

## **June 2025 Newsletter**

### **Lincoln County Field Day- August 7<sup>th</sup>**

Plan to come out and be with lots of fellow cattlemen and women on August 7 located at the farm of Chad McQueen. The farm is located on McMullin Rd south of Crab Orchard. Once you turn on McMullin Rd the farm is located on the left-hand side, can't miss it. See the attached flyer for more details.

### **Hay Contest**

The Central KY hay improvement program is back and ready for you to sign your hay up for quality analysis. Your participation is all I need, the rest I take care of. I come to your farm and sample your hay/balage. I will have a few short questions to ask you on how you harvested your forage. You will get your results back on the completion of this program. The deadline to sample your forage is September 29<sup>th</sup>. Call the Extension office at 606-365-2447 to sign up. There will be an informational/awards program to follow. We want you to learn your hay quality but also to participate in the informational meeting. Who knows, you might have the top quality forage and win the whole thing! You don't know unless we test it! This is a program that encompasses the Central KY Counties.

### **Master Cattleman's Course**

Lincoln County is planning on hosting a Master Cattleman's program along with Pulaski and McCreary County. The program consists of 6 in-depth classes. You are highly encouraged to attend each class. A Master Cattleman's Certificate will be awarded once you have completed all the sessions. All sessions will be held in person. We do not know the exact locations just yet, but please understand that these meetings might be shared among the different host counties. If you are interested, please give me a call at 606-365-2447. We are looking at starting the series of classes in the Fall and wrap up by Christmas. This is a great opportunity to learn in-depth information in the 6 areas that are covered, which I have included for your information.

Reproduction and record keeping

Nutrition

Facilities and logistics of winter feeding

Genetics

Herd Health

Marketing and Profitability

## Ticks

The Kentucky Beef Network is partnering with UK Entomology and others to conduct a tick study in our grazing systems to document the prevalence of the lone star tick. There will be personnel that walk the pastures that pull a cloth behind them to catch the ticks. It is required for the producer to be onsite if there are animals in the pasture. This is a good way to help our partnering industry organizations to increase awareness about the tick species that we have in our grazing systems and the negative impact they have on our animals and humans as well.

## Woodland Owners Short Course

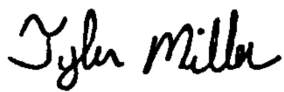
This program aids Kentucky woodland owners in forest resource management, offering online and in-person options. Live session recordings will be available, with participants able to choose between online-only or online plus a field session, each featuring a regional Woodland Owner Resource Extravaganza.

The first WOSC was held in 2004 and consisted of a series of four field days spread out across Kentucky. Since the first offering in 2004, the Kentucky Woodland Owners Short Course has been modified over the years based largely on the feedback from stakeholders and attendees. Over the years, thousands of woodland owners have attended the WOSC and learned how they can make their woodland healthier and more productive.

The online sessions are intended to provide a virtual classroom-based learning environment while also preparing WOSC attendees to get the most out of the field sessions.

I hope your June is safe, productive, and that you are enjoying what you are doing. Try not to get too busy and enjoy the long days. As always, help a neighbor if you can!

Your Ag Agent,



Tyler Miller  
County Extension Agent for  
Agriculture and Natural Resources  
Email: [tyler.miller@uky.edu](mailto:tyler.miller@uky.edu)

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### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

The Kentucky Beef Network is partnering with UK Entomology, Kentucky Department of Agriculture and Kentucky Public Health to conduct **tick drags in cattle pastures this spring and summer**. This project is designed to demonstrate the prevalence of the Lone Star tick, while also documenting other tick species commonly found in Kentucky grazing environments.



