

Pike County Agriculture and Natural Resources



A note from your ANR Agent

Dear Community Members,

I am excited to introduce myself as your new ANR Agent for Pike County. Having served as the ANR program assistant and worked closely with many of you over the past year, I'm thrilled to continue this journey in a new capacity, supporting and enriching our community's agricultural pursuits.

My background in environmental sustainability and experience with the various ANR program areas have fueled my passion for education, outreach, and sustainable practices. In this role, I look forward to collaborating with farmers, gardeners, and residents to provide resources, share knowledge, and grow programs that enhance our local agriculture and natural resources.

As the year comes to a close, I'm eager to meet more of you and learn about your goals and needs for the upcoming seasons. Please feel free to reach out, whether it's to discuss ideas, ask questions, or simply say hello. Let's make this next chapter one of growth, innovation, and community together.

Thank you for welcoming me into this role. I'm honored to serve Pike County, and I look forward to connecting with all of you!

Warmest regards,



Emily Davis
County Extension Agent
Agriculture & Natural Resources
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(606) 432-2534



Inside this issue:

- **Upcoming programs and events**
- **Master Grazer winter tips and reminders**
- **Tips to pest proof your home for winter**
- **Recipe: Pumpkin apple muffins**

Dates to Remember

- Pike Co. Cattleman's Meeting- November 21st, 6:00pm
- Pikeville Farmers Market- November 23rd 9am-1:00 pm
- Pike Co. Beekeepers Meeting - December 2nd, 6:00pm
- Pikeville Farmers Market Christmas Market - December 14th, 10am-2:00pm

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

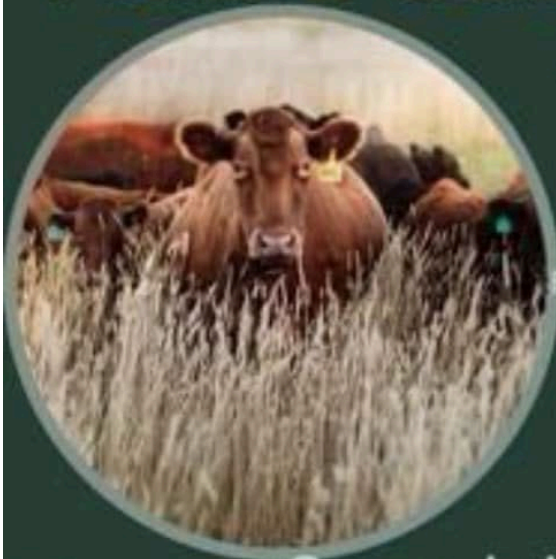
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.



PIKE COUNTY KENTUCKY CATTLEMAN'S ASSOCIATION

HOSTING AN
EDUCATIONAL
SEMINAR ON FARM
FUNDING
OPPORTUNITIES

OPEN TO ALL
FARMS NO
CATTLE
REQUIRED



GUEST SPEAKERS
WILL INCLUDE
CHRIS SLONE
FROM NRCS AND
LESIA BIRCHFIELD
FROM THE PIKE CO
CONSERVATION
DISTRICT



Come join us for our regular
scheduled meeting to hear about
funding opportunities for your farm
no matter the size.



THURSDAY NOVEMBER 21, 2024
6 P.M.
115 ZEBULON HEIGHTS

Master Grazer

Winter Tips and Reminders

Tips for the Winter Season - The winter is a time of adaptation for farmers in Kentucky. We have to change the way we manage our livestock in order to sustain the animals as well as preserve our pastures for the coming spring. As forage becomes less available throughout the months of December, January, and February, supplemental feed is the main alternative for most farmers. Some pastures become unavailable for grazing and careful thought should be put into how to efficiently maintain livestock. Here are just a few things to keep in mind as you prepare for the winter.

