



Cooperative Extension Service
Lee County
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A monthly newsletter on Extension Service programs and events.

Extension News —

Agriculture - Family & Consumer Sciences - 4-H Youth Development



In this Issue —

- *Free Cooking Series— August 22nd, Session 1 @ 4:00 pm; Session 2 -5:00 pm Lee County Elementary*
- *Kentucky 4-H*
- *FCS Upcoming Events / Programs — Laugh & Learn; Survive & Thrive Program; Up Coming Programs; Homemaker Happenings*
- *Back to School Checklist; Sure Jell; Cooked Jam; Electricity*
- *Ten Keys to a Profitable Forage Program; Hay Testing*

Free Cooking Together — Family Series

***August 22—Session 1 @ 4:00 p.m.
Session 2 @ 5:00 p.m.
Lee County Elementary School***

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 made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506

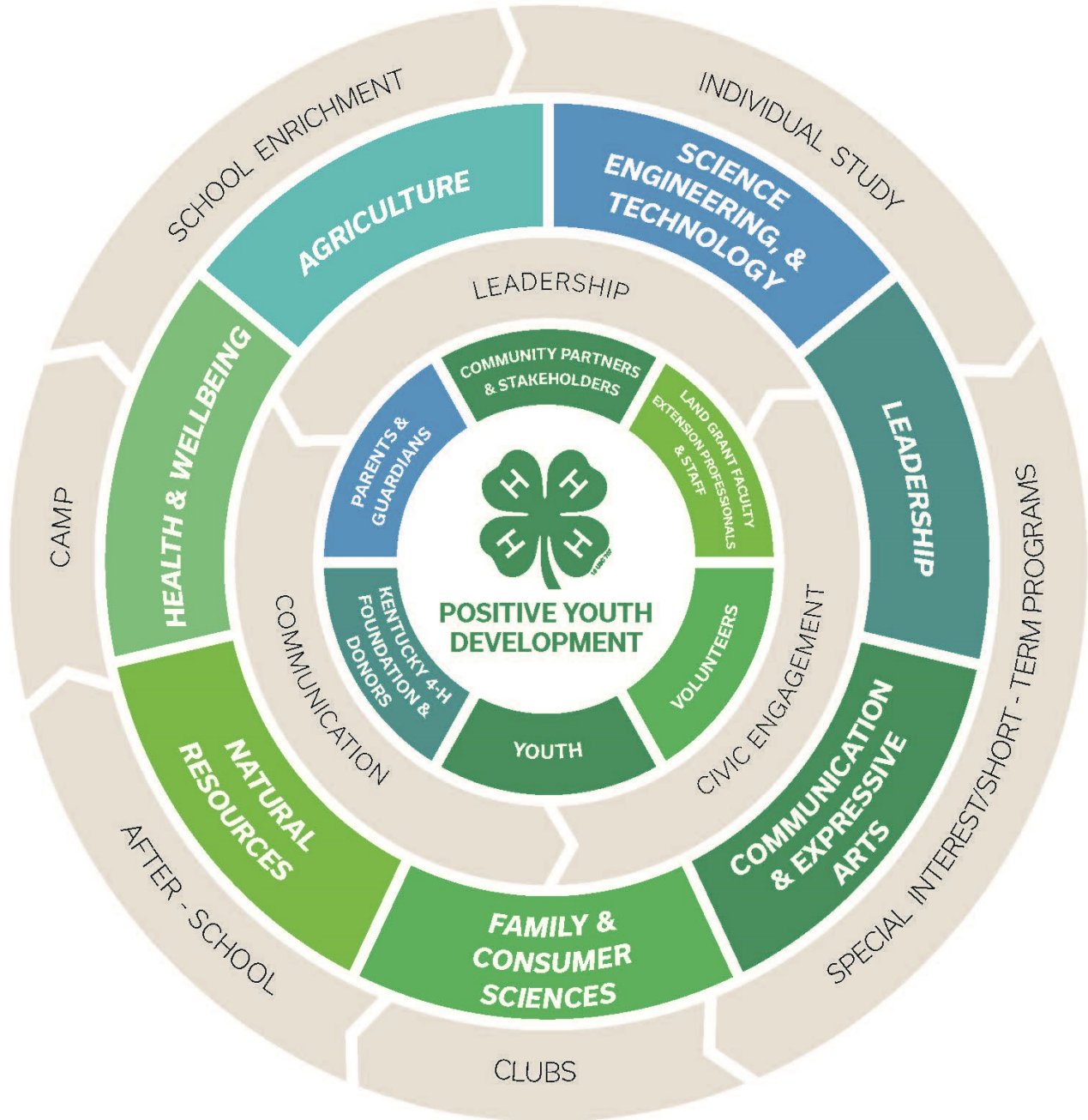




Cooperative
Extension Service

KENTUCKY 4-H

4-H is a community of young people across Kentucky who are learning communication, civic engagement, and leadership skills.



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Disabilities
accommodated
with prior notification.

SUPERHERO KABOBS

SERVINGS:12SERVING SIZE:1 KABOB WITH 2½ TABLESPOONS DIP

Ingredients:

- 6 cups any fresh fruit or fresh vegetables (strawberries, cantaloupe, watermelon, broccoli, red bell pepper, cucumber, cherry tomatoes), cut into large chunks
- 2 to 4 large apples or zucchini
- * 1¼ cups Greek yogurt, 2% fat
- * ½ cup strawberry jam
- ** 1¾ cups Greek yogurt, 2% fat
- ** ½ ounce (½ packet) Ranch salad dressing mix
- 11.75 inch wooden skewers



Directions:

1. Thread ½ cup fruit or vegetables on each skewer, creating 12 kabobs.
2. With a vegetable peeler, remove the skin from the apple or zucchini length wise (from top to bottom) and set the peel aside for later use.
3. To create a superhero cape, thread 2-3 slices of peel in between pieces of fruit or vegetables on the skewers.
- 4.
