

# NICHOLAS COUNTY 4-H NEWSLETTER



**"To Make the Best Better"**

April 2023

April is finally here! We have so many fun things in store for you during this month. In April we celebrate Earth Day so our 4-H Fair Project will be centered around creating home goods using recycled materials. You can register using the QR code at the right.

Also, in honor of Earth Day, I am calling all Teen Club members to give up a few hours on Earth Day to volunteer at North Central 4-H Camp. Their annual spring clean-up will provide us a chance to better the camp that is right here in our own county as it prepares to host counties from across the state for Summer Camp Time Warp 2023. I promise it'll be a good time!

April also brings the beginning of our 2023 Shooting Sports season. We had a GREAT turnout for registrations and look forward to growing our club to be the best it can be. If you missed registration, please reach out to me this week so I can get you the information you need. The first practice will be April 10th for archery, .22, black powder, and pistol at the range. On April 12th the Trap squad will meet for their first practice at the Fish and Game Club.

Looking past April, we are gaining speed toward Fair season. In this issue be sure to take note when the NC Livestock shows will be held. In next month's issue I will be including fair entries that 4-Hers can enter. As I have said before, we only took 1 fair entry to the State Fair next year, and it is my goal to have a carload of entries this year to show the state just how talented Nicholas County kids are! See you at a club soon!



## Project DAYS



We have 2 4-H project days remaining. I hope you will join us for one of the following. Register using the QR code below!

**April:** Earth Day Recycled Projects 4/27

**May:** Leather Stamping 5/11



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development



4-H April Project Day will be in honor of **Earth Day**  
27th April 2023 afterschool til 4:30 p.m.

**Come create a fair entry from recycled products. We will have multiple options for you to choose from in the registration link. PICK I**



*Ashley H. Vice*



Ashley Vice  
County Extension Agent for FCS/4H  
University of Kentucky  
368 East Main Street  
Carlisle, KY 40311  
859-473-1452  
ashley.vice@uky.edu

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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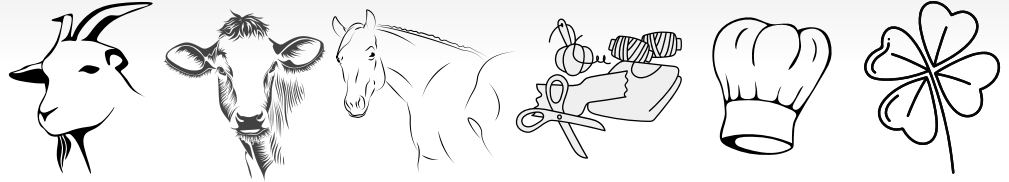


Disabilities  
accommodated



# 4-H

# CLUB NEWS



## COOKING CLUB

Beginning and Advanced cooking club has wrapped up their 6 sessions. If you're bummed about cooking club ending, or you missed out on participating, please watch for upcoming posts about a Cooking Camp I will be offering this summer!

## BLUE JACKET BULLETS

1st practice for archery, .22, pistol, black powder: April 10th-meet at range  
1st practice for Trap: April 12th- meet at Fish and Game  
PLEASE JOIN our REMIND!

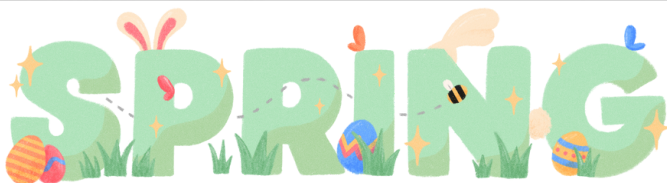
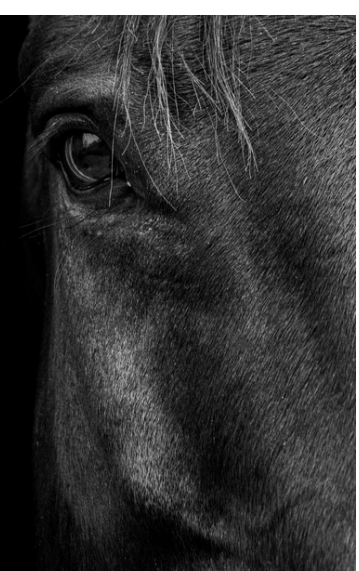


Join REMIND for practice updates: Send a text to 81010 with @nc4hss in the message



HORSE CLUB LEADERS  
HAVE BEEN FOUND!

PLEASE  
STAY TUNED FOR HORSE  
CLUB MEETINGS AND  
INFORMATION!



# NC LIVESTOCK JUDGING

Our Livestock kids continue to grow in their skills and show their dedication. Recently they traveled to Boone County to compete in the judging competition. Keep up the great work kids!



# APRIL TEEN CLUB



## CELEBRATE EARTH DAY 4-22-23

Join me at North Central 4-H Camp to volunteer to help with spring clean-up tasks. We will be planting trees, painting, and helping clean-up camp prior to the summer camp season. Come lend a hand at the place we all love, right here in our backyard!



