

# Marion County Ag Extension Newsletter

## October 2023

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Recipe

National Weather Service

### A Word From Your County Agent:

Harvest 2023 has officially started! I want to remind everyone to please be careful traveling. Be mindful of large equipment on roadways and remember to **SLOW DOWN** and share the road. Farmers are working around the clock to get their crops in. Please be kind and courteous when you see or get behind farm equipment moving from field to field. A reminder for those operating machinery, please wear your seatbelts, if you are involved in an accident it could save your life!

*Chelsea SAPP*

Agriculture and Natural Resources Agent  
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### 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Upcoming Events

**October 9th**

**Farm Bureau Annual Meeting**

**October 10th**

**Sheep and Goat Meeting**

**7:00pm**

**October 14th**

**2023 KY Annual Producer  
Conference**

**Boyle Co. Extension Office  
99 Corporate Drive, Danville,  
KY 40422**

**Cost: \$30/single**

**\$50/ couple**

**Lunch provided. Begins at  
9:00am.**

**October 19th**

**Green River Beekeepers Meeting**

**7:00pm**

**UPSTAIRS Marion Co. Ext. Office**

**Guest Speaker: Dr. Tammy Potter ,  
State Apiarist**

**October 19th**

**Cattlemen Meeting**

**7:00pm**

**Guest speaker: Rachel Walker,  
Corteva Agriscience**

**\*\*Counts for CAIP Education\*\***

**Call 270-692-2421 to RSVP**



**Tune in Wednesday's at 8:30am to 100.9 WLSK Radio  
and hear from Marion Co. Extension Agents!**

**\*\*If you still need CAIP Training, please call our office to schedule a date/time. 270-692-2421\*\***

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# SOIL TESTING

**UPDATE:** Please note for future reference: Our office now charges \$7.42 per soil sample.

## It's Harvest Time!

**Please be mindful of SMV's  
(Slow Moving Vehicles)**

- Farm equipment can be wider than one lane.
- It is legal to pass an SMV, as long as it is safe to do so. Make sure there is enough room for you to safely pass without running into the equipment.
- Not all farm equipment has mirrors—the driver may not know you are there.
- Tractors do have headlights and they look a lot like lights on cars.

