

AG Newsletter

March 2025

Agent's Corner

Mother nature has been exciting this winter and spring. It has been amazing and sometimes scary to see all the changes in the weather fronts coming through.

We are past the dormant stages in the fruit trees and wheat, so plan accordingly. This is not to say that we won't have a few more cold spells, but the care for these has specific directions during dormancy and after dormancy.

We hope to see you at the remaining meetings and events but also remember that we offer services for soil testing, weed and plant identification that are very important this time of year.

We have publications on gardening and a reuseable calendar free for you to pick up. Also, there are still plenty of BEEF calendars left at your local farm stores.

I want to leave you with an Irish Farm Blessing:

“May the rains sweep gentle across your fields,
May the sun warm the land,
May every good seed you have planted bear fruit,
And late summer find you standing in the fields of plenty”.

Come by and see us at the next meeting or come by and pick up educational information before it gets dry and crazy out there.

Sincerely,



Carol M. Hinton
Breckinridge County Extension Agent
for Agriculture/Natural Resources Education



1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | breckinridge.ca.uky.edu





2025 CAIP PROGRAM

The Breckinridge County Conservation District will be conducting the County Agriculture Incentives Program (CAIP) A2025-0010. **This program is sponsored in part by the Kentucky Agriculture Development Fund (KADF).** NEW for 2025: The Breckinridge County Ag Development Council set the cost share amounts as follows, ALL Programs cost share up to \$2,000.

- Any producers interested in improving their farm business must apply at the Breckinridge County Conservation Office between the dates of February 19, 2025 thru March 26, 2025.
- Applications can be picked up from 7:30 a.m. (ct) through 3:30 p.m. (ct); except office is closed for lunch from 11 am (ct) to 12 Noon p.m. (ct).
- All interested parties must pick up and return the applications for approval to the office, 1101 S. Hwy 261, Suite 102, Hardinsburg, during the above times.
- All returned applications will be scored and those approved for cost share funds will be notified no later than April 21, 2025, date subject to change.
- Receipts for cost share practices must be dated from January 1, 2025 thru October 3, 2025.

The cost share programs that may be approved with proper documentation are as follows:

1. Agricultural Diversification
2. Large Animal (beef, dairy, equine)
3. Small Animal (goat, sheep, swine, bee, rabbits)
4. Farm Infrastructure
5. Fencing & On-Farm Water
6. Forage & Grain Improvement
7. Innovative Agricultural Systems
8. On-Farm Energy
9. Poultry & Other Fowl
10. Ag Tech & Leadership Development
11. Value-Added & Marketing

Important Dates; all review dates subject to change

1. Application time, February 19, 2025 thru March 26, 2025. You must fill out an application between these dates, no exceptions.
2. If you are approved, you will receive notice of approval no later than April 21, 2025.
3. After notification of approval, you can begin bringing in receipts for practices that have been completed along with proper pictures of projects and fill out a final report.
4. Receipts for cost share practices must be dated from January 1, 2025 thru October 3, 2025. *All paperwork must be turned into the Soil Conservation Office by October 3, 2025 before 3 p.m. (ct).*
5. Pending review and approval of your receipts and final report, you will receive notification that your reimbursement is ready to be picked up.
6. If you receive notice that you are on the waiting list, then you will be notified as money becomes available for you to complete your project for the CAIP Cost Share Program #A2025-0010.

Applicants must attend an educational class approved by the Breckinridge County Extension Office before receiving payment. All Zoom or Webinar meetings must be preapproved by the Extension AG Agent.

Please stop by the Breckinridge County Soil Conservation Office to pick-up the rules and applications for the programs.

For more information, please call the Breckinridge County Soil Conservation Office at 270-756-1696, ext 3.

MULTI-COUNTY TOBACCO PRODUCTION & GAP CERTIFICATION MEETING

Breckinridge County Extension Community Building

Wednesday, March 26, 2025

10 a.m. – 1 p.m. (ct)

Speaker: Dr. Robert Pearce, UK Tobacco Specialist

This meeting will qualify for GAP certification for all tobacco companies.

