

The Mason County mAGazine

A Monthly Agricultural Newsletter



IN THIS ISSUE:

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A NOTE FROM YOUR AGENT

Hello all,
May is here—fields are getting prepped, spring calves are growing, and planting season is right around the corner. It's also Beef Month, and we're excited to celebrate by highlighting some of our outstanding local beef producers who work hard every day to feed our communities and care for their herds.

This month's newsletter also includes a timely article on recovering from recent flooding and what farmers should consider as they return to their fields.

As always, if there's anything I can do to support you, please don't hesitate to reach out. I'm here and happy to help however I can.

Audrey Wright
Agriculture and Natural Resources Agent
Mason County Extension

800 US HIGHWAY 68 | MAYSVILLE, KY 41056 | P: 606-564-6808 | AUDREY.WRIGHT@UKY.EDU



BEEF

MONTH

PRODUCER SPOTLIGHT



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 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.

☀️ Nominate a Mason County Beef Producer! ☀️

This May, we're celebrating Beef Month by recognizing the hard work and dedication of Mason County cattle producers.

- ✓ Each week in May, we'll spotlight a different Mason County beef producer.
- ✓ Spotlights will be shared on our social media and in The Ledger.
- ✓ Producers will receive a token of appreciation, thanks to our partners at the Kentucky Beef Network!



FOLLOW OUR FACEBOOK!



 Find us on
Facebook



Mason Co. Conservation District

SHARED-USE

EQUIPMENT



GREAT PLAINS 1006NT DRILL



INLINE WRAPPER HYBRID X

***LIME SPREADER IS UNAVAILABLE

For rental information, contact the district office (606)759-5570 Ext. 3

**JOIN
NOW**



As a member, you'll enjoy:

- ✓ Meetings that include a free meal and door prizes
- ✓ Up-to-date information on research, markets, and trends delivered to you through Cow Country News
- ✓ Networking with local producers and industry leaders
- ✓ Educational presentations from specialists at every meeting—focused on topics that pertain to Mason County producers



For more information contact:

☎ Audrey Wright (606) 564- 6808

☎ President Ronnie Lowe (606)782-5058

☎ Treasurer Mike Ravencraft (606)584-0310

✉ Email: audrey.wright@uky.edu

 Find us on
Facebook



Spring Calving Cow Herd

- Continue supplying a high magnesium mineral until daytime temperatures are consistently above 60 degrees F.
- Improve or maintain body condition (BCS 5) of cows before breeding season starts. If necessary, increase energy intake even on pasture.
- Bulls should have a breeding soundness evaluation (BSE) well before the breeding season (at least 30 days). Contact your local veterinarian to schedule a BSE for your herd sires. They should also receive their annual booster vaccinations and be dewormed. I often get questions regarding deworming and reduced fertility in bulls. Dr. Phil Prater at MSU and I examined this and found no effect of deworming on bull fertility.
- Schedule spring “turn-out” working in late-April or early-May, i.e. at the end of calving season and before the start of breeding season. Consult with your veterinarian about vaccines and health products for your herd.

“Turn-out” working for the cow herd *may* include:

- Prebreeding vaccinations
- Deworming
- Replacing lost identification tags
- Sort cows into breeding groups, if using more than one bull
- Insecticide ear tags (best to wait until fly population builds up)

“Turn-out” working of calves may include:

- Vaccinate for IBR-PI3, Clostridial diseases and Pinkeye
- Dehorn, if needed (can be done with electric dehorner and fly repellent during fly season)
- Castrate and implant male feeder calves (if not done at birth)
- Deworm
- Insecticide ear tags

