>



## Agent's Corner

### What I'm watching:

From the suggestion of one of your neighbors and long-time cattleman, I started watching the Carbon Cowboys Video Series. Check it out for some new ideas on caring for your pastures!

<https://bit.ly/CarbonCowboysBC>



### Where I'm hiking:

Pine Creek Barrens Nature Preserve is a quiet stream-side hike tucked back by a vineyard near Cedar Grove. Hosting migrating warblers and several endangered plant species, it's a must-visit spot for a sunny day in Bullitt County!

<https://bit.ly/PCBNature>



### What I'm eating:

Asparagus Tomato Salad!!  
See next page for the recipe...





# Asparagus Tomato Salad

**1 pound** of fresh asparagus, trimmed and cut into 1-inch pieces  
**1** small zucchini, halved and cut into ¼ inch slices  
**3 tablespoons** olive oil  
**2 tablespoons** red wine vinegar  
**1** garlic clove, minced

**¼ teaspoon** seasoned salt  
**¼ teaspoon** honey mustard  
**1 cup** cherry or grape tomatoes, halved  
**¼ cup** sliced green onions  
**¼ cup** shredded fresh mozzarella cheese  
**¼ cup** minced fresh parsley

**Place** the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

**Yield:** 6 servings

**Nutritional Analysis:**

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.



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

## Kentucky Asparagus

**SEASON:** April through May

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

**STORAGE:** Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** One pound of asparagus will yield 4 one-half cup servings, about six spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter or Parmesan cheese.

### KENTUCKY ASPARAGUS

**Kentucky Proud Project**

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

**March 2015**

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.ag/fcs](http://www.uky.ag/fcs)

COOPERATIVE  
EXTENSION  
SERVICE



# KENTUCKY SHEEP & FIBER FESTIVAL



**MAY 21-22, 2022**

**SATURDAY, 9AM-5PM & SUNDAY, 10AM-4PM**  
**MASTERTON STATION PARK - LEXINGTON, KY**



**LEXINGTON**  
Parks & Recreation

[WWW.KENTUCKYSHEEPANDFIBER.COM](http://WWW.KENTUCKYSHEEPANDFIBER.COM)



**Join the 60+ farmers in Kentucky  
growing cereal rye to promote soil health,  
provide economic returns, and  
strengthen the agriculture supply chain!**

To learn more about the **Kentucky Commercial Rye Cover Crop Initiative**,  
contact Scott Franklin at: [sfranklin@farmland.org](mailto:sfranklin@farmland.org) or (502)-272-0726.



# Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

*Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!*

## Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

### Best Practice:

Use berries on the countertop within 1–2 days.  
If longer, store in the fridge.

## Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

### Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

## Chef Tips:

**01** Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

**02** Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

**03** Blanch and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



# Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

## Mar–May

### SPRING

- Asparagus (Apr–Jun)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Lettuce (May–Jun)
- Maple Syrup (Feb–Mar)
- Green Onions (May–Jun)
- White Onions (Jan–Mar)
- Peas (May–Jun)
- Potatoes (Jul–Oct)
- Radishes (Apr–Jun)
- Strawberries (May–Jun)
- Sweet Potatoes (Oct–Mar)
- Turnips (May–Jun)
- Winter Squash (Jan–Mar)

## Jun–Aug

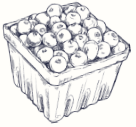
### SUMMER

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Jun–Jul)
- Broccoli (Jun–Jul)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Jun–Jul)
- Cantaloupe (Jul–Sep)
- Carrots (Jul–Aug)
- Cauliflower (Jun–Jul)
- Sweet Corn (Jul–Sep)
- Cucumbers (Jun–Sep)
- Eggplant (Jun–Sep)
- Garlic (Jun–Aug)
- Grapes (Aug–Sep)
- Greens (Apr–Nov)
- Kohlrabi (May–Jun)
- Okra (Jun–Sep)
- White Onions (Jan–Mar)
- Peaches (Jun–Aug)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jul–Oct)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Summer Squash (Jun–Oct)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Zucchini (Jun–Oct)