BE SURE TO BRING YOUR GAP CONNECTION CARD and A PICTURE ID

WITH YOU TO GET CERTIFIED.

A meal will be provided.

*If you want to attend this training at the Breckinridge County Extension Office,
you must call 270-756-2182 to register.*

You must stay for the entire two-hour meeting to be eligible for 2025 GAP Training credit.

**Attendance at one (1) GAP meeting is MANDATORY,
if you are going to keep selling tobacco with a GAP CARD**

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**Cooperative
Extension Service**

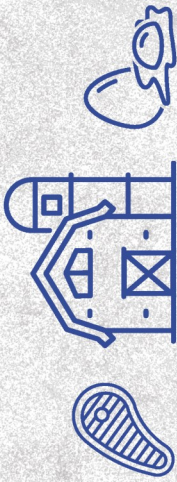
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Beef, Eggs, and Ag Issues Breakfast

Saturday, April 5th 2025
 Breakfast Served 7 a.m. - CT
 Guest Speaker 8 a.m. - CT
 Extension Community Building
 1377 S. Hwy 261 Hardinsburg, KY 40143

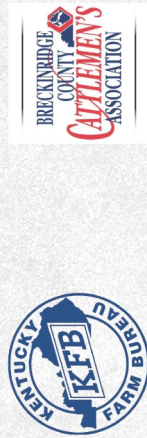


Join us to celebrate agriculture in our community!

Please call the Extension Office to register at 270-756-2182
 There is no charge for this event

Event Sponsors:

- Breckinridge County Farm Bureau
- Breckinridge County Cattleman's Association
- Breckinridge County Extension District Board & Extension Council
- Kentucky Poultry Federation



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SMALL FARM

Workshops

Breckinridge County Extension Office
 1377 S Hwy 261 Hardinsburg, KY 40143

SATURDAY APRIL 5TH 2025
REGISTRATION: 9 A.M. CT

One-day workshop covering production topics geared towards small scale and backyard farming operations

Tentative Topics

- Starting your own Business
- Backyard Poultry
- Beekeeping
- Raised Bed Gardens
- High Tunnel Basics

This event is FREE and everyone is welcome to attend
Lunch will be provided
Registration is required
 Please call the Extension Office to register at 270-756-2182

<https://breckinridge.ca.uky.edu>

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Beef Quality Assurance and Care Training

Several dates and times to choose from.

Note: Only need to attend one (1) session.

Training will last approximately two (2) hours.



Breckinridge County Extension

Farmers' Market & Educational Facility

April 1, 2025 ~~ 8 AM, 10 AM or 12 Noon

April 9, 2025 ~~ 8 AM, 10 AM or 12 Noon

April 15, 2025 ~~ 8 AM, 10 AM, 12 Noon, or 6 PM

April 21, 2025 ~~ 8 AM, 10 AM, 12 Noon, or 6 PM

All times are central time.

Please call 270-756-2182 to register

NOTE: If you are participating in the CAIP Large Animal Cost Share program you must have a current certification number.

Training is Free during April!

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Must have **prior approval** from AG Agent for this webinar to qualify for CAIP educational meeting

UK Beef Management Webinar Series

Registration is necessary, however, if you received an email directly from Darrh Bullock then you are already registered. If you received this information from another source and have not registered previously, then please send an email to dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. **All meeting times are 8:00pm ET/7:00pm CT.**

April 8, 2025

Health Update and Internal Parasite Field Study Results – Michelle Arnold, Extension Veterinarian, and Jeff Lehmkuhler, Extension Professor, University of Kentucky

For additional information, please contact the Extension Office.

Italian Ryegrass Control Field Tour

Thursday, March 27, 2025

9 a.m. to 11:30 a.m. CDT

Please meet at the Caldwell County Extension Office

1025 U.S. Highway 62 West, Princeton, KY

Sign-in begins at 8:30 a.m. CDT

A caravan will proceed to the UKREC in Princeton for plot tours of Italian ryegrass research.

