

Newsletter January 2023

Hello Livingston County and Happy New Year. I hope everyone's holiday season was full of fun and blessings, even though we had some very frigid weather around Christmas. Last year's growing season was a challenging one for sure to say the least, with a very significant drought that hit in the later part of the growing season. Our county did have some yield loss in our grain production, but I think the loss of pastures was the hardest hit for most of our livestock producers. The drought has caused our counties producers added cost because of loss of pasture and the early start of feeding their winter hay supply. Even with all our county drought problems most of the county's stock looks to be in good shape. Having said all this, Livingston County ANR has some programs coming up in the near future to help address some of the concerns that livestock produce will and are facing. Remember to take advantage of our Soil, and forage sample program! the first 25 are free per Livingston County Producer,



Livingston County CEA for ANR

Cooperative Extension Service

Livingston County

803 U.S. Hwy 60 East.-P.O. Box 189

Smithland KY 42081

Phone: (270) 928-2168

Fax: (270) 928-4808

www.ca.uky.edu

E-mail:

DL_CES_LIVINGSTON@EMAIL.UKY.EDU

Upcoming AG Meetings

Tuesday January 31st 2023: Pesticide Training at the Livingston County Extension office at 12:00pm OR 6:00pm (Bring your current drivers licenses.

Tuesday January 24th 2023: Bee Meeting at Livingston County Extension Office at 6:00pm

Thursday February 2nd 2023: Electronic Animal Identification with Guest Speaker Amanda Brasher. 6:00pm

Thursday February 16th 2023: Soil Fertility Ph Levels in Pastures and Hay Fields with guest speaker Edwin Ritchey 6:00pm

Thursday February 9th 2023: Hay Quality and the Cost of Hay with speaker Chris Teutsh. At the Livingston County Extension Office 6:00pm.

Thursday March 9th 2023: Carbon Credit Farming with guest speaker Jordan Shockley at 6:00pm at the Livingston County Fairbarn.



Farmers Recipe of the Month January 2023



Country Ham and Broccoli Grits

1 tablespoon olive oil
1 pound fresh broccoli florets
½ cup minced onion
¾ teaspoon crushed red pepper flakes

2 cloves minced garlic
4 cups 1% milk
1 cup uncooked quick grits
1 cup 2%, shredded cheddar cheese

6 ounces country ham, cut into ½ inch pieces
1 large egg, beaten
Salt and pepper to taste

1. Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

3. Remove from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



**DONT FORGET TO LIKE
AND FOLLOW
LIVINGSTON COUNTY
AGRICULTURE AND
NATURAL RESOURCES
PAGE ON FACEBOOK!**



Livingston County

ANR

University of Kentucky
College of Agriculture,
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Join Livingston County Extension Office for a
BEE KEEPERS MEETING

The Livingston County Extension Office is starting fresh with bee keepers meetings! If you have bees or are just interested in getting them, everyone is welcome!



When: January 24th 2023

Time: 6:00pm

**Where: Livingston County Extension Office
803 US HWY 60 West Smithland, KY 42081**

If you have any questions or to RSVP please feel free to contact the Livingston County Cooperative Extension Office at 1.270.928.2168 or email kaitlin.travis@uky.edu Mon-Fri 8:00am-4:30pm


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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, national 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 Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Pesticide Applicator Training



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January 25th 2022

12:00 PM & 6:00 PM

Livingston County Extension Office

803 U.S. 60 East Smithland, KY



**Please call the
extension office at
270-928-2168 to
reserve your spot!**

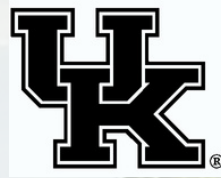
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University of Kentucky
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JOIN US FOR AN INFORMATIONAL MEETING ON:

ELECTRONIC ANIMAL IDENTIFICATION

With speaker Amanda Brasher, KDA Representative

When: Thursday February 2nd 2023

Time: 6:00pm

**Where: Livingston County Cooperative Extension
 803 US 60 East Smithland, KY 42081**

To reserve your spot or if you have questions please contact the Livingston County Extension Office by phone at 1.270.928.2168 or stop in and see us! Monday - Friday 8:00am-4:30pm.



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Join the Livingston County Cooperative Extension
Office for an Informational Meeting on:

Hay Quality & The Cost of Hay

With Speaker Chris Teutsh
Extension Associate Professor

When: Thursday February 9th 2023

Time: 6:00 PM

Where: Livingston County Cooperative Extension

Address: 803 US 60 East Smithland, KY 42081

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the Livingston County Extension Office at
1.270.928.2168 Monday-Friday 8:00am-4:30pm.**

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JOIN US FOR AN INFORMATIONAL MEETING ON:

SOIL FERTILITY AND PH LEVELS IN PASTURES & HAY FEILDS


With guest speaker Edwin Ritchey, Extension Associate Professor Soil Sciences

When: Thursday February 16th 2023

Time: 6:00pm

**Where: Livingston County Cooperative Extension
803 US 60 East Smithland, KY 42081**

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Beef Quality Assurance Certified Informational Meeting

With guest **Kevin Laurent**
Agriculture Extension Specialist

When: Thursday February 23rd 2023

Time: 6:00pm

Where: Livingston County Extension Office

803 US HWY 60 East

Smithland, KY 42081



For questions or to RSVP
please contact the
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Join the Livingston County Cooperative Extension
Office for an Informational Meeting on:

Carbon Credit Farming

With guest speaker Jordan Shockley, Associate
Extension Professor Farm Management and Poultry
Economics

When: Thursday March 9th 2023

Time: 6:00 PM

Where: Livingston County Fair Barn

Address: 799 US 60 East Smithland, KY 42081

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