5. In a small bowl, whisk yogurt with remaining ingredients depending on type of skewer (fruit or vegetable) to create the Fuel Dip.

Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service

NUTRITION FACTS PER SERVING: Fruit Kabob: 70 calories; .5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 15mg sodium; 15g carbohydrate; 1g fiber; 14g sugar; 2g protein; 20% Daily Value of vitamin A; 45% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron.

Veggie Kabob: 40 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 4g carbohydrate; 1g fiber; 3g sugar; 4g protein; 20% Daily Value of vitamin A; 80% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron.

Family and Consumer Science Announcements

LAUGH & LEARN

DATE: AUGUST 15TH

TIME: 3:30PM

FOR: AGES 5 & UNDER

LOCATION:
LEE EXTENSION OFFICE

Upcoming Dates

- *Photography Lesson: 8-1-24 @ 10
- *Homemaker Council: 8-1-24 @ 11
- *Laugh & Learn: @ 3:30 PM 8-15-24
- *FCS Council Mting: @ 11AM 8-16-24
- *Walking Series: 8-20-24 @ 4PM
- *Passport Challenge: 8-20-24 @ 5PM
- *Survive & Thrive: 8-22-24 @ 10AM
- *Diabetes Support Group: 8-27-24 @ 6 PM

WALKING SERIES

Are you ready to pound the pavement and conquer new fitness goals? Join us for a 6 week walking series that promises excitement, community, and a whole lot of fun! Each week you will log your daily walking.



Tuesday

August 20th, 2024

September 10th, 2024

October 1st, 2024



Time

4:00 pm



Lee County Extension Office

259 Industrial Park Rd,
Beattyville, KY

Cooperative Extension Service



Survive & Thrive Disaster Preparedness Series

Join us at ONE of the listed locations for the first lesson in this three-part series!

August Topic: *Preparing Your Family and Home for Disasters - Fall Edition*

CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER!

LETCHER COUNTY
AUGUST 19 @ 10:00 AM

LEE COUNTY
AUGUST 22 @ 10:00 AM

PERRY COUNTY
AUGUST 23 @ 10:00 AM

View this link for the Food Preservation Publications at —
<http://fcs-hes.ca.uky.edu/publications-list/22>



Homemaker HAPPENINGS

**Homemaker
Council Meeting
8/1/24 @ 11**

Reminder!!!!