Click link or scan QR Code to register

https://uky.az1.qualtrics.com/jfe/form/SV_2c6KX2NmigEp1TE



Presented by Dr. Travis Legleiter, UK Extension Associate Professor - Weed Science, this field tour will highlight the options available to Kentucky farmers for maximum control of this problematic weed in the fall and spring prior to corn and soybean planting. For more information about the field tour call (859) 562-2569.

Educational credits available:

CCA: 3 CEUs in IPM;

KY Applicator Credits: 3 CEUs for Category 1A (Ag Plant)

Organized and Sponsored by the Kentucky Forage and Grassland Council, UK Cooperative Extension Service, and the Master Grazer Program

This program is designed for producers and agricultural professionals to learn the newest fencing methods and sound fencing construction through a combination of classroom and hands-on learning

WHEN: April 22 - Owensboro, KY
 April 24 - Tompkinsville, KY

WHERE: Daviess County Extension Office
 4800 New Hartford Road A
 Owensboro, KY 42303

Monroe County Extension Office
 252 Commerce Drive
 Tompkinsville, KY 42167



COST: \$35/participant -- includes notebook, glasses, hearing protection, and catered lunch

Registration DEADLINE: 2 weeks prior to workshop

ONLINE Registration with Credit Card:
 Owensboro, KY <https://2025FencingDaviess.eventbrite.com/>
 Tompkinsville, KY <https://2025FencingMonroe.eventbrite.com/>



Registration by U.S. Mail: Caroline Roper
 UK Research and Education Center
 P.O. Box 469
 Princeton, KY 42445

Name: _____
 Street: _____
 City: _____ State: _____ Zip code: _____
 Email: _____ Cell Phone: _____

Number of participants _____ x \$35 per participant = _____ Total Cost

Make CHECKS payable to: KFGC (Kentucky Forage and Grassland Council)



For more information contact Caroline Roper at 270-704-2254 or Caroline.Roper@uky.edu

2025 Kentucky Fencing Schools



2025 Kentucky Fencing School Agenda

- 7:30 Registration and Refreshments**
- 8:15 Welcome and Overview of the Day – Chris Teutsch, UK**
- 8:30 Fencing Types and Costs – Chris Teutsch, UK**
- 9:00 Fence Construction Basics – Eric Miller and Payton Rushing, Stay-Tuff**
 - Perimeter fences vs. cross fences
 - Fencing options on rented farms
 - Proper brace construction
 - Line posts and fence construction
- 9:45 Break – visit with sponsors and presenters**
- 10:15 Electric Fencing Basics - Jeremy McGill, UK and Nick Chism, Gallagher**
 - Proper energizer selection and grounding
 - Proper high tensile fence construction and wire insulation
 - Electric offset wires for non-electric fences
 - Underground wires and jumper wires
- 11:00 Innovations in Fencing Technologies – Josh Jackson, UK**
 - Wireless fences, fence monitoring, fence mapping
- 11:30 Overview of Kentucky Fence Law - Clint Quarles, KDA**
- 12:15 Catered Lunch - visit with sponsors and presenters**
- 1:00 Hands-on Fence Building**
 - Safety, fence layout, and post driving demo - Jody Watson and Tucker LaForce, ACI
 - H-brace construction - Jeremy McGill, UK, Nick Chism, Gallagher & Eric Miller and Payton Rushing, Stay-Tuff
 - Knot tying, splices, and insulator installation - Jeremy McGill, UK, Nick Chism, Gallagher & Eric Miller and Payton Rushing, Stay-Tuff
 - Installation of Stay-Tuff Fixed Knot Fence - Eric Miller and Payton Rushing, Stay-Tuff
 - Installation of High Tensile Fencing - Jeremy McGill, UK & Nick Chism, Gallagher
- 4:30 Questions, Survey and Wrap-up**



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LEWISTON, KY 4046



BRECKINRIDGE COUNTY EXTENSION HOMEMAKERS

SPRING BAZAAR



CALL FOR VENDORS

Saturday, May 10th 9 a.m. - 2 p.m. CT

Sign up early to guarantee a spot in the main bazaar building with air conditioning!

Please contact the Extension office at 270-756-2182 if you are interested in being a vendor.