## Sep–Nov

### FALL

- Apples (Jul–Dec)
- Beans (Jun–Sep)
- Beets (Jun–Nov)
- Blackberries (Jun–Oct)
- Blueberries (Oct–Nov)
- Bok Choy (Aug–Nov)
- Brussels Sprouts (Jul–Nov)
- Cabbage (Oct–Nov)
- Carrots (Oct–Nov)
- Cauliflower (Oct–Nov)
- Greens (Apr–Nov)
- Kohlrabi (Sep–Oct)
- Lettuce (Sep–Oct)
- Nut Crops (Sep–Nov)
- Okra (Jun–Sep)
- Green Onions (Oct–Nov)
- White Onions (Jul–Sep)
- Pawpaws (Aug–Oct)
- Pears (Aug–Nov)
- Peppers (Jul–Sep)
- Plums (Jul–Sep)
- Potatoes (Jan–Mar)
- Pumpkins (Sep–Nov)
- Radishes (Sep–Nov)
- Raspberries (Jun–Sep)
- Rhubarb (Jun–Sep)
- Sorghum (Sep–Nov)
- Summer Squash (Jun–Oct)
- Sweet Potatoes (Oct–Mar)
- Tomatoes (Jul–Oct)
- Watermelons (Jul–Oct)
- Winter Squash (Aug–Nov)
- Zucchini (Jun–Oct)



## Dec–Feb

### WINTER

- Apples (Jul–Dec)
- Maple Syrup (Feb–Mar)
- White Onions (Jan–Mar)
- Potatoes (Jan–Mar)
- Sweet Potatoes (Oct–Mar)
- Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.







## Keystone Native Plants

# Eastern Temperate Forests – Ecoregion 8

Native plants have tight relationships with wildlife, formed over many thousands of years, providing natural sources of food, cover and places to raise young. Without healthy native plant communities, wildlife cannot survive. Every ecoregion has different native plant communities.

*Keystone plants are native plants critical to the food web and necessary for many wildlife species to complete their life cycle. Without keystone plants in the landscape, butterflies, native bees, and birds will not thrive. 96% of our terrestrial birds rely on insects supported by keystone plants.*



















### There are two types of keystone plants:

-  Host plants that feed the young caterpillars of approximately 90% of butterflies and moths (Lepidoptera).
-  Plants that feed specialist bees who only eat pollen from specific plants. Keystone plants for native bees feed both specialist and generalist bees.

*Entomologist Dr. Doug Tallamy, and his University of Delaware research team have identified the keystone plants that support butterfly and moth species. Native host plants of pollen specialist bees were researched by pollinator conservationist Jarrod Fowler.*

### Top Keystone Plant Genera in Eastern Temperate Forests – Ecoregion 8

A genus is a taxonomic category of plants that contains one or more species of plants with similar characteristics. Species within each genus have adapted to local conditions and are the appropriate native species or varieties suited to a specific ecoregion.

Plant Type	Plant Genus	Sample of Common Species (not all encompassing)	# Caterpillar Species that Use this as a Host Plant	# of Pollen Specialist Bee species that Rely on this Plant
Trees	<i>Quercus</i>	White oak ( <i>Quercus alba</i> ), Black oak ( <i>Quercus velutina</i> )	436 	
	<i>Prunus</i>	American plum ( <i>Prunus americana</i> ), Black cherry ( <i>Prunus serotina</i> ), Chokecherry ( <i>Prunus virginiana</i> )	340 	
	<i>Betula</i>	River birch ( <i>Betula nigra</i> ), Sweet birch ( <i>Betula lenta</i> )	284 	
	<i>Populus</i>	Eastern cottonwood ( <i>Populus deltoides</i> )	249 	
	<i>Acer</i>	Box elder ( <i>Acer negundo</i> ), Silver maple ( <i>Acer saccharinum</i> ), Sugar maple ( <i>Acer saccharum</i> )	238 	
	<i>Malus</i>	Southern crabapple ( <i>Malus angustifolia</i> ), Sweet crabapple ( <i>Malus coronaria</i> )	237 	
	<i>Carya</i>	Bitternut hickory ( <i>Carya cordiformis</i> ), Pignut hickory ( <i>Carya glabra</i> ), Mockernut hickory ( <i>Carya tomentosa</i> )	213 	
	<i>Pinus</i>	Pitch pine ( <i>Pinus rigida</i> ), Eastern white pine ( <i>Pinus strobus</i> ), Virginia pine ( <i>Pinus virginiana</i> )	200 	
Shrubs	<i>Vaccinium</i>	Northern highbush blueberry ( <i>Vaccinium corymbosum</i> ), Black highbush blueberry ( <i>Vaccinium fuscatum</i> ), Hillside blueberry ( <i>Vaccinium pallidum</i> )	217 	14 
	<i>Salix</i>	Prairie willow ( <i>Salix humilis</i> ), Black willow ( <i>Salix nigra</i> )	289 	14 
Flowering Perennials	<i>Solidago</i>	Stiff leaf goldenrod ( <i>Solidago rigida</i> ), Atlantic goldenrod ( <i>Solidago arguta</i> )	104 	42 
	<i>Symphyotrichum</i>	Blue wood aster ( <i>Symphyotrichum cordifolium</i> ), Smooth aster ( <i>Symphyotrichum laeve</i> )	100 	33 
	<i>Helianthus</i>	Woodland sunflower ( <i>Helianthus divaricatus</i> ), Small woodland sunflower ( <i>Helianthus microcephalus</i> )	66 	50 