Log those volunteer hours!



Passport Challenge

We will be starting a new Passport Challenge. Join us on **August 20th at 5 PM**. Log all locations, events, and more in your travel booklet.
Lets explore KY!!



Photography Lesson



**August 1st, 2024
Time: 10 A.M.**

Back to school



Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school:

Walking to school

Review your family's walking safety rules and practice walking to school with your child

Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic

Before you cross the street, stop and look left, right and left again to see if cars are coming

Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections

Stay alert and avoid distracted walking

Riding a bicycle to school

Teach your child the rules of the road and practice riding the bike route to school with your child

Ride on the right side of the road, with traffic, and in single file

Come to a complete stop before crossing the street; walk bikes across the street

Stay alert and avoid distracted riding

Make sure your child always wears a properly fitted helmet and bright clothing

Riding the bus to school

Teach your children school bus safety rules and practice with them

Go to the bus stop with your child to teach them the proper way to get on and off the bus

Teach your children to stand six feet (or 3 giant steps) away from the curb

If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other



Driving your child to school

Stay alert and avoid distracted driving

Obey school zone speed limits and follow your school's drop-off procedure

Make eye contact with children who are crossing the street

School Safety

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school:

Preventing backpack-related injuries

Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort

Ask your child to use both straps when wearing their backpack to evenly distribute the weight on their shoulders

Don't overstuff a backpack; it should weigh no more than 5 to 10 percent of your child's body weight

Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways

Preventing playground-related injuries

To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home

SURE-JELL PREMIUM FRUIT PECTIN

Recipes
and
Instructions



Tips for Successful Jams & Jellies

Use firm ripe fruit for best flavor and results. Buy new jar lids for tight-fitting seals.

Always thoroughly wash and sanitize jars before use.

Use only the SURE-JELL Pectin product specified in recipe to ensure a proper set. Pectin products are not interchangeable.

DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.

We recommend using Domino® or C&H® Pure Cane Sugar.



Quick & Easy Freezer Jam & Jelly Directions

Freezer jams and jellies have softer sets than cooked jams or jellies, but they can be prepared in about half the time.

1 Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large bowl. Stir in lemon juice if listed in recipe.

2 Measure EXACT amount of sugar; add to fruit. Let stand 10 min.; stirring occasionally. (DO NOT REDUCE THE SUGAR OR USE SUGAR SUBSTITUTE SINCE THIS WILL RESULT IN SET FAILURES.)

3 Stir 1 pkg. SURE-JELL Premium Fruit Pectin and 3/4 cup water in small saucepan. (Pectin may start out lumpy.) Bring to boil on high heat, stirring constantly. Boil 1 min., stirring constantly. Remove from heat.

4 Add pectin mixture to fruit or juice mixture; stir 3 min. or until sugar is completely dissolved and no longer grainy. (A few sugar crystals may remain.)

5 Fill all containers immediately, leaving 1/2 inch space at tops for expansion during freezing; cover with lids.

6 Let stand at room temperature 24 hours or until set. Refrigerate up to 3 weeks. Or, freeze up to 1 year. If frozen, thaw in refrigerator before using.



SUPPLIES NEEDED:
Dry measuring cup,
liquid measuring cup,
2 large bowls,
large saucepan,
ladle, jars, lids
and seals.