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News from Farm Service Agency!

The Farm Service Agency announced the 2025 enrollment period for Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC) is from January 21 to April 15.

The *American Relief Act, 2025* extended many Farm Bill-authorized programs for another year, including ARC and PLC.



Kentucky State University Beginner Beekeeping Grant 2024-25 Application

KENTUCKY STATE UNIVERSITY
LAND GRANT PROGRAM
COOPERATIVE EXTENSION BUILDING
400 E. MAIN STREET FRANKFORT, KY 40601
(502) 597-6831



Application is available at: <https://www.kysu.edu/academics/college-ahnrc/school-of-anr/co-op/beginner-beekeeping-program-application.php>

That First Calf Heifer is not a Mature Cow – So why would we treat her like one?

Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky

Source: Off the Hoof, KY Beef Cattle Newsletter, March 3, 2025

Developing and first calf heifers are not the same as mature cows. While that seems like an obvious statement, there is still a common belief that heifers should be able to “get by” under the same management as mature cows. The thought is that we are selecting heifers that match available resources when we should be selecting heifers that *will become* cows that match our resources. Because heifers still have additional nutrient requirements for growth, they require different nutritional management than cows.

In the beef industry we talk about selecting “heifer-acceptable” bulls all the time, because we understand the need for emphasis on calving ease in heifers compared to mature cows. If we are going to keep back our own replacements or develop heifers, we also need to think about selecting a heifer acceptable feeding program.

Decades of research have helped us understand how heifers and cows prioritize nutrients (figure 1). The first priority is meeting maintenance requirements—these are the nutrients needed to keep the animal alive and maintaining their current body condition. Next up is supporting lactation, followed by growth (for growing females), supporting an existing pregnancy, and lastly the estrous cycle or the ability to breed back.

First-calf heifers are particularly vulnerable in a cow-calf operation. They must do everything a mature cow does— raise a calf and breed back—while also continuing to grow. The consequence of not meeting her nutrient requirements is the inability to breed back, often resulting in young females being culled from the herd. Developing heifers is a significant investment, with costs spread over the animal’s productive lifetime. Research has shown that it takes at least 4-5 years for a heifer to pay for herself. When first-calf heifers fail to breed back and are culled, it almost always results in a net loss to the operation. Not only have we failed to recoup her development costs, but we’ve also lost out on potential income from her future calves.

Reproductive failure in these young females is often wrongly blamed on genetics, but we know reproductive traits are lowly heritable. The real blame is likely due to nutrition, or more specifically undernutrition. The good news is that nutrition is something we can manage and control. Young growing females are smaller than their mature cow counterparts which means that their feed intake will be less than that of the mature cow. With less feed intake, this means that heifers require diets with greater concentrations of energy and protein.

In a typical spring calving system, the herd will likely be consuming lush forages during the breeding season but looking at the critical time leading up to breeding season, most herds will be consuming conserved forages. When thinking about supplementing average quality cool season grass hay, a lactating cow may require 3 lbs. of dried distillers grains, whereas a heifer consuming this same hay would require 5 lbs. of dried distillers grains.

To ensure that heifers are meeting their nutrient requirements, consider managing these young females in a separate group from the rest of the cow herd. For smaller herds, it may also make sense to manage any mature cows that have a low body condition score with these young females. This can allow for strategic supplementation for cattle needing extra nutrition without over-feeding mature cows that are in good body condition.

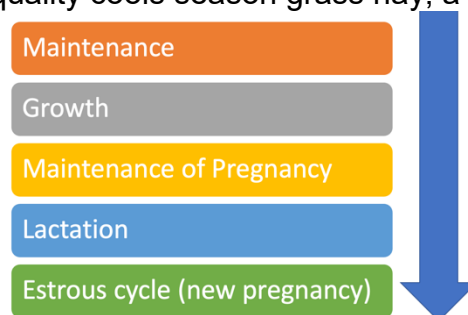


Figure 1: Nutrient partitioning for heifers and cows.