- Consider breeding yearling replacement heifers one heat cycle (about 21 days) earlier than cows for “head-start” calving. Mate to known calving-ease bulls.
- Record identification of all cows and bulls in each breeding group.
- Begin breeding cows no later than mid-May, especially if they are on high endophyte fescue. Cows should be in good condition so that conception occurs prior to periods of extreme heat.
- Consider synchronizing estrus in all cows. Exposing late-calving cows and first-calf heifers to a progestin (MGA feed or CIDR device) for 7 days before bull turn out increases pregnancy rates and shortens the next calving season.
- Choose the best pastures for grazing during the breeding season. Select those with the best stand of clover and the lowest level of the fescue endophyte, if known. Keep these pastures vegetative by grazing or clipping. *High quality pastures are important for a successful breeding season.*
- If using **artificial insemination**:
 - Use an experienced inseminator.
 - Make positive identification of cows and semen used. This will permit accurate records on date bred, return to heat, calving date, and sire.
 - Good handling facilities and gentle working of the cows are essential.
 - Choose AI sires that will meet your goals and resist the temptation to get your cows bigger. Using sires with higher accuracy EPDs will reduce risk.
- Observe breeding pastures often to see if bulls are working. Record cows’ heat dates and then check 18-21 days later, for return to heat.

CONTINUED ON NEXT PAGE

Fall Calving Cow Herd

- Contact your veterinarian and pregnancy diagnose the cow herd. If a large animal veterinarian is not available in your area, consider taking blood samples for pregnancy diagnosis. Remove open cows at weaning time.
- Plan marketing program for calves. Consider various options, such as maintaining ownership and backgrounding in a grazing program, or precondition and sell in a CPH-45 feeder calf sale.
- Initiate fly control for the cows when fly populations build up.
- Calves may be weaned anytime now but you can take advantage of the spring grass by leaving them on the cow a while or weaning and grazing.

Stockers

- Keep calves on good pasture and rotate pastures rapidly during periods of lush growth. Manage to keep pastures vegetative for best performance.
- Provide mineral mix with an ionophore.
- Implant as needed.
- Control internal and external parasites.

General

- Harvest hay. *Work around the weather and cut early before plants become too mature. Harvesting forage early is the key to nutritional quality.* Replenish your hay supply!
- Rotate pastures as needed to keep them vegetative.
- Clip pastures to prevent seedhead formation on fescue and to control weeds.
- Seed warm season grasses this month.