Quick and Easy Freezer Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
Apricot 1-3/4 lb. apricots 1 lemon	Finely chop unpeeled apricots.	2-1/2 cups finely chopped apricots 2 Tbsp. fresh lemon juice 5-1/2 cups sugar	7 cups
Blackberry 6 cups blackberries	Crush blackberries. If desired, press half the crushed fruit through sieve to remove seeds.	3 cups crushed blackberries 5-1/4 cups sugar	7 cups
Blueberry 5 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	3 cups chopped blueberries 5-1/4 cups sugar	7 cups
Cherry (sour) 1-1/2 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	2 cups finely chopped cherries 4 cups sugar	5 cups
Peach 2 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	3 cups finely chopped peaches 2 Tbsp. fresh lemon juice 4-1/2 cups sugar	6 cups
Peach-Vanilla Bean 2 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	Follow Peach instructions. 1 Tbsp. vanilla bean paste	6 cups
Mango 4 mangos 2 lemons	Mash peeled mangos.	3 cups mashed mangos 1/4 cup fresh lemon juice 5 cups sugar	6 cups
Red Raspberry 6 cups red raspberries	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds.	3 cups crushed raspberries 5-1/4 cups sugar	7 cups
Raspberry-Peach 3 cups raspberries 1-1/4 lb. peaches	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds. Peel, pit and finely chop peaches.	2 cups crushed raspberries 1-1/2 cups finely chopped peaches 7 cups sugar	7 cups
Strawberry 4 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	2 cups crushed strawberries 4 cups sugar	5 cups
Strawberry-Blueberry 3 cups strawberries 2 cups blueberries	Remove and discard strawberry stems. Crush all berries.	1-1/2 cups crushed strawberries 1 cups crushed blueberries 4-1/2 cups sugar	6 cups

Quick and Easy Freezer Jelly Recipes

Jelly	Ingredients	Makes (about)
Apple	3 cups bottled or refrigerated apple juice 2 Tbsp. fresh lemon juice 5 cups sugar	6 cups
Grape (May take 1 week to set)	3 cups bottled or refrigerated grape juice 5-1/4 cups sugar	7 cups
Grapefruit	2 cups fresh or refrigerated grapefruit juice 4-1/2 cups sugar	5 cups
Hot Pepper (May take 1 week to set)	Protect hands with rubber gloves while preparing peppers. 2/3 cup whole pickled jalapeño peppers, drained, seeded and finely chopped (Buy 1 jar [10-1/4 oz.] peppers.) 2-1/2 cups bottled apple juice 1/4 cup apple cider vinegar 1 to 2 drops green food coloring (add with the peppers and juice.) 5-1/2 cups sugar	7 cups

What to Do if Your Freezer Jam or Jelly Doesn't Set

1 Prepare Containers: Rinse clean plastic containers and lids with boiling water; dry thoroughly.

2 Prepare Pectin Mixture: Gradually add 1 pkg. SURE-JELL to 3/4 cup water in small saucepan, stirring constantly. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.

3 Trial Batch: Measure 1 cup jam or jelly into small bowl. Add 2 Tbsp. sugar; stir 3 min. or until completely dissolved. Add 1 Tbsp. of the pectin mixture; stir an additional 3 min. Immediately pour into one of the prepared containers. Cover and let stand up to 24 hours before checking to see if set. Meanwhile, store remaining pectin mixture in refrigerator.

4 Remainder of Batch: If Trial Batch sets satisfactorily, prepare remaining jam or jelly, remaking no more than 8 cups of jam or jelly at one time and using same directions as for Trial Batch with the above-listed measures of sugar and pectin mixture for each 1 cup of jam or jelly. Pour into prepared containers. Discard any leftover pectin mixture.

ALTITUDE CHART
At altitudes above 1,000 feet,
increase processing time
as indicated



Cooked Jam Directions

Lids and jars must be sterilized. To sterilize the jars and lids, simmer them in boiling water for at least 10 minutes while your jam or jelly is cooking.

SUPPLIES NEEDED: Dry measuring cup, liquid measuring cup, large saucepan, ladle, 2 large bowls, jars, lids and ring seals, canning rack and canner.

- Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large saucepan. Stir in lemon juice and water if listed in recipe.
- Measure exact amount of sugar into separate bowl. (DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.)
- Stir 1 pkg. SURE-JELL Premium Fruit Pectin into prepared fruit or juice in saucepan. Add 1/2 tsp. butter or margarine to reduce foaming, if desired.
- Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Add sugar to fruit mixture in saucepan. Return to full rolling boil; boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling each to within 1/4 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if needed.) Cover; bring water to gentle boil. Process jellies 5 min. or process jams 10 min., adjusting processing time if necessary as directed in Altitude Chart. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing centers of lids with finger. If lid springs back, lid is not sealed and refrigeration is necessary. Let prepared jars stand at room temperature 24 hours (or for length of time indicated on recipe). Store unopened jams and jellies in cool, dry, dark place up to 1 year. Refrigerate opened jams and jellies up to 3 weeks.