That First Calf Heifer is not a Mature Cow—cont'd

Always test your hay, and consider feeding higher quality forages to heifers, which can reduce supplemental feed costs. Another benefit to hay testing is the ability to select supplemental feeds that provide the best value based on the amount of supplemental energy or protein required by the herd. Energy is often the most limiting ingredient in forage-based systems, and it is highly unlikely that average quality grass hay is going to be an adequate source of energy for developing heifers, lactating first-calf heifers, or even lactating mature cows. Careful consideration should be made to provide adequate energy as well as protein in the diet.

At the end of the day, it is important to remember that developing and first-calf heifers are simply not the same as the mature cows in the herd. Take care to manage these animals to set them up for long-term success and longevity in the herd.

Reclaiming Pugged Up Pastures

Dr. Chris Teutsch, UK Research and Education Center at Princeton

Source: Off The Hoof, KY Beef Cattle Newsletter March 3, 2025

Wet conditions this winter have resulted in almost complete disturbance in and around hay feeding areas. Even well designed hay feeding pads will have significant damage surrounding the pad where animals enter and leave. These highly disturbed areas create perfect growing conditions for summer annual weeds like spiny pigweed and cockle bur. Their growth is stimulated by lack of competition from a healthy and vigorous sod and the high fertility from the dung, urine and decomposing organic material around hay feeding areas.

Our most common approach to revegetating these areas is trying to reseed cool-season perennial grasses (tall fescue and orchardgrass) and legumes (red and white clover) in mid-to late-spring. On the surface this seems to be a logical approach. However, it rarely works as well as we would like. The problem is that cool-season perennial grasses usually don't have enough time to become fully established before the weather turns hot. In addition, summer annual weed pressure can be fierce during establishment. The net result is that these attempts at reseeding pugged up pastures often fail. An alternative strategy involves planting summer annual grasses in late spring or early summer. This approach has a much higher probability of success. Summer annual grasses, especially sorghum-sudangrass or sudangrass, have very rapid emergence and canopy closure. This will prevent summer annual weeds from germinating and provide forage for grazing or harvesting during the summer months (Figure 2). Perennial cool-season grasses can then be reseeded under more ideal conditions in late or summer or early fall.

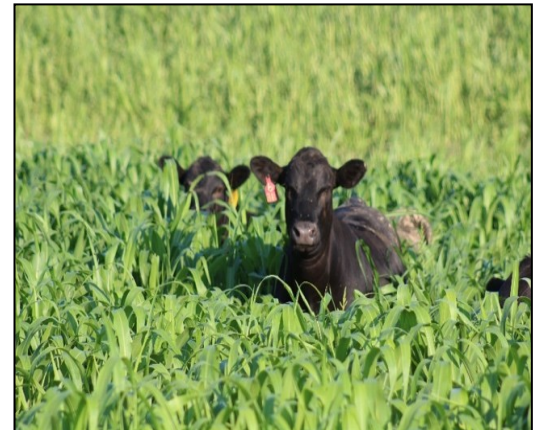


Figure 2. Sorghum-sudangrass is easily established once soil temperatures reach 60 F and provides rapid growth and canopy cover outcompeting common summer annual weeds.

If you decide to use summer annuals grasses, there are several things that you can do to enhance your success. These are listed below.

Plant adapted summer annuals species. Always plant forages that are well adapted to Kentucky and the soils and conditions on your farm. Summer annuals that can be used to reclaim hay feeding areas include sudangrass, sorghum-sudangrass, pearl millet, and crabgrass. Detailed information on the adaptability, establishment, and management of these species can be found in [AGR-229, Warm Season Annual Grasses in Kentucky](#).

Reclaiming Pugged Up Pastures—cont'd

Use the high end of the seeding rate. Seeding rates are normally given as a range. Make sure and use the high end of this range. Even with summer annuals, rapid canopy closure is critical for reducing summer annual weeds.

Plant after soil warms. For summer annuals grasses to germinate and rapidly emerge, soil temperatures at planting should be at least 60 degrees F. As a general rule, this is about two weeks after the “ideal” corn planting date. This should allow plenty of time to let the area dry out and to get it smoothed up prior to planting. If there is a delay in planting the summer annuals after final tillage, it may be a good idea to do one more pass of light tillage to disturb any weed seedling that may have germinated.