- Check hay quality before feeding
- Move cattle often to avoid compaction and destruction of pasture area
- Move cattle according to weather conditions to avoid heavy traffic on pastures
- If possible, feed cattle on an all-weather surface or feeding pads
- Consider feeding hay in feeders that don't allow much waste
- Plan for any changes to your grazing system that will be made in the spring
- If you are planning on frost seeding clover, the best time to seed is February-early March
- Apply fertilizer according to soil tests
- Apply nitrogen in February to promote early grass growth if needed

Reminders for Winter Watering - Keeping watering systems from freezing during the winter months has been a challenge for as long as domesticated cattle have been raised in cold climates. Mature beef cattle can consume as much as 30+ gallons of water in a day. The amount will fluctuate depending on the weather, how much the cow is eating, distance to water, or if the cow is lactating. Hydration keeps the digestive tract functioning.

Below are ways to keep water available during the winter.

- Check waterers daily for any freezing that may occur.
- Be aware of location (if system is not in a building). Watering systems that aren't exposed to any sunlight will stay frozen much longer than those in a sunny area. Also pay attention to elevation as a lower elevation will stay at a lower temperature in the early part of the day.
- Check your watering system for contamination on a regular basis. Food particles often contaminate water as well as fecal material/urine.
- Utilize insulation: Indoor watering sheds, insulated buckets/troughs, and insulated water tanks.

Take advantage of buildings and terrain that are already available to you.

- Avoid ball waterers if you have recently weaned calves in your herd. A calf is unable to push down the ball if it freezes and will not be able to access the water.
 - Keep water pipes from freezing. Make sure any exposed pipe that is capable of freezing is insulated.
 - Burying water lines is the most common way farmers utilize insulation, although some use hay or fabric and surround the pipe with these materials.
 - Geothermal heating of troughs can be an alternative to conventional insulation, though this can take time to set up.
 - If any heating elements are being used, check to see if they are keeping water at the desired temperature.
- While doing this, make sure there is no electrical current in the water from a malfunctioning heating unit.



**PIKEVILLE
FARMERS MARKET**

*Christmas
Market*

December 14th 2024 | 10am - 2pm

**CHRISTMAS THEMED ARTS AND
CRAFTS, BAKED GOODS, AND MORE**

**For more information call the Pike County Extension
Office at 606-432-2534**





Why leaves change color in the fall

Source: Sharon Flynt, UK extension horticulture agent

Trees that change color in the fall are deciduous trees. They go dormant in the winter to protect the tree from freezing temperatures and will generate new leaves in the spring.

Three factors cause the tree leaves to change color at this time of year: length of night, leaf pigments (chlorophyll, carotenoids, anthocyanins) and weather.

An Equal Opportunity Organization.

Fall Nutrient Applications

Fall is an ideal time to apply fertilizer to Kentucky soils. Soil testing is crucial to determine the specific nutrient needs of your fields. Nitrogen and animal manures should generally be applied in the spring to avoid losses.

BENEFITS OF FALL FERTILIZATION:

- Prevents planting delays in spring.
- Reduces risk of soil compaction due to drier weather.
- May lead to savings on fertilizer costs.

For more information, visit your local county extension office!

Source: John Grove, Plant and Soil Sciences professor
An Equal Opportunity Organization.

Happy Thanksgiving!

The Pike County Extension Office will be closed on Thursday, November 28th and Friday November 29th In observance of the Thanksgiving Holiday.



BEAR Healthcare Clinic

FREE Walk-in Clinic

OPEN 2nd Saturday of Every Month
12:00pm-4:00pm

Location: 8015 Millard Hwy,
Pikeville, KY 41501

 **606-262-3043**

GENERAL HEALTHCARE SCREENINGS
BLOOD PRESSURE/ GLUCOSE READINGS
OSTEOPATHIC TREATMENT FOR CHRONIC
BACK, MUSCLE AND JOINT PAIN
THERAPY/ BEHAVIORAL HEALTH
SESSIONS, ETC.

UNIVERSITY OF PIKEVILLE
KENTUCKY COLLEGE OF OSTEOPATHIC MEDICINE

AMA
AMERICAN MEDICAL
ASSOCIATION

BUY FRESH, SUPPORT LOCAL

PIKEVILLE FARMERS MARKET

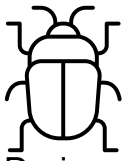


November hours:
Saturdays 9:00am-1:00pm
(Through the Saturday before Thanksgiving)

130 Adams Lane, Pikeville, KY
(Next to Pikeville High school football field)

For more information call (606) 432-2534 or message us on Facebook!