Cooked Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
Apricot 3-1/2 lb. apricots 2 lemons (May take up to 2 weeks to set.)	Finely chop (unpitted) apricots.	5 cups finely chopped apricots 1/4 cup fresh lemon juice 7 cups sugar	9 cups
Blackberry, Boysenberry, Dewberry, Loganberry, Red Raspberry or Youngberry 8 cups berries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	5 cups crushed berries 7 cups sugar	9 cups
Black Raspberry 8 cups black raspberries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	5 cups crushed black raspberries 6-1/2 cups sugar	8 cups
Blueberry 6 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	4 cups chopped blueberries 4 cups sugar	6 cups
Cherry (sour) 3 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	4 cups finely chopped cherries 4-3/4 cups sugar	6 cups
Fig 3-1/4 lb. figs 2 lemons	Trim and discard stem ends from figs. Finely chop figs.	5 cups finely chopped figs 1/2 cup lemon juice 1/2 cup water 7 cups sugar	10 cups
Hot Pepper Relish 2 green bell peppers 2 red bell peppers 10 large jalapeño peppers	Remove and discard pepper stems. Cut peppers in half; remove seeds. Finely chop peppers. (Note: When working with hot peppers, wear rubber gloves.)	1-1/2 cups each finely chopped green and red bell peppers 1 cup finely chopped jalapeño peppers 1 cup cider vinegar 5 cups sugar	6 cups
Orange Marmalade 4 oranges 2 lemons (May take up to 2 weeks to set.)	Use vegetable peeler to remove colored parts of fruit peels. Finely chop removed peel; place in large saucepan. Add 2-1/2 cups water and 1/8 tsp. baking soda; stir. Bring to boil; cover. Simmer on medium-low heat 20 min., stirring occasionally. Remove and discard white part of peel from fruit, reserving juice. Chop fruit, reserving juice. Add to ingredients in saucepan; simmer 10 min., stirring occasionally.	4 cups cooked fruit 5-1/2 cups sugar	7 cups
Peach 3 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	4 cups finely chopped peaches 2 Tbsp. fresh lemon juice 5-1/2 cups sugar	7 cups
Pear 3 lb. pears 1 lemon	Finely chop peeled pears.	4 cups finely chopped pears 2 Tbsp. fresh lemon juice 5 cups sugar	6 cups
Plum 4 lb. plums	Finely chop plums; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 5 min.	6 cups cooked plums 8 cups sugar	10 cups
Strawberry 8 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	5 cups crushed strawberries 7 cups sugar	8 cups
Triple Berry 6 cups strawberries 3 cups raspberries 2 cups blackberries	Remove and discard strawberry stems. Crush all berries, using separate bowl for each type of berry.	2-1/2 cups crushed strawberries 1-1/2 cups crushed raspberries 1 cup crushed blackberries 7 cups sugar	8 cups

Cooked Jelly Directions

- Prepare lids and jars as directed under Cooked Jam Directions.
- Prepare fruit as directed in the following chart.
- Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently.
- Measure exact amount of prepared juice into 6- or 8-qt. stockpot. (If necessary, add up to 1/2 cup water to get exact measure.) Stir in lemon juice and water (if required) as indicated in chart. Proceed with Step 2 of Cooked Jam Directions.