Control broadleaf weeds. Once warm-season annual grasses are established, some herbicides can be applied to control summer annual broadleaf weeds. If you plan to reseed cool-season perennials in the fall, make sure and check the label for reseeding restrictions prior to application. Always consult and follow label directions. For more information on using herbicides on summer annual grasses, contact your local extension agent.

Grazing summer annuals grasses. Allow taller growing summer annuals like sorghum-sudangrass and pearl millet to reach a height of 18-24 inches before grazing and stop grazing a to 8-10 inches. Regrowth can be stimulated by applying 40-60 lb N/A after each grazing, but the last. Crabgrass can be grazed once it reaches a height of 6 to 8 inches. Cattle should be pulled off once it has been grazed to a height of 3 to 4 inches.

Haying summer annual grasses. Allow taller growing to reach a height of 30 to 40 inches before mowing. This will optimize yield and forage quality. If regrowth is desired, do not mow close than 6 inches apply 40 to 60 lb N/A after each cutting, but the last. Crabgrass should be cut for hay at the late boot-stage. Care should be taken to not mow crabgrass closer than 3 to 4 inches.

Reseeding cool-season grasses in the fall. Pastures should be sprayed with a non-selective herbicide in late summer to control any remaining summer annual grass and any weeds that have germinated. Cool-season grasses can be no-tilled into the killed pasture area.

For more information on renovating pastures and no-till seeding techniques visit UK Forage Extension website at <http://forages.ca.uky.edu/> or contact your local extension office.



Winning the war on weeds: Why Spring preemergence herbicides are beneficial

Source: *Kenneth Clayton, Plant and Soil Sciences Extension Associate*

Spring is here, and you might be itching to give your lawn a little TLC. While many people think “it’s spring, better grab the fertilizer,” the truth is that the very best time to boost lawn health is actually in the fall. That’s when conditions are prime for the grass to build strong roots. However, one of the most important (and often overlooked) spring lawn care practices is applying a preemergence herbicide.

If you want a thick, healthy lawn this summer, stop weeds before they even get started. If you wait until you can see them sprouting up, you’re already fighting an uphill battle. Postemergence herbicides, which you spray onto actively growing weeds later, can be more expensive and less effective. By applying a preemergence herbicide now, you’ll knock out those weed seeds before they even sprout, saving you time, energy and money down the road.

The best time to apply is when the soil temperature at a two-inch depth averages between 50-55°F for about five consecutive days. You can check soil temperatures online through resources like [Kentucky Mesonet](#), or use a simple soil thermometer. If you’re not into checking soil temps, another trick is to watch for forsythia blooms. When those bright yellow flowers are in full bloom, it’s usually a good sign that it’s time to apply. In Kentucky, this typically happens in March to early April.

For the best results, many lawn care professionals recommend a two-application approach. The first should be made when soil temperatures indicate it’s time, and the second about six to eight weeks later to extend protection throughout the season. Always follow the instructions on the herbicide label to ensure you don’t exceed the recommended annual use rate.

While a preemergence herbicide is an excellent tool for preventing weeds, it’s not a magic fix. Another great way to keep weeds at bay is by maintaining a thick, healthy lawn that naturally shades out any potential invaders. Raising your mower height can be one of the most effective ways to do this, as taller grass helps block sunlight from reaching weed seeds.

Not every lawn will need a preemergence herbicide every year. If your lawn is already thick and weed-free, you may not need to apply one at all. However, if you’ve had issues with grassy weeds in the past or notice bare patches where weeds might take hold, it’s a good investment. If you skipped fertilizing in the fall, you can apply a moderate amount of fertilizer in the spring along with your herbicide. Just be careful not to overdo it, or you might end up feeding the weeds instead.

Taking a preventative approach now will save you time, money, and frustration later in the season. By applying a preemergence herbicide at the right time and focusing on overall lawn health, you’ll be setting yourself up for a lush, weed-free lawn all summer long.

More information can be found at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment publication here: <https://publications.ca.uky.edu/files/AGR272.pdf>.