Broadleaf Weeds of Kentucky Pastures

J.D. Green, Plant and Soil Sciences



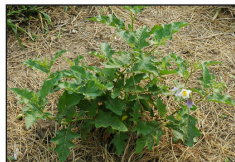
Spiny Amaranth



Buttercup



Cocklebur



Horsenettle



Tall Ironweed



Hemp Dogbane



Poison Hemlock



Marshelder



Common Milkweed



Jimsonweed



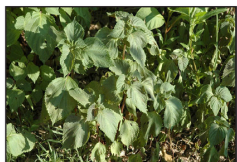
Sericea Lespedeza



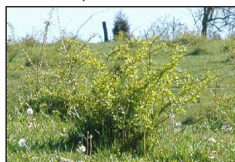
Maypop Passionflower



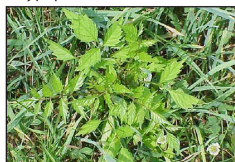
Buckhorn Plantain



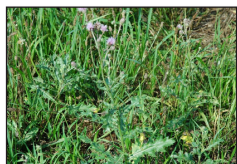
Perilla Mint



Multiflora Rose



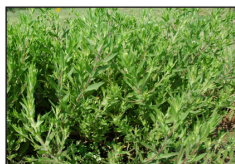
Trumpet creeper



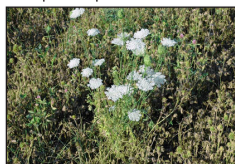
Canada Thistle



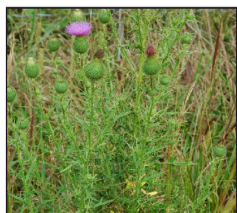
Common Ragweed



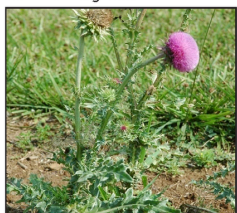
Lanceleaf Ragweed



Wild Carrot



Bull Thistle



Musk Thistle



Curly Dock



Chicory

AFTER A BIG RAIN: N LOSS, EROSION, AND OTHER THINGS

BY JOHN GROVE, CHRIS TEUTSCH, EDWIN RITCHEY, BRAD LEE, AND GLYNN BECK

As we write this article, it is still raining – towards an unknown but large amount of rainfall (Fig.1). Credit for stimulating this piece goes to Andy Mills (Meade County ANR agent) and Chris Teutsch, who started the conversation around Andy's question about potential loss of fertilizer nitrogen (N) from recently fertilized hay and pasture fields. We hope to help folks understand what we do and don't know about what happens in these unusual situations. Three basic scenarios; fertilized grass (hay and pasture), fertilized wheat, and fertilized fields intended for corn are discussed. The story has been expanded a bit to cover some other questions that are asked after events like this.

Factors impacting N loss in grasslands:

With heavy rain like this, fertilizer N loss from fertilized grass sods depends on several factors: 1) the length of time between the rainfall event and the fertilization event; 2) the ability of the sod to take up the applied N (is sod actively growing and dense enough both above and belowground (and rooted deep enough belowground); and 3) the amount of N applied. The Kentucky grasslands that have been fertilized are made up of cool-season grasses that take up nutrients at air/soil temps above 40°F and are actively growing at 55°F. Stronger (thicker, denser, and deep rooted) sods took up more fertilizer N each day before this heavy rain began. That said, there will be a larger amount of unused fertilizer N when the number of days between fertilization and rainfall were fewer and/or with a larger rate of N application relative to N uptake by the grass. More N will be lost when 80 lb N/acre was applied 4 days before this rainy period to an overgrazed pasture that is thin above ground and not deeply rooted than when 50 lb N/acre was applied 12 days ago to a hay field with a thick stand and well-developed root system. As the crop is perennial, a grassland field's N nutritional status can be adjusted later in the season, in anticipation of future harvests.

Factors impacting N loss in wheat fields:

Kentucky wheat fields are actively growing, and most have received the full amount of fertilizer N intended for this season. The same three factors: length of time between rainfall and N fertilization; ability of the growing wheat to take up the N fertilizer; and the amount of N applied all impact N loss. Whether the N was applied in a single dose or split applied is another factor. Wheat has been growing for the past 6 to 7 weeks, taking up both soil and fertilizer N. Better stands with more tillers and more tiller development will have acquired more N – especially if planted earlier and fertilizer N was split into two applications. Fertility programs were essentially complete by 15 March in many Kentucky wheat fields. Still, more N probably remains in the soil, and N loss potential is greater, when 120 lb N/acre was applied on 15 March to a wheat field planted on 15 November than when 60 lb N/acre was applied on both 20 February and 15 March to a wheat field planted on 15 October. The latter likely had greater tiller numbers, tiller growth and rooting depth. At this stage of Kentucky wheat crop growth and development, much of any yield loss will be due to the duration of saturated soil conditions/ponding (low oxygen) and not due to low soil N status. Wheat has taken up much of the fertilizer N (that it could take up). A yield benefit to additional N is less likely. Additional N applied as these soil conditions improve to support field traffic is more likely to improve grain protein levels than yield.

Factors impacting N loss in fields intended for corn:

At this time, N losses are probably more important in N fertilized fields intended for corn than in wheat, hay or pasture fields. Very little corn has been planted. There may be some living plant cover (either weeds or cover crops) that could take up fertilizer N in these fields, and the same considerations as indicated for a living grass sod would apply, though the root system under most winter weeds and cover crops tends to be less extensive/deep. However, in western Kentucky many weeds and cover crops have already been terminated and pre-plant N fertilization rates can be large (Fig. 2). The terminated plant cover remains important to controlling another big driver of N loss from these corn fields – soil erosion. Any surface tillage, even vertical tillage, loosens the soil, breaks up residues and accelerates both soil erosion and crusting (which causes even lower infiltration and more runoff). Even if surface applied fertilizer has dissolved and moved into soil aggregates, out of the reach of leaching and before denitrification has started, heavy rainfall can exceed soil infiltration rates, causing runoff to erode nutrient-rich topsoil.

