



#### **Washington County**

Cooperative Extension Service 245 Corporate Drive Springfield KY, 40069 (859) 336-7741 Fax: (859) 336-7445

http://ces.ca.uky.edu/washington



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#### **Notes from the Agent**

They say time flys when you're having fun and March sure went by in the blink of an eye! We have been very busy at the office with spring programming, soil samples, and farm visits. We have more great programs scheduled for this month and hope to see you there! Also, please make note that BQCA is FREE online in April.







Learn more at this interactive website by scanning the QR code



Cooperative Extension Service
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Family and Consumer Sciences
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#### IMPORTANT DATES

#### **April**

6th: Good Ideas Field Day

9th: Central Kentucky Sheep and Goat Association, Marion County

12th: Raised with Respect, Hardin County

18th: Third Thursday Thing, KSU

22nd: On-Farm Hay Field Day

23rd: Kentucky Fencing School, Morehead

25: Kentucky Fencing School, Mayfield

30th - May 1st: Kentucky Beginning Grazing School

**BQCA** is FREE in April

#### May

18th & 19th: Kentucky Sheep and Fiber Festival, Lexington 27th: Memorial Day

#### KSU THIRD THURSDAY THING



#### Join us for Third Thursday Thing: Cattle and Poultry!

The monthly sustainable agriculture workshop will be on Thursday, April 18, at the Harold R. Benson Research and Demonstration Farm, at 10 a.m. If you are unable to join us in person, the program will be viewable at a later date at YouTube.com/kysuag.

The Harold R. Benson Research and Demonstration Farm is located at 1525 Mills Lane, Frankfort, KY 40601.





# RAISED WITH RESPECT



Sysco

**APRIL 12, 2024** 

#### HARDIN COUNTY EXTENSION OFFICE, ELIZABETHTOWN

111 OPPORTUNITY WAY ELIZABETHTOWN, KY



1:30 pm	Registration begins
2:00 - 2:30 pm	Opening comments from Certified Angus Beef
2:30 - 3:00 pm	Ensuring Beef Demand - Perspective from the Consumer and Chef Panel, moderated by Kirsten Nickles (Certified Angus Beef): Carey Brown (Kentucky Beef Council), Chef Josh Moore (Volare Italian Ristorante) and Chef Zach Wolf (Steak and Bourbon)
3:15 - 4:00 pm	BQCA Chute Side Training & Cattle Handling Kevin Laurent, University of Kentucky & Ben Lloyd Kentucky Beef Network
4:05 - 4:50 pm	Management Practices for Cattle Care - Dr. Darrh Bullock & Dr. Katie VanValin, University of Kentucky
4:55 - 5:40 pm	Preparing for Spring: Vaccination Protocol Design- Dr. Michelle Arnold University of Kentucky
6:00 - 6:30 pm	BQCA Basics & Exam: Kevin Laurent, University of Kentucky
6:30 - 7:00 pm	Dinner prepared by Chef Josh Moore-Volare Italian Ristorante, and Chef Zach Wolf-Steak and Bourbon
7:00 - 7:45 pm	Market Update from Paul Dykstra- Certified Angus Beef

A BOA WORKSHOP BROUGHT TO YOU BY:











# 2024 HAY DAY

#### MARION, WASHINGTON, AND NELSON COUNTY

Come and learn about ways to improve your haymaking operation! This program will offer tips on marketing hay, improving hay quality, and more through hands-on demonstrations and discussions!

#### **SPEAKERS**



**Ray Smith**Forage Extension
Specialist



**Bob Coleman** Equine Extension Specialist



**Hay Contest** *Extension* 

#### **Key Discussions & Insights**

Marketing Hay

Hay Equipment

Ways to increase quality and productivity

**⊘** And More!

CALL (859) 336-7741 TO RSVP



April 22nd, 2024 at 5:30 PM







#### **SPECIFIC DUTIES**

- Office receptionist
- Word processing
- Quickbooks
- Filing
- Maintaining databases & mailing lists
- Developing and maintaining websites
- Designing newsletters
- Providing support for county agents

Visit this website for more details and to apply:



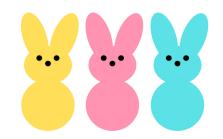


**APPLY BY APRIL 16TH** 

# Y Y B E R U T L U C I R G A A G R O E C O L O G Y B S D R L T D R E S F T P A O K L F E R S M D I E E L I N T D A H V I O E E S E L W S L D A H V I O E E S E L W S L D R S L O L P T R S D A Q S T M U L D Y I M A F C I N I

## April Word Search

Acre	Compost
Aerial	Farming
Agriculture	Fields
Agroecology	Grains
Bale	Irrigation
Fence	Land
Broadcast	Lime
Bushel	Pesticide
Calf	Seeding
Carryover	Soil Sample



#### **APPLE AND CHICKEN SALAD**

#### **Ingredients**

- 2 red apples
- 2 stalks celery
- 1/2 cup raisins
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 cups cooked chicken, chopped
- 18 lettuce leaves

#### **Directions:**

- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. If needed, cook chicken using the <u>How to Cook Chicken</u> recipe.
- 3. Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.
- 4. Using the cutting board and knife, dice 2 stalks of celery.
- 5. Chop 2 red apples, remove the core and seeds.
- 6. Combine chopped apples, celery, and 2 cups diced chicken in a bowl.
- 7. Add 1/4 cup Greek yogurt, 1/2 cup raisins, 1/4 cup light mayonnaise, 1/4 teaspoon salt and 1/8 teaspoon pepper to bowl.
- 8. Stir all ingredients together.
- 9. Arrange 3 lettuce leaves on a plate and top with 1 cup of apple and chicken salad mixture.
- 10. Store leftovers in bowl with a lid in refrigerator for 3-4 days.

# AT THE EXTENSION OFFICE

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Taybe Daves

### Community Baby Shower APRIL 30 • 4-6:30 PM

Held at the Washington County TEL Center 520 Lincoln Park Road, Springfield, KY

Visit with resource vendors, learn about healthy choices and car seat safety, enjoy

free pizza, and win prizes!

Register by April 23
with
the QR code or by
calling the Extension
Office at 859-336-7741