A PUBLIC SERVICE ANNOUNCEMENT ON ROAD SAFETY BROUGHT TO YOU BY

**There's nothing like sitting back at the end of a long, hard day and being thankful for a good crop.**

**Long hours in the combine or grain cart can lead to lots of meals and snacks on the go.**

**We encourage our farmers to pack healthy, drink plenty of water, and to take a break from time to time.**

# Kids Section

## Pumpkin Facts:

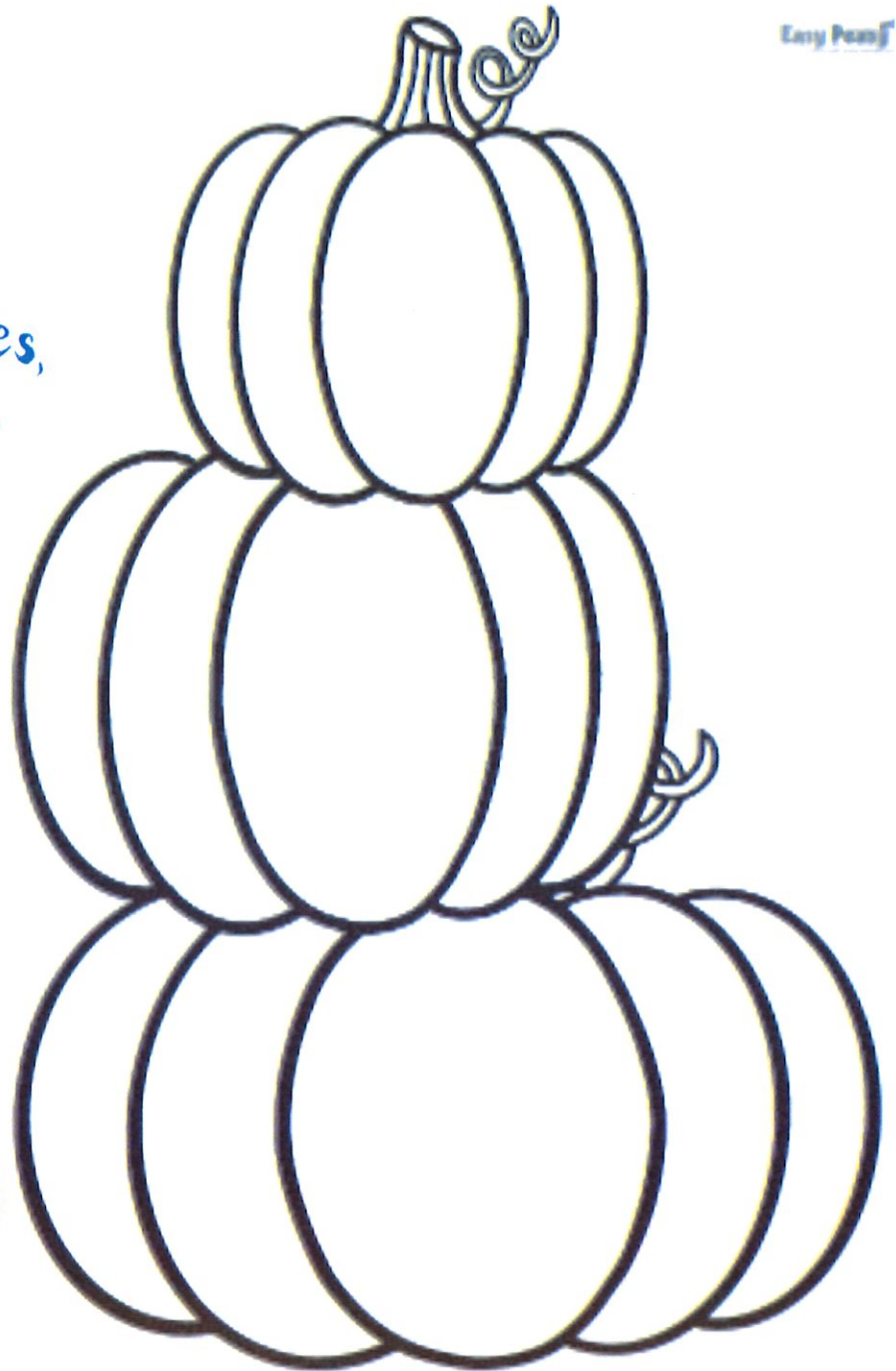
Did you know? Cows can eat pumpkins!

Easy Peasy

Pumpkins come in several shapes, sizes, colors and textures.

This year at the KY State Fair, the biggest pumpkin weighed 1,270.6 pounds!

Did you know not all pumpkins are orange?



# Kentucky Sweet Potato Bread

Servings: 16 Serving Size: 1 slice Recipe Cost: \$4.63 Cost per Serving: \$.29



## Ingredients:

- ¼ cup margarine
- ½ cup brown sugar
- 2 eggs
- 1 cup cooked mashed sweet potatoes
- 3 tablespoons milk
- 1 tablespoon grated orange peel
- 1 ½ cups self-rising flour
- ½ cup whole wheat flour
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- 2 tablespoons chopped pecans

## Directions:

1. In a mixing bowl, cream ¼ cup margarine and ½ cup brown sugar.
2. Add eggs and mix well.
3. Add sweet potatoes, milk, and grated orange peel; mix well.
4. In a separate bowl, mix flours, allspice, nutmeg and pecans.
5. Blend the wet and dry mixtures, stirring only until just combined.
6. Spray a 9-inch x 5-inch x 3-inch loaf pan with nonstick cooking spray.
7. Pour mixture into pan and bake at 350°F for 45 to 50 minutes.
8. When the loaf is removed from the oven, allow to cool for 10 minutes before applying glaze.

## Glaze:

- 1 tablespoon margarine
- 1 tablespoon reduced fat cream cheese
- ¼ cup confectioner's sugar

- 1½ teaspoon milk
- 1½ teaspoon orange juice
- 1 teaspoon grated orange peel

1. In a small mixing bowl, mix the margarine and cream cheese.
2. Add the confectioner's sugar, milk, orange juice and orange peel. Mix well.
3. Remove loaf from pan and spread

### **Make it a Meal**

- Turkey
- Dressing
- Steamed broccoli
- Congealed fruit salad
- Kentucky Sweet Potato Bread
- Low-fat milk

**Source:** Plate It Up! Kentucky Proud

### **Tips**

Visit [KyProud.com](http://KyProud.com) to find all the Plate It Up! Kentucky Proud recipes using Kentucky products.