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AFTER A BIG RAIN: N LOSS, EROSION, AND OTHER THINGS

Table 1. Nitrogen (N) and phosphorus (P) losses over one crop cycle (2 years) from small watersheds under corn/full season soybean or corn/wheat/double crop soybean rotations.³

Cropping System	Monitoring Stations	Nutrient	Total Loss lb/acre	Particulate or Organic --- % of Total Loss ---	Dissolved Inorganic
Corn – Soybean	10	N	38 ± 19	53	47
		P	9 ± 4	44	56
Corn – Wheat – Soybean	8	N	36 ± 21	41	59
		P	6 ± 2	49	51

³Blue Water Farms on-farm project research results. Supported by five anonymous row-crop landowners/producers; USDA-NRCS-EQIP program; Kentucky Soybean Promotion Board; Kentucky Agricultural Development Board; University of Kentucky Agricultural Experiment Station; and Kentucky Geological Survey.

Runoff and erosion drive N losses in fields intended for corn:

At present, runoff and eroded soil nutrient losses are less likely in grassland and wheat fields because the soil is covered with living plants. Runoff water from small watersheds located in Kentucky row-crop farm fields is being collected and analyzed for nutrient amounts and forms (Table 1). The particulate/organic forms of these nutrients are entirely due to erosion of mineral particles and organic matter while the dissolved nutrients are more directly derived from fertilizers. From 40 to 50% of runoff-borne N and phosphorus (P) results from erosion. Potassium (K) loss patterns would likely be similar.

Remaining fertilizer N is susceptible to leaching and denitrification:

The fertilizer N that remains is vulnerable to either leaching or denitrification. Those two modes of N loss are driven by other factors. These include the: 1) amount and rate of rainfall; 2) soil infiltration rate and duration; 3) soil drainage; 4) soil texture and structure; and again 5) length of time between the rainfall and fertilization events. Nitrogen fertilizers are very soluble and quickly dissolve into the pore water contained in moist soils - at this time of the year all Kentucky soils are moist. The dissolved N, whether urea (urea is soluble in water – is used in UAN: urea-ammonium nitrate solutions) or nitrate-N, diffuses throughout the pore water found both in and outside soil aggregates. The longer between N application and heavy rainfall, the more time for diffusion to carry dissolved N into aggregates.

Leaching losses of N:

When the soil infiltration rate is above average and the rainfall rate and/or rainfall quantity are high, the moving percolating water strips away (leaches) dissolved N that lies in pore water outside the soil aggregates. The percolating water moves especially well through larger pores (macropores) in well and moderately well drained soils. But the pore water found inside the aggregates is ‘bypassed’ by the macropore flow and the dissolved N therein is not leached. Tile drainage can increase macropore flow, soil water percolation rate and nitrate-N leaching, especially when fertilizer N application was only a few days before the heavy rain.

Denitrification N loss is more important than leaching N loss in Kentucky.:

Denitrification is the biological conversion of nitrate-N to dinitrogen (N₂) or nitrous oxide (N₂O), both gases. Although leaching is more immediate than denitrification because the latter is biologically driven and takes 2-3 days to get going, in Kentucky, denitrification N losses are more important because of the large number of acres with restrictive layers (e.g. fragipans) and poor drainage (both somewhat poorly and poorly drained) that impede water percolation, causing soil saturation and water ponding.

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AFTER A BIG RAIN: N LOSS, EROSION, AND OTHER THINGS

Nitrogen source can impact N loss:

Fertilizer N source can impact N loss potential after heavy rain (Table 2). Both leaching and denitrification losses start with nitrate-N. Applied UAN and ammonium nitrate are 25 and 50% nitrate-N at the outset, respectively, and losses can be more immediate than if urea was used. Injected anhydrous ammonia suppresses soil biology and biological N transformation in the injection volume for a time, remaining longer as ammonium-N. Use of a nitrification inhibitor (nitrapyrin/N Serve®, dicyandiamide/DCD or pronitridine/Centuro®) further delays nitrate-N formation and N loss. Well and moderately well drained (including tile drained) upland soils wet from a series of rains probably are more likely to have some leaching loss - will not experience much denitrification prior to draining. Soil in lower landscape positions that stays saturated longer will likely lose N to denitrification. Losses can be calculated by estimating 3 to 4 percent loss of fertilizer NO₃-N for each day of saturation.