	<i>Rudbeckia</i>	Black-eyed Susan ( <i>Rudbeckia hirta</i> ), Green-headed coneflower ( <i>Rudbeckia laciniata</i> )	20 	29 
	<i>Heterotheca</i>	Camphorweed ( <i>Heterotheca subaxillaris</i> )		24 
	<i>Grindelia</i>	Curlycup gumweed ( <i>Grindelia squarrosa</i> )		31 
	<i>Chrysopsis</i>	Maryland golden-aster ( <i>Chrysopsis mariana</i> )	5 	20 
	<i>Coreopsis</i>	Lanceleaf coreopsis ( <i>Coreopsis lanceolata</i> ), Large flower coreopsis ( <i>Coreopsis grandiflora</i> )	7 	22 
	<i>Bidens</i>	Devil's beggartick ( <i>Bidens frondosa</i> ), Small beggartick ( <i>Bidens discoidea</i> )		15 
	<i>Verbesina</i>	Wingstem ( <i>Verbesina alternifolia</i> )	20 	17 



### Top 30 Keystone Plant Genera for Butterfly and Moth Caterpillar

Genus	Common Plant Name	# of Caterpillar Species that use this as a Host Plant
<i>Quercus</i>	oak	436
<i>Prunus</i>	almond, apricot, cherry, peach, plum	340
<i>Salix</i>	willow	289
<i>Betula</i>	birch	284
<i>Populus</i>	aspen, cottonwood, poplar	249
<i>Acer</i>	maple	238
<i>Malus</i>	apple	237
<i>Vaccinium</i>	blueberry, cranberry, deerberry	217
<i>Carya</i>	hickory	213
<i>Pinus</i>	pine	200
<i>Alnus</i>	alder	173
<i>Ulmus</i>	elm	164
<i>Picea</i>	spruce	132
<i>Tilia</i>	basswood	132
<i>Crataegus</i>	hawthorn	131
<i>Rubus</i>	blackberry, raspberry	127
<i>Juglans</i>	walnut	125
<i>Fraxinus</i>	ash	121
<i>Fagus</i>	beech	116
<i>Castanea</i>	chestnut	115
<i>Abies</i>	fir	112
<i>Larix</i>	larch	110
<i>Corylus</i>	hazel	108
<i>Solidago</i>	goldenrod	104
<i>Myrica</i>	bayberry	103
<i>Rosa</i>	rose	102
<i>Symphotrichum</i>	aster	100
<i>Cornus</i>	dogwood	98
<i>Tsuga</i>	hemlock	92
<i>Amelanchier</i>	serviceberry	92