# 4-H Sewing Club

April Meetings:

Option 1: April 19th afterschool-5 p.m.

Option 2: April 24th afterschool-5 p.m.



**NEXT MEETING:** April 20th afterschool until 4:30 p.m. for

ages 5-8

at Nicholas County Elementary Cafeteria

**Child must have their GREEN form on file to attend!**

**Call (859) 289-2312 if you have questions**

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

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LEXINGTON, KY 40546



# Go Green!

## Save Our Planet by Using Less Paper

Scan the QR Code below or call the office to get your 4-H Newsletter via email rather than mail.



2023 Nicholas Co. livestock shows will be June 14th-17th.

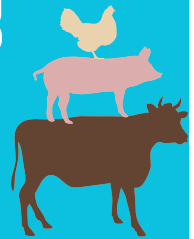
- Wednesday June 14th market steers/heifers & breeding heifers
- Thursday June 15th commercial ewes and market lambs
- Friday June 16th wether dams & market lamb
- Saturday June 17th breeding gilts & market hogs

**Check in 3-5PM Show starts at 6PM**

# COUNTRY HAM PROJECT

Dates	Topic	Location	Time
January 16 <sup>th</sup>	4-H Country Ham Curing	Livestock Barn	TBD
February 9 <sup>th</sup>	4-H Ham Speech Writing Workshop- Bring Laptop or Chromebook if you have one and/or paper and pencil	Livestock Barn	6:00 p.m. - 7:00 p.m.
March 30 <sup>th</sup>	Rough Speech due- bring speech to be given. We will work on refining it	Livestock Barn	6:00 p.m. - 7:30 p.m.
May 4th or May 5 <sup>th</sup> (pick which works best for you)	1 <sup>st</sup> Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 2 <sup>nd</sup>	Final Speech Preparations	Office	Appointments will be made to work with each of you individually to prepare for State Fair
August 14 <sup>th</sup> or 15 <sup>th</sup> (pick which works best for you)	Final Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 17 <sup>th</sup>	Kentucky State Fair 4-H Country Ham Day -You will need your own transportation to and from the Kentucky State Fair. We will provide each participant with 2 tickets to the fair	Louisville, Kentucky	ALL DAY
November 16 <sup>th</sup> (tentative)	4-H Country Ham Auction	Livestock Barn	6 p.m.

**Please be working on those rough drafts. Each Country Ham participant is expected to have their completed rough draft on May 4th or May 5th, depending on which day you choose to clean. If you have your draft finished and need me to look at it, please send it to [ashley.vice@uky.edu](mailto:ashley.vice@uky.edu)**



Mental Health is a buzz word that we are hearing more often. There are efforts to bring awareness to and destigmatize mental health challenges. However, according to the CDC suicide is among the top 10 leading causes of death in the US in 2020 among persons 10-64 years of age, and the second leading cause of death among adults 25-34 years of age. Rural living, farm life to be specific, while rewarding, can be incredibly stressful. Farmers and farm families have a unique set of stressors that weigh on them daily, creating mental health challenges. Many times, these challenges are not properly addressed due to lack of knowledge, awareness, and the general stigma that surrounds mental health in general. Among the farming population, suicide is more prevalent due to the outside stressors of the job, social isolation, relationship problems/family stress, and market fluctuations. In Kentucky alone, 109 farmers died by suicide from 2004-2017.

## Soil Testing



**If you haven't already started its that time of year to get you soil samples for the 2023 growing season. Soil Conservation has graciously offered to pay for the first 5 samples per person.**



**WE WANT YOUR FEEDBACK**



We want your input! Scan this QR Code and let us know what Agriculture/Natural Resources programming you would like to see offered in our county.

## Upcoming Events

- Plants will be getting picked up and brought to the office
- April 13th Fencing school Richmond KY
- April 13th Farmers Market Interest Meeting at the Extension Office @6pm



Shelby Cleaver, ANR/4-H Agent



UK Cooperative Extension Service

Nicholas County



University of Kentucky  
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Food and Environment



# Spring tasks for beef producers

Rural Kentucky pastures are beginning to show off spring calves. For cattle producers, this brings in a new cycle of farm management. Farmers have a lot to remember to ensure healthy calves and to successfully rebreed cows.

You need to observe spring calves closely and check them at least twice a day and check your first-calf heifers even more than that. Be ready to assist heifers after one to two hours of hard labor or 90 minutes after the 'water bag' is visible. Be prepared to dry and warm chilled calves as soon as possible. Remember that each calf should get colostrum within an hour of birth.

It's also important to begin to identify calves with ear tags or tattoos while they are still young and easy to handle. Record the birthdate and the dam ID. You need to castrate and implant commercial male calves as soon as possible and you should weigh registered calves within the first 24 hours of birth.

Go ahead and separate cows that have calved and increase their feed. Supplemental energy is important for cows receiving hay to prepare them for rebreeding.

A 1,250-pound cow giving about 25 pounds of milk per day will need about 25 pounds of fescue hay and 5 pounds of concentrate daily to maintain good condition.