An example situation: Farmer has applied 200 lb N/acre as urea to an 'intended for corn' field made up of somewhat poorly drained soils 3 weeks before the rain began. Because of the series of heavy rains, the field was saturated for ten days. How much N was lost? Note: It is common that only portions of the field are saturated, and that the ponded field area decreases with time. This means that this calculation could be done to represent the best case, average, or worst case for the field.

Step 1: Calculate the amount of applied N that was in the nitrate-N form when saturation began. According to Table 2, 50% of the urea-N was in the nitrate-N form three weeks after application and: 200 lb fertilizer N/acre x (50%/100%) = 100 lb nitrate-N/acre.

Step 2: Calculate the amount of fertilizer N loss. Pessimistically, only two days are needed for soil biology to begin the denitrification process, so the field denitrification losses occurred over the remaining eight days of saturation.

Again, pessimistically, assume 4% was lost each of the eight days, so:

10 days of saturated soil – 2 days for microbes to start denitrification = 8 days of denitrification

4% of nitrate-N lost per day x 8 days = 32% of the nitrate-N calculated in Step 1 was lost

32% x 100 lb nitrate-N/acre = 32 lb of nitrate-N/acre lost

200 lb fertilizer N/acre – 32 lb nitrate-N/acre lost = 168 lb fertilizer N/acre remaining

The N loss calculated in this example is not as high as many people would assume.

Soil nitrate testing. A soil nitrate-N test can help verify the calculated estimate of nitrate-N remaining in the field. Each soil sample should consist of about 15 cores taken to a depth of 12 inches, hand crushed and well mixed before filling a soil sample bag with the appropriate amount of soil and shipping immediately to a soil test lab (several labs, including Waters Ag Labs in Owensboro and Waypoint Analytical in Memphis, perform the test). Separate samples should be taken for upper and lower landscape positions, for well, moderately well, somewhat poorly and poorly drained soils, for fragipan and no-fragipan soils; and/or for undrained and tile drained field areas. Test results can be used to decide whether more N, and if yes, how much, is needed.

Other things of note. Unattached crop residue tends to float, and wind will push it across ponded waters, leaving piles of residue at the water's edge as it drains away. Minimize loose residue with appropriate combine operation during harvest and by avoiding post-harvest residue mowing or tillage. Implementing these BMPs helps maintain a larger proportion of soil-attached residues that serve to limit floating residue movement and piling if ponded water is shallow. Figure 3 illustrates the consequences of depending on loose crop residue for erosion control.

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QUALITY HAY PRODUCTION FIELD DAY



FRIDAY, MAY 9, 2025

LOCATION: 1965 MARTHA MILLS RD, FLEMINGSBURG

9:00AM-3:00PM

**RAIN LOCATION: FLEMING CO.
EXTENSION OFFICE**

SPONSOR

- **9:00AM:** REGISTRATION, DONUTS, & VENDORS OPEN
- **10:00AM-NOON:** UK SPECIALISTS COVER VARIETY OF TOPICS ON WEED ID, VISUAL COMPARISONS OF HAY QUALITY AND MORE!
- **NOON:** LUNCH & VENDORS
- **12:30PM:** LOCAL EQUIPMENT DEALERSHIPS DEMOS

UK Cooperative Extension Service




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LEWIS COUNTY: (606) 796-2732

MASON COUNTY: (606) 564-6808

ROBERTSON COUNTY: (606) 724-5796



PLEASE REGISTER BY: MAY 3RD

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Lexington, KY 40506



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accommodated
with prior notification.

