

August 2024

As I sit here on my porch to write this little newsletter, I can't help reflecting on all the memories I have had throughout my life while hanging out on a porch. There is just something about a porch that is special to me. We didn't have one growing up, but we hung out with the dogs, cats, and each other on the step most nights when I was at home.

Lincoln County porches are just as special to me as a lot of those other porches that I reflect on. I've sat with many of you talking and laughing. You shared homemade pies, ice creams, teas, and full blown meals with me when you didn't have to. I am grateful to have those porch memories with the people I work with.

### **Beef Quality Care and Assurance (BQCA) – September 3rd**

Jacob Settles with Ky Beef Network and I will be offering a BQCA hands on training at the Bluegrass South Livestock Market. This will take place on September 3rd at 6 p.m. September is free for producers to update their BQCA number. The training is good for three years. If you are not sure if you need to update your BQCA number or if you have lost your card, please call the extension office at 606-365-2447.

If you plan to invest money into the large animal portion of CAIP, you will be required to have a BQCA number that is not expired. Special cattle sales like CPH-45 require this as well. Come out and enjoy this event. I ask that you please **RSVP by August 30th to the extension office by calling 606-365-2447.**

This does not count toward the educational component for CAIP.

### **Lincoln County Beef Expo – September 19th**

Our Cattleman's officers and directors have been hard at work planning the Beef Expo to be held at the fairgrounds. **The Beef Expo will be held September 19th.** I have preciously miss printed a date about the beef expo so please let all your friends know the date for the beef expo is September 19th. We have some extra events happening that night that should be fun to participate in. **This will qualify for CAIP educational meeting.** You will be able to pay your Cattleman's dues that night. It's best if you could write a check as that helps your Cattleman's treasure keep track of incoming membership. We will have a great speaker that is sponsoring a large portion of the Beef Expo this year. Come out for a night of eating, giveaways, and learning. **Please RSVP by September 17th to the extension office at 606-365-2447.**



**Central Ky Hay Contest**

I am involved in a hay contest with a handful of other counties in central KY. If you feel that you have some really good quality hay, give me a call and I would be glad to come out and pull a sample for you. There will be a banquet with awards to top producers in their respective category. As always, I can take a sample and send it off without entering it into the contest if you would like to know the quality of your forage and utilize the Beef Forage Supplement Tool.

This wraps up my letter for now. I should probably get going. We all know there is always something that could be done around the farm. And when the opportunity arises, help a neighbor when you can.

Your Ag Agent,



Tyler Miller

County Extension Agent for

Agriculture and Natural Resources



**Red Potato Salad**

- |                                                         |                                      |                                       |
|---------------------------------------------------------|--------------------------------------|---------------------------------------|
| <b>6 medium</b> red potatoes cut into 1½ inch pieces    | <b>1</b> red bell pepper, chopped    | <b>¼ cup</b> mayonnaise               |
| <b>4 cups</b> fresh green beans cut into 1½ inch pieces | <b>1</b> yellow bell pepper, chopped | <b>2 tablespoons</b> red wine vinegar |
| <b>1</b> small red onion, chopped                       | <b>1 cup</b> chopped cherry tomatoes | <b>2 teaspoons</b> fresh oregano      |
|                                                         |                                      | Salt and pepper                       |

- 1. Wash** vegetables in warm water.
  - 2. Boil** potatoes until tender and drain.
  - 3. Boil** green beans until tender crisp and drain.
  - 4. Place** the potatoes and green beans in a bowl.
  - 5. Add** chopped red onions, peppers and tomatoes.
  - 6. In** a small bowl, **mix** mayonnaise, red wine vinegar and chopped oregano.
  - 7. Add** to potato mixture and mix lightly.
  - 8. Season** with salt and pepper. **Mix** well. **Serve** cold.
- Yield:** 16, ½ cup servings
- Nutritional Analysis:**  
140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

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



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