**Nutrition facts per serving:** 150 calories; 4.5 g fat; 1 g saturated fat; 5 g trans fat; 0 mg cholesterol; 200 mg sodium; 24 g carbohydrate; 1 g fiber; 10 g sugar; 3 g protein, 70% Daily Value of vitamin A; 6% Daily Value of vitamin C; 6% Daily Value of calcium, 6% Daily Value of iron

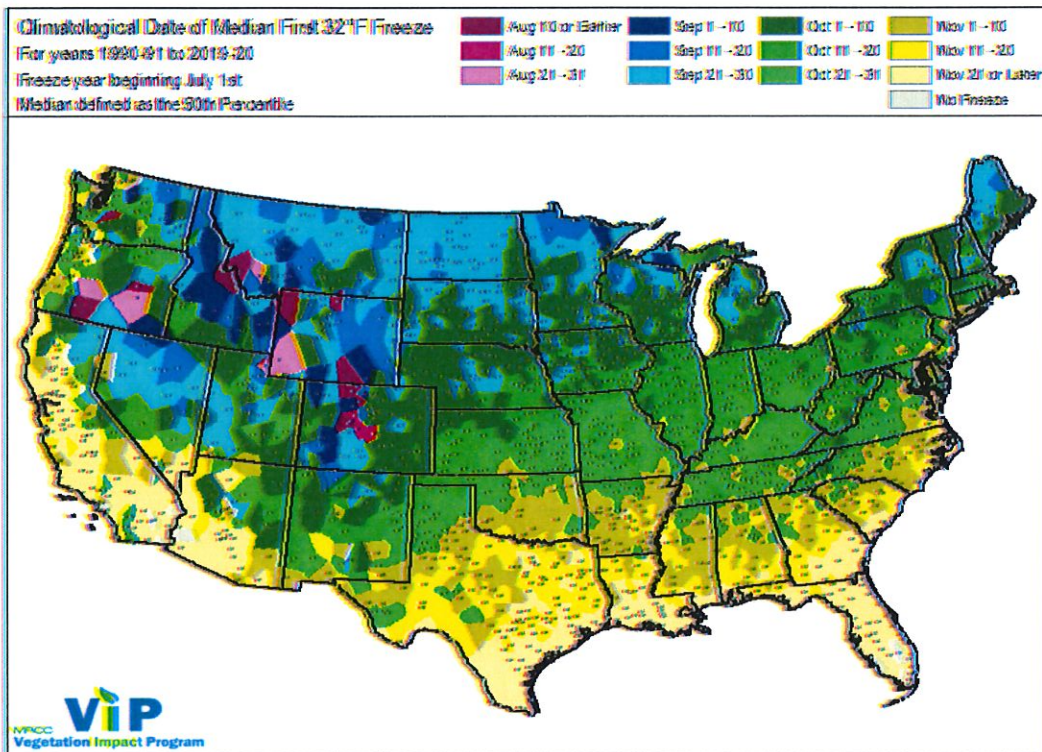


## Tracking the First Fall Freeze

by Derrick Snyder - National Weather Service Paducah, KY



As the calendar moves into October, nights continue to become longer, leaves begin to turn color, and first frosts and freezes begin to occur. The first freeze of the fall typically marks the end of the growing season. As shown on the map below, most locations across the Commonwealth typically see their first freeze of the season during the latter half of October into the early days of November.



Frost can often develop on plants even when thermometers show the temperature to be a few degrees above freezing. This is because most thermometers are mounted several feet above the ground, and the temperature a few inches from the ground can be colder than what a thermometer reads. These most often occurs on clear nights with calm winds.

To protect your plants from frosts and freezes, consider taking preventive measures like covering them with tarps or blankets in the evening before temperatures drop. This can help trap the ground heat and provide insulation. Additionally, placing mulch around the base of plants can help retain soil warmth. If possible, relocate potted plants indoors or to a sheltered area. Watering the plants before the onset of frost can also provide a slight protective effect, as water releases heat as it freezes, helping to moderate the immediate environment around the plants.