

Spencer County Agriculture & Horticulture Newsletter



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

Cooperative Extension Service
Spencer County
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January 2023

Welcome to 2023! I hope each and everyone of you had a happy holiday season and want to wish everyone a safe and happy 2023.

Each year, I put some reminders in this section when we turn the calendar over to a new year. It's a great time to reflect on the previous year(s) and see what worked for you and what didn't and what can you do to help yourself in the future. No matter the situation, remember that I am here to help you look at whatever it is you need help with.

As always, feel free to call or email me if you have any questions.
Sincerely,

Bryce Roberts,
Spencer County Extension Agent for
Agriculture and Natural Resources

More Information

As always, if you need more information, feel free to **call me** at 477-2217.

You can also **email me** at broberts@uky.edu or you can **visit my website** to view archived newsletters and news articles. The web address is: www.spencerextension.com



Soil Sample Now

As we have now moved into winter, it is still a great time to sample your fields, gardens, or lawns to see what type and how much fertilizer you need to make the soil as productive as possible. For each sample you want to submit, we need at least one pint (sandwich bag) of dry soil 4-8 inches below the soil surface. Please put your name and sample ID (north lawn, hayfield 2, etc.) on each bag.

This is a free service provided by the Spencer Co. Conservation District. Thanks to them for sponsoring the soil sampling program.

Our office is open normal business hours, but you have the option to drop off your samples anytime you like.

As you pull into our parking lot, please go to the right to the back of our building. You will then see our pavilion and on the pavilion, you will see a blue tub to the right of the double doors. Inside the tub, you will find some paperwork that you will need to fill out so that we can properly test your soil. Place the paperwork and samples back into the tub.

I'll review the results and mail them back to you in 2-3 weeks.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Winter Safety Precautions

As we head into the coldest month of the year, it's time to prepare yourself and your livestock. Even in a season that averages above normal temperatures overall, you could still see several periods of bitterly cold temperatures mixed in. Average is the key word!

Here are some tips to keep you and your family members safe when spending time outside in the cold:

****Stay Dry:** Wet clothes result in much faster heat loss.

****Stay Covered:** Wear mittens or gloves, and a hat. At least half of your body heat is lost if your head is not covered.

****Dress In Layers:** Trapped air between loose fitting clothing helps to insulate. Wool keeps you warmer than cotton, because wool fibers trap air pockets. When wool is exposed to damp conditions, it has natural wicking properties that pull moisture away from your skin and keep you dry. Also, try to use an outer layer that is water resistant, to keep clothes and skin underneath from getting wet in the first place.

****Stay Informed:** Stay up to date on the latest forecast for temperatures and wind chill. (Wind chill is how much colder the temperature "feels like" based on the amount of wind).

Prolonged exposure to the cold can also lead to Hypothermia, which is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). Hypothermia occurs as your body temperature falls below 95 F (35 C). It is important to know the signs of Hypothermia so that you can identify it happening and get the person help!



Recordkeeping

As we are now into 2023, I want to remind everyone the importance of good recordkeeping.

It is important to keep records if not on a daily basis, at least a weekly basis. Not only will this help you when it comes tax return time, but it will help you in deciding which crops work for you and those that do not. Remember, records aren't just financial, but can also be production related as well.



We have some great recordkeeping books here at our office. Feel free to stop in and pick one up at your convenience if you like or we can mail them out to you.

Gardening Tips

****Wood ashes from the fireplace can be spread in the garden, but don't overdo it. Wood ashes increase soil pH, and excess application can make some nutrients unavailable for plant uptake. Have soil tested to be certain of the pH before adding wood ash.**

****Sketch your garden plans on paper, including what to grow, spacing, arrangement and number of plants needed.**

****Keep holiday poinsettias and other plants near a bright window. Water as top of soil becomes dry.**

****Look through nursery catalogs or visit websites and make plans for landscape and home orchard additions. Order plants early for best selection.**

****Check young trees for rodent injury on lower trunks. Prevent injury with hardware cloth or protective collars.**

These tips are provided by the Purdue University Cooperative Extension Service.

They are located at <https://www.purdue.edu/hla/sites/yardandgarden/publication/gardening-calendars/>



COME AND JOIN US AT OUR

Grain Day

WORKSHOP

This workshop will focus on all aspects of grain crop production. Featured speakers will include:

- Dr. Chad Lee, Extension Agronomist
- Dr. Travis Legleiter, Extension Weeds Specialist
- Dr. Jordan Shockely, Extension Ag Economist
- Dr. Edwin Ritchey, Extension Soils Specialist
- Dr. John Grove, Extension Soils Specialist



College of Agriculture,
Food and Environment
Cooperative Extension Service

January 12, 2023
8:30 am until 1:30 pm

Nelson County Extension Office,
317 south Third Street,
Bardstown KY 40004

Please call 502-348-9204 to register. **Lunch will be provided.**

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RETURN SERVICE REQUESTED

Tex-Mex Quinoa Salad

2-3 ears
shucked corn
1 cup quinoa,
uncooked
1 (15 ounce)
can black beans,
drained and rinsed
1 cup fresh spinach,
chopped

1 cup cilantro, chopped
1 cup cherry tomatoes,
halved
8-10 green onions,
thinly sliced
½ cup feta cheese
crumbles
1 small jalapeno, seeded,
deveined, minced

Dressing:
½ cup lime juice
1½ tablespoons red wine
vinegar
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon honey
Salt and pepper to taste

Fill a large saucepan with water and bring to **boil**, **add** corn and **cook** for 5 minutes or until tender. **Cool**. **Cut** corn from cob using a sharp knife. **Cook** quinoa according to package directions. **Whisk** together dressing ingredients in a small bowl. **Set** aside. When quinoa has cooled, **add** dressing and **stir** to coat. In a large

bowl **combine** remaining ingredients and **add** to the quinoa mixture. **Cool** in refrigerator and serve.

Yield: 8, 1 cup servings

Nutritional Analysis: 220 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 32 g carbohydrate, 5 g fiber, 4 g sugars, 9 g protein.