### Top 30 Native Host Plants for Pollen Specialist Bees

Genus	Common Plant Name	# of Pollen Specialist Bee Species Relying on this Plant
<i>Helianthus</i>	sunflower	50
<i>Solidago</i>	goldenrod	42
<i>Symphotrichum</i>	aster	33
<i>Grindelia</i>	gumweed	31
<i>Rudbeckia</i>	black eyed susan	29
<i>Heterotheca</i>	goldenaster	24
<i>Coreopsis</i>	tickseed	22
<i>Chrysopsis</i>	goldenaster	20
<i>Verbesina</i>	wingstem	17
<i>Bidens</i>	beggartick	15
<i>Cirsium</i>	thistle	15
<i>Salix</i>	willow	14
<i>Vaccinium</i>	blueberry, cranberry, deerberry	14
<i>Erigeron</i>	fleabane	12
<i>Vernonia</i>	ironweed	12
<i>Pityopsis</i>	silkgrass	11
<i>Ratibida</i>	prairie coneflower	11
<i>Silphium</i>	rosinweed	10
<i>Baccharis</i>	baccharis	8
<i>Euthamia</i>	goldentop	8
<i>Dalea</i>	prairie clover	7
<i>Oenothera</i>	evening primrose	7
<i>Echinacea</i>	coneflower	6
<i>Gaillardia</i>	blanketflower	6
<i>Balduina</i>	honeycombhead	5
<i>Helenium</i>	sneezeweed	5
<i>Heliopsis</i>	heliopsis	5
<i>Pectis</i>	chinchweed	5
<i>Cornus</i>	dogwood	4
<i>Lyonia</i>	staggerbush	4

## Bullitt County Events

**Small Ruminant Profit School - Class #6** - Topic: Quality Assurance Programs and Guard Animals – Join local sheep and goat producers for an in-person class with expert Dr. Beth Johnson, DVM from the Kentucky Department of Agriculture, Office of State Veterinarian. Get updates about future classes by filling out this form: [https://bit.ly/BullittSRPS\\_InterestForm](https://bit.ly/BullittSRPS_InterestForm)

Thurs. May 5, 2022 - 6:00 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY



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

**Small Ruminant Profit School - Class #7** - Topic: Sheep and Goat Health – Join local sheep and goat producers for another in-person class with expert Dr. Beth Johnson, DVM from the Kentucky Department of Agriculture, Office of State Veterinarian. This time we will cover HANDS -ON training for hoof trimming, drenching, vaccinations and more.

Thurs. Jun 2, 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. **See article inside for May BQCA Trainings!** There will be no May meeting..

Tues. Jun 14, 2022 & Jul 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. May 11, 2022 & Jun 8, 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. May 25, 2022 & Jun 22, 2022 - 5:45 PM - Bullitt County Extension, 384 Halls Lane, Shepherdsville, KY

## Regional and Online Events

**From the Woods Today** - Dept. of Forestry and Natural Resources discussion on sugaring black walnut and more on eagles.

Wed. May 11, 2022 - 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

**Beef Webinar - AFS Beef Research Update** - Roundtable discussion with UK Beef experts. To register, please email to Darrh Bullock, [dbullock@uky.edu](mailto:dbullock@uky.edu) with Beef Webinar in the subject line and your name and county in the message.

Tue. May 10, 2022 - 8:00 PM - ONLINE

**UK Wheat Field Day** - UK Wheat Science Group specialists and industry representatives will host an in-person field day on wheat with the Kentucky Small Grain Growers Association. More info: <https://bit.ly/UKYwheat2022>

Tue. May 10, 2022 - 10:00 AM -1:00 PM EDT (9-12 CDT) - UK Research and Education Center Farm, Princeton, KY

**Kentucky Horticulture Council Crop Insurance Lunch and Learn** - KHC is offering a series of live, interactive webinars to assist growers in finding the right crop insurance for their operation. Topics include Whole Farm Revenue Protection, record keeping, questions to ask insurance agents, and many more. Register here: <https://bit.ly/KHClunchlearn>

Tues. May 10, 2022 & Jun 14, 2022 at 12:30 PM ONLINE

**Kentucky First Farm" Workshop** - Giving military veterans, minorities, small farm, and limited resource farmers the information and training needed to create a sustainable agricultural operation. This program is free and open to all military veterans (active, retired, or transitioning), minority and underserved populations, and those with small farms that have been in operation for under 10 years. This program is sponsored by a USDA/NIFA grant with the Beginning Farmer Rancher Development Program and is under the direction of the University of Kentucky Cooperative Extension Department.