Cooked Jelly Recipes

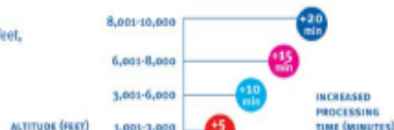
Fruit to Buy (fully ripe)	How to Prepare Fruit to Make Juice	Ingredients	Makes (about)
Apple or Crabapple 5 lb. apples	Remove and discard stem and blossom ends from apples. Do not core or peel apples. Cut apples into small pieces; place in large saucepan. Add 5 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min. Crush cooked fruit; simmer, covered 5 min., stirring occasionally.	7 cups prepared juice 9 cups sugar	10 cups
Black Raspberry 10 cups black raspberries	Crush berries.	4-1/2 cups crushed black raspberries 6-1/2 cups sugar	7 cups
Boysenberry or Dewberry 10 cups berries	Crush berries.	3-3/4 cups prepared juice 4-1/2 cups sugar	5 cups
Cherry (sour) 3-1/2 lb. sour cherries	Discard cherry stems. Pit, then finely chop cherries; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally.	3-1/2 cups prepared juice 4 cups sugar	5 cups
Currant 20 cups currants (about 7 lb.)	Remove and discard currant stems; place fruit in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally.	6-1/2 cups prepared juice 7 cups sugar	9 cups
Grape (Concord) 3-1/2 lb. Concord grapes	Remove and discard grape stems. Crush grapes; place in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; simmer on medium-low heat 10 min.	5 cups prepared juice 7 cups sugar	8 cups
Mint 2 cups tightly packed fresh mint leaves	Chop mint leaves finely; place in large saucepan. Add 4-1/2 cups water; stir. Bring to boil; cover. Remove from heat; let stand 10 min. Stir in 2 drops green food coloring.	4 cups prepared mint infusion 5 cups sugar	6 cups
Plum 5 lb. plums	Remove and discard plum pits. Finely chop fruit; place in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 minutes; stirring often.	5-1/2 cups prepared juice 6-1/2 cups sugar	9 cups
Red Raspberry, or Loganberry 10 cups berries	Crush berries.	4 cups prepared juice 5-1/2 cups sugar	6 cups
Strawberry 12 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	3-3/4 cups prepared juice 4-1/2 cups sugar	6 cups

What to Do if Your Cooked Jam or Jelly Doesn't Set.

- Prepare Jars** as directed in Cooked Jam directions.
- Prepare Pectin Mixture:** Slowly stir contents of 1 pkg. SURE-JELL Premium Fruit Pectin into 3/4 cup cold water in small saucepan. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.
- Trial Batch:** Measure 1 cup unset jam or jelly, 2 Tbsp. sugar and 1 Tbsp. Pectin Mixture (from step 2) into small saucepan. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Boil 30 sec., stirring constantly. Remove from heat. Skim off any foam. Pour jam or jelly into prepared jar; cover. Let stand 24 hours before checking set. Refrigerate remaining pectin mixture.
- Remainder of Batch:** Do not remake more than 8 cups of jam or jelly at one time. If Trial Batch sets, follow the recipe above, using listed measures of sugar and Pectin Mixture for each 1 cup of jam or jelly. Measure jam or jelly into stockpot. Bring to full rolling boil; boil 30 sec., stirring constantly. Remove from heat. Skim off any foam with metal spoon. Ladle jam or jelly into prepared jars. Follow boiling water bath method to process jars. Discard any leftover pectin mixture.

ALTITUDE CHART

At altitudes above 1,000 feet, increase processing time as indicated.



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Are You READY!

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- First aid kit
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live
- Matches in a waterproof container (let a grown up handle these)
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery-powered or hand-cranked radio with extra batteries
- Flashlights with extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Local maps
- Pet supplies
- Baby supplies
- Books, games or puzzles
- A favorite stuffed animal or blanket

Remember, traffic lights will not work!

Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!