If you need to go from a condition score of 4 to 5, you will need to add an additional 2 pounds of concentrate to support that cow. Cows must be in good condition to conceive early in the upcoming breeding season.

Avoid feeding hay in excessively muddy areas of your pasture to avoid contaminating cows' udders. Calf scours is something you need to watch for in the herd. If scours becomes a problem, you will need to move cows that have not calved to a clean pasture.

Calves with scours may become dehydrated and will need fluids to reverse the situation. You can consult your veterinarian and send fecal samples to the UK Veterinary Diagnostic Lab to determine the most effective drug therapy.

You should plan to vaccinate calves for clostridial diseases like blackleg and malignant edema as soon as possible. It's also a good time to get yearling measurements on bulls and heifers if necessary, for special sales. You may need to increase bulls' feed to increase their conditioning for breeding or order semen if you plan to use artificial insemination.



# Home Garden Kick Off

Springtime in Kentucky is the perfect time to get outside and start your home garden. A few tasks will help you have a successful season.

Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source and dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

1. Grow vegetables that will produce the maximum amount of food in your available space.
2. Plant during the correct season for the crop.
3. Choose varieties recommended for Kentucky.
4. Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.



The poster features a green background with a white circular graphic on the left containing the text "13 APRIL". To the right of this graphic, the text "FARMERS Market" is written in a mix of white and yellow fonts. Below this, it says "Interest Meeting" and "April 13th @ 6 p.m.". At the bottom, it reads "Nicholas County Extension Office". The top right corner has the University of Kentucky logo and the text "University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service". The left side of the poster shows a photograph of fresh produce including carrots, cucumbers, and tomatoes.





# Buttercups Graved in Pastures

- Dr. J.D. Green, UK  
Extension Weed  
Scientist

One of the signs that spring has arrived is when the yellow flowers of buttercup begin to appear, but it's during the winter months that the vegetative growth of buttercup takes place. As a cool season weed, this plant often flourishes in over grazed pasture fields with poor stands of desirable forages. In fact, many fields that have dense buttercup populations are fields heavily grazed by animals during the fall through the early spring months.

Buttercups are sometimes classified as short-lived perennials, but often grow as winter annuals. Plants typically produce five, shiny yellow petals in the early spring. There are four different species of buttercups that may be found in Kentucky: bulbous buttercup (*Ranunculus bulbosus*), creeping buttercup (*Ranunculus repens*), tall buttercup (*Ranunculus acris*), and small flower buttercup (*Ranunculus abortivus*). Although each of these plants may have somewhat similar flower heads, each of these buttercup species differs somewhat in their vegetative leaf characteristics. New seed are produced during the time petals are showy. Waiting until after flowers appear can be too late to implement control tactics. This is one reason buttercups can survive year to year and new plants emerge each year.

Most buttercup plants emerge from seed during the fall or late winter months. Therefore, pasture management practices that improve and promote growth of desirable plants during these months is one of the best methods to help compete against the emergence and growth of this plant. Whereas,

livestock animals allowed to overgraze fields during the fall and winter months is one of the main factors that contribute to buttercup problems. Mowing fields or clipping plants close to the ground in the early spring before buttercup plants can produce flowers may help reduce the amount of new seed produced, but mowing alone will not totally eliminate seed production.

For chemical control, herbicides registered for use on grass pastures that contain 2,4-D will effectively control buttercup. Depending on other weeds present products that contain dicamba+2,4-D (eg. Weedmaster), aminopyralid (eg. ForeFront, Milestone), triclopyr (eg. PastureGard, Crossbow), or metsulfuron (eg. Cimarron) can also be used. However, legumes such as clovers interseeded with grass pastures can be severely injured or killed by these herbicide products. For optimum results apply a herbicide in the early spring (February - March) before flowers are observed, when buttercup plants are still small and actively growing. For best herbicide activity wait until daytime air temperatures is greater than 50 F for two to three consecutive days. Consult the herbicide label for further information on grazing restrictions, precautions, or other possible limitations.

For fields heavily infested with buttercup a variety of control tactics may be needed. Apply a herbicide to help reduce the population of buttercup plants in the spring plus use good pasture management techniques throughout the year to help improve and thicken the stand of desirable forages.



# April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 Easter	10 Shooting Sports 6 pm	11 Livestock Club 6 pm	12 Trap Team Prac- tice 6 pm	13 Fencing School Richmond Farmers Market In- terest Meeting 6 pm	14 Ag Safety Day- 4th Grade	15 
16 	17	18 FRYSC Family Night Livestock Club 6 pm	19 Sewing Club A	20 Cloverbuds	21	22 EARTH DAY Teen Club-North Central 4-H Camp
23	24 Sewing Club B	25 	26 National Stop Food Waste Day	27 Earth Day 4-H Project Day after- school til 4:30 	28	29 
30						
2 Autism Awareness Day 	3	4	5 National Self Care Day	6 	7	8
						1 April Fool's Day



# Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

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