Tips to pest proof your home for winter



Source: Zach DeVries, UK extension entomologist

We are not the only creatures that retreat indoors when the temperatures begin to drop. During this time of the year, many rodents and insects will start entering homes looking for a warm place to spend the winter. Below are some tips to keep them outdoors. Most hardware and home improvement stores will carry the tools and materials you need to get started.

1. Install door sweeps or thresholds at the base of all exterior doors. Lie on the floor and check for light leaks under doors. Gaps of one-sixteenth inch or smaller will allow insects and spiders inside, and spaces as small as the diameter of the pencil (about one-fourth inch), are large enough for mice. Pay attention to the door's bottom corners, as this is often where rodents and insects enter. Fit garage doors with a rubber bottom seal. Close gaps under sliding glass doors by lining the bottom track with a foam weather stripping that is one-half- to three-fourths-inch wide.
2. Seal openings where pipes and wires enter the foundation and siding with mortar, caulk, urethane expandable foam or copper mesh. These are common entryways for ants, spiders, wasps, rodents and other pests.
3. Seal cracks around windows, doors, fascia boards, etc. Use a good quality silicone or acrylic latex caulk/sealant. Prior to sealing, clean cracks and remove any peeling caulk to help with adhesion. A key area to caulk on the inside of basements is along the top of the foundation wall where the wooden sill plate is attached.
4. Repair gaps and tears in screens to keep out cluster flies, lady beetles and other pests. Some insects are small enough to fit through a standard screen, and the only way to deny entry of these tiny creatures is to keep windows and doors closed during periods of adult fall emergence.
5. Install one-fourth-inch wire mesh (hardware cloth) over attic, roof and crawl space vents to prevent wildlife entry. Be sure to wear gloves when cutting and installing hardware cloth, because the wire edges are sharp. Backing the wire mesh from the inside with screening will give you extra protection against insects like ladybugs, paper wasps and yellow jackets. Invest in a chimney cap to exclude birds, squirrels, raccoons and other nuisance wildlife. Raccoons, in particular, are a serious problem throughout Kentucky. Many chimneys become home to a family of raccoons, which are often infested with fleas.



6. Consider applying an exterior insecticide treatment. While sealing openings is the more permanent way to pest proof, it is laborious and sometimes impractical. You can get the most from your barrier treatment by applying longer-lasting liquid formulations containing pyrethroids. Treat the base of all exterior doors, garage and crawl space entrances, around foundation vents and utility openings, up underneath siding and around the outside perimeter of the foundation. Be sure to follow all label instructions. Do not apply indoor insecticides. While these may control the insects you can see, they are generally not a long-term solution, because these pests are coming in from the outside and will continue to do so until you stop their entrance.

For more information, contact the Pike County office of the UK Cooperative Extension Service.



2025 KENTUCKY FRUIT & VEGETABLE CONFERENCE

Jan. 6th-7th, 2025

Pre-conference events Jan. 5th

Marriott Lexington Griffin Gate
Lexington, Kentucky

Register at kyhortcouncil.org

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service

PIKE

ANR



Stay Connected with Pike County ANR!

Discover the latest updates, events, and resources for farmers, gardeners, and the community online:

Website: pike.ca.uky.edu/anr

Facebook: UK Pike County Agriculture and Natural Resources

Pumpkin Apple Muffins

1 ¼ cups all-purpose flour
1 ¼ cups whole-wheat flour
1 ¼ teaspoons baking soda
½ teaspoon salt
1 ½ teaspoons ground
cinnamon

½ teaspoon ground
ginger
½ teaspoon ground
nutmeg
1 ¼ cups honey
2 large eggs

1 ½ cups fresh pureed
pumpkin
½ cup canola oil
2 cups Granny
Smith apples, finely
chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

Fold in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

Pike County Extension Service

148 Trivette Drive
Pikeville, KY 41501
(606) 432-2534
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www.uky.edu

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.