<http://www.ready.gov/kids>

Ten keys to a profitable forage program

- 1. Remember that you are a forage farmer.** Forage typically accounts for over half the cost of production of forage-consuming animals and provides most of their nutrition. Thus, it has a major influence on both expenses and income. Efficient forage production and utilization are essential to a profitable operation.
- 2. Know forage options, animal nutritional needs, and establishment requirements.** Forages vary as to adaptation, growth distribution, forage quality, yield, and potential uses. Various types and classes of animals have different nutritional needs. Good planting decisions depend on knowing forage options for your land resources and the nutritional needs of your animals.
- 3. Soil test, then lime and fertilize as needed.** This practice, more than any other, affects the level and economic efficiency of forage production. Fertilizing and liming as needed help ensure good yields, improve forage quality, lengthen stand life, and reduce weed problems.
- 4. Use legumes whenever feasible.** Legumes offer important advantages including improved forage quality and biological nitrogen fixation, whether grown alone or with grasses. Once legumes have been established, proper management optimizes benefits.
- 5. Emphasize forage quality.** High animal gains, milk production, and reproductive efficiency require adequate nutrition. Producing high-quality forage necessitates knowing the factors that affect forage quality and using appropriate management. Matching forage quality to animal nutritional needs greatly increases efficiency.
- 6. Prevent or minimize pests and plant-related disorders.** Variety selection, cultural practices, scouting, pesticides, and other management techniques can minimize pest problems. Knowledge of potential animal disorders caused by plants can help avoid them.
- 7. Strive to improve pasture utilization.** The quantity and quality of pasture growth vary over time. Periodic adjustments in stocking rate or use of cross fencing to vary the type or amount of available forage can greatly affect animal performance and pasture species composition. Matching stocking rates with forage production is also extremely important.
- 8. Minimize stored feed requirements.** Stored feed is one of the most expensive aspects of animal production, so lowering requirements reduces costs. Extending the grazing season with use of both cool-season and warm-season forages, stockpiling forage, and grazing crop residues are examples of ways stored feed needs can be reduced.
- 9. Reduce storage and feeding losses.** Wasting hay, silage, or other stored feed is costly. Minimizing waste with good management, forage testing, and ration formulation enhances feeding efficiency, animal performance, and profits.
- 10. It's up to you.** Rarely, if ever, do we get something for nothing. In human endeavors, results are usually highly correlated with investments in terms of thought, time, effort, and a certain amount of money. In particular, the best and most profitable forage programs have had the most thought put into them.

Source: Ball, D.M., C.S. Hoveland, and G.D. Lacefield, 1996. Adapted with permission from the International Plant Nutrition Institute, Norcross, GA.

View this link for the Kentucky Beef Book—
<http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf>



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The USDA/NRCS is an equal opportunity provider and employer.



Ball, D.M., E.N. Ballard, M.L. Kennedy, G.D. Lacefield, and D.J. Undersander, 2008.
Extending Grazing and Reducing Stored Feed Needs. Grazing Lands Conservation Initiative Publication 8-01, Bryan, TX.

Testing Your Hay / Haylages

— The Kentucky Department of Agriculture (KDA) continues to offer a forage testing service, which provides nutritional value information. This service is eligible for Kentucky producers only. If you grow hay in Kentucky or buy hay and live in Kentucky, you qualify for this service.

What do all the abbreviations mean? You and your extension agent will receive an analysis report by email from KDA. Mailed paper analysis reports can be requested. Your extension agent can assist you with your livestock ration balance. "Interpreting Forage Quality Reports" and "Understanding Forage Quality" are great reference material; you can find them at www.kyagr.com/marketing/forage in "Hay Testing Terms" or at www.uky.edu/ag/forage in "Publications".

KDA has collaborated with the University of Kentucky Cooperative Extension Service to continue offering forage testing to Kentucky hay producers.

Program Operations -

- KDA will market and outreach for Kentucky farmers.
- KDA will offer low-cost forage testing at \$10 per sample at the Frankfort lab;
- Hay producers are required to ship samples to KDA for testing; and
- UK Extension agents may assist in collecting and shipping samples to KDA for testing.

What is an analysis Report? What do I do with it?

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HOW CAN TESTING HELP ME, WHAT ARE THE BENEFITS? Tested forages can mean higher profit, whether feeding cattle, horses, goats, sheep or other livestock. Knowing the nutritional value will help you minimize your cost and maximize your production. The analysis report, assists producers in balancing feed rations for their livestock.

How Much Does It Cost? The Mountain Cattlemen's Association pays the \$10 Fee/Per Forage Sample. The producer will receive an analysis report of the forage's nutritional value and an "Interpreting Forage Quality Report" guide. "

Hay Testing Program — Submit Samples by September 15th
For additional information call Ted Johnson, CEA for Agriculture & Natural Resources Education at the Lee County Extension Service at (606) 464-2759.