UPCOMING PROGRAMS

2025 WHEAT FIELD DAY

Wheat Science Group



Martin-Gatton
College of Agriculture,
Food and Environment

Grain and Forage
Center of Excellence

MAY 13, 2025



TOPICS INCLUDE:

CURRENT WHEAT CROP UPDATE

Dr. Chad Lee & Dr. Mohammad Shamim

SULFUR FOR WHEAT: PAST, PRESENT & FUTURE

Dr. Edwin Ritchey

OPTIMAL N FOR 2025 - Dr. John Grove

2025/26 WHEAT OUTLOOK - Dr. Grant Gardner

RESIDUAL HERBICIDES FOR MANAGEMENT OF FALL AND SPRING EMERGING ITALIAN RYEGRASS

Dr. Travis Legleiter

MANAGEMENT OF IMPORTANT WHEAT DISEASES

Dr. Heather Kelly (University of Tennessee)

UPDATES ON OCCURRENCES OF APHIDS, HESSIAN FLIES, AND FALL ARMYWORMS IN 2024-25

Dr. Raul Villanueva

BREEDING FOR SCAB RESISTANCE IN SOFT RED WINTER WHEAT

Dr. Dave Van Sanford & Maggie Gillum

VARIETY TRIAL WALK THROUGH

UKREC Farm

1205 Hopkinsville St.,
Princeton KY 42445

9:00am - 12:00pm CT

Registration 8:30 am

LUNCH SPONSORED BY



KENTUCKY
Small Grain
GROWERS' ASSOCIATION

EDUCATIONAL CREDITS:

CCA Credits:

IPM: 1 HR

Crop Mgmt: 1.5 HR

PESTICIDE CREDITS:

1 CEU for Cat 1a

1 CEU for Cat 10



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UPCOMING PROGRAMS

A Two-Day Program Focused on Post-Weaning Management of Feeder Cattle

Backgrounding Shortcourse

May 13 & 14, 2025

Registration
limited to 30
attendees!

University of Kentucky C. Oran Little Research Center

4410 Frankfort Rd, Versailles, KY 40383

Program will begin with registration at 7:30 am ET

Program Topics

- **Bunk Management**
- **Health Risk Management**
- **Vaccination Protocols**
- **Cattle Processing**
- **Confinement Considerations**
- **Feeds and Feeding**
- **Develop a Feeding Program**
- **Ruminant Digestion**
- **Health Diagnostic Tools**
- **Best Management Practices**
- **Feed Mixing & Management**
- **Cattle Handling Equipment**
- **Haylage Fermentation**
- **Disposition & Performance**
- **Technology Tools**
- **Enterprise Budgets**

Registration

Cost to attend: \$30/individual (includes lunches/dinner)

Pre-registration is required and is limited to the first 30 individuals

Registration Deadline: May 6th

Online Registration Link

<https://www.eventbrite.com/e/uky-backgrounding-shortcourse-tickets-1321765178229?aff=oddtcreator>

Or to register, please send email: jeff.lehmkuhler@uky.edu

For more information call

Dr. Jeff Lehmkuhler:

859-257-2853

Recommended Hotel Accommodations: Holiday Inn Express & Suites, Versailles, KY 40383



UPCOMING PROGRAMS

 Cooperative
Extension Service

LIMITED
SPOTS

SMALL RUMINANT WORKSHOP



JUNE 7TH, 2025



9:30 AM



**2496 TAYLOR MILL RD
FLEMINGSBURG**


SCHWARTZ
MEAT COMPANY



TOPICS

- Hoof Trimming
- Nutrition/Parasite Control
- Shearing Demo



CAIP ELIGIBLE

USE THE QR CODE OR CALL TO REGISTER

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- MASON COUNTY: (606) 564-6808
- ROBERTSON CO.: (606) 724-5796

**REGISTER BY
JUNE 2ND**



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



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Mason County LIA Livestock Show

**July 11th & 12th
2025**

Mason • Robertson • Bracken • Fleming • Lewis

**JUDGE:
LILLY P'POOL**



SHOW WILL INCLUDE:

