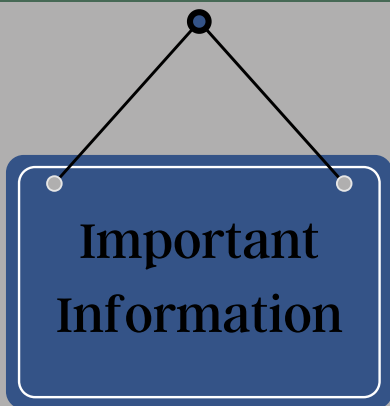




Rockcastle County Agriculture and Natural Resources February 2023 Newsletter



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



Plant sale orders
and pre-payment
are due by Friday
March 10, 2023

**Rinse and Return
Chemical Container
Recycling Program will be
held at the Rockcastle
County Extension Office
on September 18, 2023.
More information coming
soon**

Upcoming Meetings and Classes

February 2nd: 7 pm - Cattle Feed Areas and Waterers

February 13th: 6 pm - Gardening Basics- site selection
and preparation

February 16th: 7 pm - Current Cattle Market

Farmers Market Vendor Meeting

February 25, 2023 10 am - 12 pm

Rockcastle Farmers Market Building

March 2nd: 7 pm- Weed Management

March 6th : 6 pm- Gardening Basics- Crop selection,
planting dates and information

March 16th: 7 pm - Rockcastle County
Cattlemen's Banquet

Guest speaker: Kentucky Cattlemen's Association

March 20th: 6 pm - Gardening Basics- Pest and Disease
care and prevention, crop care

March 27th: 6 pm - Producer Best Practice Training
(PBPT) for Farmers Market Vendors. Please register
by March 23rd at 4 pm

All classes are held at the Rockcastle County Extension Office
unless noted otherwise. For more information, please call
606-256-2403

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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.



GARDENING BASICS PROGRAM

Rockcastle Cooperative Extension Office is hosting a Gardening Basics Program. These classes are intended for everyone interested in starting a garden for the first time, or has been gardening for years and looking to expand their crop, or learn more about basic garden care. In the summer months we will also be holding classes about home food preservation for those that want to participate in that portion of the program as well.

All classes will be held at 6 pm at the Rockcastle Extension Office located at 1050 West Main Street, Mt. Vernon, KY 40456

February 13th - Garden site selection and preparation

March 6th - Crop selection, planting dates and information

March 20th - Pest and Disease care and prevention, crop care

Please register by Friday, February 10, 2023 at 4 pm by calling
(606) 256-2403

Nuisance Weed Spraying Program

This program consists of weed spraying demonstration plots. The department will provide the sprayer and enough chemical for the treatment of 10 acres of agricultural land or 100 gallons of spot spraying mix to be used on agricultural land. The department's representative will demonstrate proper mixing and application techniques. A number of nuisance weeds can be treated under this program depending on the needs of the participant. This program is limited to broadleaf weeds.

Broadcast Spraying demonstration plots consist of:

- 10 acres of agricultural land will be treated with chemical provided by the department
- Application is performed with a two-wheeled trailer type sprayer equipped with boomless nozzles
- If additional chemical is provided by the participant, an additional 10 acres can be treated
- Spot Spraying demonstration plots consist of:
- 100 gallons of broadleaf chemical mix which is applied until sprayer is empty
- Application is performed with a two-wheeled trailer type sprayer equipped with a handheld spray wand used by the tractor operator
- If additional chemical is provided by the participant, an additional 100 gallons can be sprayed

For each demonstration:


- The participant must provide water source
- The participant must provide tractor and operator
- All chemical products must be labeled and the product label will be strictly followed
- A maximum of 7 participants per county

This program is designed to target weeds that have a negative impact on the participant's agricultural production.

There will be an annual online application period to participate in this program.

Applications can be completed from February 1 to February 29.

Register using this website



<https://www.kyagr.com/consumer/nuisance-weed-spraying-program-application.aspx>

For more information contact Garrard Coffey
at (606) 256-2403



Civil Rights Act Compliance Statement

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

Game Stuffed Peppers

Ingredients:

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 15-ounce can no-salt added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack Cheese, shredded

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.
2. Preheat the oven to 350 degrees F.
3. Gently scrub peppers with a clean vegetable brush under cool running water.
4. Cut off curved top of pepper. Remove stem only and throw away. Dice remaining part of pepper top.
5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.
6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.
7. Add the tomato sauce and rice to the skillet. Stir to combine.
8. Fill peppers with rice and meat mixture. Top with shredded cheese.
9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.
10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars



Source: Cook Wild Kentucky Project
Servings: 6 Serving Size: 1 stuffed pepper

Stay up to date on events and classes
by following our Facebook page:



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LEXINGTON, KY 40546

Garrard Coffey, Rockcastle Agriculture
and Natural Resource Agent



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