# Regional and Online Events

Programs include Business Planning, Recordkeeping, Funding Opportunities, Land Acquisition, and specific farm enterprises. Lunch will be included. Register online: <https://bit.ly/KYFirstFarmWorkshop>

Fri. May 13, 2022 - 9:00 AM-4:00 PM, Kentucky State University Research Farm, 1525 Mills Lane, Frankfort, KY

**MarketReady Virtual Producer Training Program** - Educational program for farmers and producers, processors, etc. interested in selling their products (fresh produce, value-added items, etc.) to restaurants, grocers/wholesalers/retailers, and schools.

Mon. May 16, 2022 at 6PM - Register: <https://bit.ly/UKYmarketready1>

Thurs. May 19, 2022 at 11 AM - Register: <https://bit.ly/UKYmarketready2>

Fri. May 20, 2022 at 11 AM - Register: <https://bit.ly/UKYmarketready3>

**From the Woods Today** - Dept. of Forestry and Natural Resources discussion on common mushrooms.

Wed. May 18, 2022 - 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

**From the Woods Today** - Dept. of Forestry and Natural Resources discussion on pesky plants and tree felling.

Wed. May 25, 2022 - 11:00 AM ONLINE: <https://bit.ly/WoodsToday>

**Biosecurity for small and backyard poultry flocks** – Small and Backyard Flocks Extension Webinar

Tues. Jun 7, 2022 – 3:00 PM – ONLINE: <https://bit.ly/PoultryExtEvents>

**Bullitt County Fair** - Escape the hustle and bustle and bring your family to the fair! Enjoy pageants, carnival rides, games, horse shows, contests, exhibits, demolition derby, motocross events and much more. Don't miss out!

Jun 13-18, 2022 - <https://www.thebullittcountyfair.com/>

## Farmer's Markets Starting in June!

Mt. Washington Farmer's Market - 320 N Bardstown Rd - Every Saturday 8AM-12PM & Wednesday 4PM-7PM

Shepherdsville Farmer's Market - 170 W Joe B Hall Ave - Every Saturday 9AM-1PM



## Product/Service Information



## KY AgrAbility

242 Scovell Hall  
Lexington, KY 40546-0064  
Phone: 859-257-1845  
Fax: 859-323-1991  
E-mail: [mikelewis@uky.edu](mailto:mikelewis@uky.edu)



## What is AgrAbility?

Kentucky AgrAbility is a statewide partnership between the University of Kentucky Cooperative Extension Service and Easter Seals Cardinal Hill in support of a project funded by the US Department of Agriculture and National Institute of Food and Agriculture.

The Kentucky AgrAbility Project is designed to assist farmers and Agricultural workers with disabilities or long term health conditions by providing education, resources, and the support that they need to live independently and continue working.

## Who Does KY AgrAbility Serve?

Recognizing that individuals with disabilities are vital parts of the rural landscape, Kentucky AgrAbility serves people with disabilities who work in agriculture including farmers, agricultural workers and ranchers. The KY AgrAbility project serves persons with (but not limited to) the following disabilities and conditions:

- ◆ Amputation
- ◆ Arthritis
- ◆ Hearing loss
- ◆ Post Traumatic Stress Disorder
- ◆ Spinal cord injuries
- ◆ Stroke
- ◆ Vision impairment
- ◆ Developmental disabilities such as autism
- ◆ stroke
- ◆ Respiratory diseases
- ◆ Knee & Back pain
- ◆ Diabetes
- ◆ Disabling diseases, such as heart disease or cancer

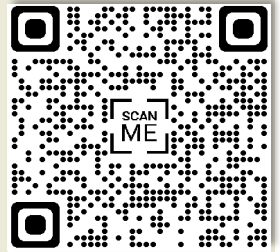
## Services provided:

Kentucky AgrAbility offers the following services to our clients:

- ◆ On site assessments to identify barriers to completing tasks in the workplace or home
- ◆ Recommendations of appropriate assistive technologies, modified work practices and other possible solutions to overcoming disability related limitations
- ◆ Informational materials related to disabilities and agriculture
- ◆ Education and training opportunities
- ◆ Connections to peer support from others who successfully overcame barriers.
- ◆ Referrals for clients to other service providers for assistance specific to the clients needs( e.g. financial, rehabilitative, educational)

# Update Your Contact Information

Help us help you! Please fill out the contact information and check as many boxes for topics that you are interested in!