If you're interested in having a tick drag conducted on your farm—or know someone who might be—please **scan this QR code** or visit **[forms.gle/UmKz9nkwPVmWLDpN6](https://forms.gle/UmKz9nkwPVmWLDpN6)**



## Creamy Cucumber and Chicken Salad

**½ pound** chicken breast  
**1 tablespoon** fresh lemon juice  
**1 cup** slivered almonds  
**½ cup** nonfat plain Greek yogurt  
**3 ounces** reduced fat cream cheese  
**2 tablespoons** Dijon mustard

**½ teaspoon** sea salt  
**1 teaspoon** ground black pepper  
**2 tablespoons** fresh chopped dill  
**2 medium** cucumbers, chopped  
**1 cup** dried cranberries  
**8** lettuce leaves

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

## Kentucky Cucumbers

**SEASON:** June to September

### **NUTRITION FACTS:**

Cucumbers are naturally high in water. A ½ cup serving contains only 7 calories.

**SELECTION:** Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have, black spines on the surface.

**STORAGE:** Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

**PREPARATION:** Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.

**PRESERVING:** Follow recipe instructions. Four pounds of cucumbers yield 5-6 pints of pickles.

### **KENTUCKY CUCUMBERS**

#### **Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**June 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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University of Kentucky  
College of Agriculture,  
Food and Environment  
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# SAVE THE DATE



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## LINCOLN COUNTY FIELD DAY

WHEN: AUGUST 7TH AT 6:00 PM

WHERE: CHAD MCQUEEN FARM, LOCATED ON HWY 39 ON  
MCMULLIN RD, SOUTH OF CRAB ORCHARD

**\*THIS IS CAIP ELIGIBLE\***



PARTICIPANTS WILL BE VIEWING:

- CATTLE HANDLING FACILITIES AND DEMO:  
HOSTED BY DR PETTIT
- HAY EQUIPMENT:  
HOSTED BY JOHN DEERE
- WINTER FEEDING STRUCTURES:  
HOSTED BY DR HIGGINS
- FARM TOUR ON HAY WAGONS:  
HOSTED BY CHAD MCQUEEN
- FOOD, PEDAL PULL, AND MORE! –

PLEASE RSVP TO  
THE LINCOLN COUNTY  
EXTENSION OFFICE AT  
606-365-2447

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# 2025 CENTRAL KENTUCKY HAY IMPROVEMENT PROGRAM

Testing provides nutritional value of hay to assist in balancing rations, and can result in reduced feed cost, increased animal performance, and information to improve forage stands.

**Free analysis to determine hay quality and livestock needs.**

**Call your local  
Extension Office to  
sign up.**



**DEADLINE TO REGISTER:  
September 29**

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# KENTUCKY WOODLAND OWNERS SHORT COURSE

## SIX WEBINARS & A FIELD SESSION WITH RESOURCE EXTRAVAGANZA

This program aids Kentucky woodland owners in forest resource management, offering online and in-person options. Live session recordings will be available, with participants able to choose between online-only or online plus a field session, each featuring a regional Woodland Owner Resource Extravaganza.



Online

**JUNE 10 - 26**

7 PM - 8:30 PM ET



Field Session and Extravaganza

**JULY 19 - WHITLEY CO.**

**AUGUST 16 - PENDLETON CO.**

Each Field Session showcases a Woodland Owner Resource Extravaganza!

Online only: \$10/person

Online & 1 Field Session: \$30/single \$45/couple

**[www.KYWOSC.org](http://www.KYWOSC.org)**

Meet the WOSC Partners  
<https://wosc.ca.uky.edu/partners>

Kentucky  
Woodland  
Owners  
Short Course



Cooperative  
Extension Service

**FORESTRY AND NATURAL  
RESOURCES - EXTENSION**



# **Are you interested in completing a Master Cattleman's Course?**

**Host Counties include: Lincoln, Pulaski, and  
McCreary**

**Looking at Fall time line**

**The program includes 6- 3 hour sessions that will  
be in person.**

**Topics include:**

**Reproduction and record keeping**

**Nutrition**

**Facilities and logistics of winter feeding**

**Genetics**

**Herd Health**

**Marketing and Profitability**



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