SHOWMANSHIP	RECORD BOOK AWARD
MARKET CLASSES	RATE OF GAIN AWARD
CHAMPION DRIVE	CARCASS MERIT AWARD
SUPREME ANIMAL- SUSAN OWENS AWARD	
HOME GROWN- LARRY PHILLIPS AWARD	
ROUND ROBIN- BILL TOLLE AWARD	
FIRST YEAR SHOWMAN- KEVIN DOYLE AWARD	



BUY KENTUCKY CATTLE WITH CONFIDENCE

The Kentucky Certified Pre-Conditioned for Health (CPH-45) program was created with the support of Kentucky's 38,000 beef producers generating a proven track record. This premium program has increased the quality and value of Kentucky beef cattle ensuring that CPH-45 calves can be bought with confidence.



FOR MORE INFORMATION VISIT WWW.CPH45.COM

SALE DATES LISTED ON BACK

CHUTESIDE CATTLE PREGNANCY TESTING WORKSHOP



Martin-Gatton
College of Agriculture,
Food and Environment

WHAT YOU WILL LEARN:

How utilizing on farm pregnancy tests can benefit your operation

Types of chuteside tests that are available to you

Hands on step by step instructions for using the tests



REGISTER HERE:



Dr. Les Anderson will lead some hands on demonstrations and discuss the importance of pregnancy checking your herd

SEPTEMBER 9, 2025

6:00 | 7580 TAYLOR MILL RD, MAYSVILLE, KY 41056

SCAN THE QR CODE OR CALL THE OFFICE AT (606)564-6808 TO REGISTER!

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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.



Baked Apples and Sweet Potatoes

5 medium sweet potatoes

4 medium apples

½ cup margarine

½ cup brown sugar

½ teaspoon salt

1 teaspoon nutmeg

¼ cup hot water

2 tablespoons honey

1. Boil potatoes in 2 inches of water until almost tender.

2. Cool potatoes, peel and slice. **Peel**, core and slice apples.

3. Preheat the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.

4. Layer potatoes on the bottom of the dish.

5. Add a layer of apple slices.

6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.

7. Repeat layers of potatoes, apples, sugar, salt and margarine.

8. Sprinkle top with nutmeg.

9. Mix the hot water and

honey together.

10. Pour over top of casserole.

11. Bake for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



Kentucky Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

APPLES 1

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.ca.uky.edu/fcs.

Source: USDA

COOPERATIVE
EXTENSION
SERVICE



IMPORTANT DATES

May	National Beef Month
May 3	Small Animal Tag In 9:00AM Maysville Stockyards
May 8	Mason County Cattlemen's Scholarship Fundraiser 11:00 Mayslick Mill
May 8	CPH Feeder Calf Sale 10:30 AM Stanford Bluegrass Stockyards
May 9	Hay Production Field Day 9:00-3:00 1965 Martha Mills Rd, Flemingsburg ✓
May 13	UK Wheat Field Day 9-12 1205 Hopkinsville Street Princeton, KY 42445 ✓
May 13 & 14	Backgrounding Short Course 7:30 AM C Oran Little Research Farm ✓
May 17	Up the River With a Paddle 9:00 AM Blue Licks Boat Ramp
May 19	CPH Feeder Calf Sale 6:00 PM Lexington Bluegrass Stockyards
May 26	Memorial Day Extension Office Closed
June 2	CPH Feeder Calf Sale 11:30 AM Lexington Bluegrass Stockyards
June 7	Small Ruminant Workshop 9:30 AM 2496 Taylor Mill Rd Flemingsburg KY ✓
July 5	Germantown Lamb and Goat Show Germantown Fairgrounds
July 11-12	Mason County LIA Show Mason County Ag Tech Facility
July 19	Germantown Swine Show Germantown Fairgrounds
Aug 4-9	Germantown Fair
Sep 9	Pregnancy Testing Program 6:00 PM 7580 Taylor Mill Rd Maysville, KY 51056 ✓
Sep 24	2025 Intermediate Grazing School 7:30-4 Woodford County Extension Office ✓

CAIP Education Eligible ✓



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College of Agriculture,
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