[Scan or click here to fill out online!](#)

Your First Name: \_\_\_\_\_ Your Last Name: \_\_\_\_\_

Your Spouse/Partner's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Business/Farm Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apartment/Unit Number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address(es): \_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Agriculture - General       | <input type="checkbox"/> Wine/Vineyards                 | <input type="checkbox"/> Chemical Handling   |
| <input type="checkbox"/> Natural Resources - General | <input type="checkbox"/> Forage Crops/Pasture           | <input type="checkbox"/> Beginning Farmer/Landowner                                  |
| <input type="checkbox"/> Chickens and Other Poultry  | <input type="checkbox"/> Hemp                           | <input type="checkbox"/> Young Farmer/Landowner                                      |
| <input type="checkbox"/> Goats                       | <input type="checkbox"/> Aquaculture                    | <input type="checkbox"/> Minority Farmer/Landowner                                   |
| <input type="checkbox"/> Sheep                       | <input type="checkbox"/> Hydroponics                    | <input type="checkbox"/> Women in Ag Farmer/Landowner                                |
| <input type="checkbox"/> Rabbits                     | <input type="checkbox"/> Greenhouse Production          | <input type="checkbox"/> Farm Diversification  |
| <input type="checkbox"/> Swine                       | <input type="checkbox"/> High Tunnel Production         | <input type="checkbox"/> Agriculture Resources for Youth/Children                    |
| <input type="checkbox"/> Equine                      | <input type="checkbox"/> Flowers and Landscape Plants   | <input type="checkbox"/> Natural Resources/Conservation Resources for Youth/Children |
| <input type="checkbox"/> Beef                        | <input type="checkbox"/> Cut Flowers                    | <input type="checkbox"/> Waterway Management   |
| <input type="checkbox"/> Dairy                       | <input type="checkbox"/> Composting                     | <input type="checkbox"/> Master Naturalist   |
| <input type="checkbox"/> Beekeeping                  | <input type="checkbox"/> Forest Products/Forest Health  | <input type="checkbox"/> Junior Master Naturalist                                    |
| <input type="checkbox"/> Other Small Animals         | <input type="checkbox"/> Maple Syrup                    | <input type="checkbox"/> Master Gardener   |
| <input type="checkbox"/> Grains/Soybeans/Commodities | <input type="checkbox"/> Birding/Birdwatching           | <input type="checkbox"/> Volunteer Opportunities                                     |
| <input type="checkbox"/> Tobacco Production          | <input type="checkbox"/> Environment                    | <input type="checkbox"/> <b>Recursos en Español</b>                                  |
| <input type="checkbox"/> Farmers Markets             | <input type="checkbox"/> Wildlife/Habitat Management    | <input type="checkbox"/> Resources in another language (please specify)              |
| <input type="checkbox"/> Fruit/Vegetables            | <input type="checkbox"/> Hunting/Fishing/Cooking w/game |  |
|  | <input type="checkbox"/> Pollinators                    |  |

Interests (Check all that apply):

Are there any other topics you would like to learn more about? We will be happy to follow up with you about anything written here.

Fill out and bring this page to our office or place in a stamped envelope and mail to:  
Nathan Rider, Bullitt County Extension Office, 384 Halls Lane, Shepherdsville, KY 40165  
**Then stop by the office to pick up your FREE VEGETABLE SEEDS!**



**BULLITT  
COUNTY**  
And  
**AGRICULTURE  
NATURAL RESOURCES**



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facebook.com/BullittCountyAg

@BullittCountyAg

Nathan.Rider@uky.edu

502-543-2257



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Cooperative Extension Service

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

*Agriculture and Natural Resources*

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**Bullitt County Agriculture  
and Natural Resources  
May Newsletter 2022**