You can also contact your local Extension office for more information on how to create a successful yard this spring.

Tree Giveaway! Sponsored by the Breckinridge County Conservation District.

Please be on the lookout for a tree giveaway in April. Watch our facebook page and Breck County Soil Conservation facebook page for the date.



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Breckinridge County Extension Office
1377 S. Hwy 261
Hardinsburg, KY 40143
(270) 756-2182

A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline — available 24 hours a day, 7 days a week.



Continued from the previous page

cognitive struggles, older adults are susceptible to depression. Some researchers believe that the epidemic of loneliness is fueling suicide.

Health-care providers and caregivers need to recognize warning signs of suicide in older adults. Alone, one or two of these acts may not be a concern. It is common to update a will, for example. But in combination, these warning signs may mean trouble.

- Loss of interest in activities
- Giving away belongings
- Changing a will
- Avoiding social opportunities
- Neglecting self-care
- Changes in appearance
- Ignoring or skipping medications
- Preoccupation with death, talking about dying or killing oneself
- Reckless behavior or lacking concern for personal safety
- Increasing use of alcohol and/or drugs
- Sleeping too much or too little
- Extreme mood swings
- Acting anxious or agitated
- Talking about being a burden to society or others
- Talking about unbearable physical or emotional pain
- Feeling empty or hopeless
- Feeling trapped with no way out

A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline. This telephone number is available 24 hours a day, 7 days a week. It connects you or someone you care about to mental health professionals who can talk to someone in crisis.

The 988 Suicide and Crisis Lifeline spells out five steps you can follow if you think an older adult, or anyone, is thinking about suicide:

1. **Ask.** Be direct and ask, "Are you thinking about killing yourself?" "How can I help you?" initiate this conversation and listen carefully to their answers. Acknowledge their pain. Help the person focus on why they should keep living.

THIS MONTH'S TOPIC

RECOGNIZING SIGNS OF SUICIDE



Older adults account for 22% of suicides in the U.S., according to the Centers for Disease Control and Prevention. Men age 75 and older face the highest overall rate of suicide. Older adults are known to plan suicide more carefully and use methods more likely to prove lethal. Older adults who attempt suicide are less likely to recover because of frailty or underlying medical conditions. The tragedy of suicide is a growing public health crisis.

Older adults often face loss and grief. They might lose independence, health, and financial stability. They might face widowhood, death of peers, friends and family, mobility issues, etc. Older adults are more likely to be homebound, live on their own, or lack social connections needed to thrive. When combined with physical, emotional, and

Continued on the next page



Disabilities accommodated with prior notification.

REFERENCES:

- Cleveland Clinic. (2023). What to Know About Older Adults and Suicide Risk. Retrieved 1/17/25 from <https://health.clevelandclinic.org/suicide-in-older-adults>
- National Council on Aging. (2025). Suicide and Older Adults: What You Should Know. Retrieved 1/17/25 from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
- Substance Abuse and Mental Health Services Administration. (2022). Suicide Warning Signs and Prevention Strategies for Older Adults. Retrieved 1/17/25 from <https://www.samhsa.gov/blog/suicide-warning-signs-prevention-strategies-older-adults>



Source: National Weather Service



Preparing for Severe Weather: What You Need to Know

By Tony Edwards – National Weather Service Charleston, WV

In parts of the Deep South, the risk of severe thunderstorms persists throughout the winter months. For us here in the Bluegrass State, however, we're quickly approaching a time when thunderstorms become both more frequent and more intense. As winter storms make way for spring, severe weather—including damaging winds, hail, and even tornadoes—becomes the primary concern.

As I write this article in mid-March, much of the Bluegrass State is already facing the threat of severe weather, a common occurrence for this time of year. Data from the National Weather Service's Storm Prediction Center reveals that the likelihood of severe weather increases as March progresses, peaking in mid-June at around 4%. This means, based on historical data alone, residents of Kentucky have a 4% chance of experiencing damaging winds, hail larger than quarters, or a tornado within 25 miles of their home in the middle of June! The risk then significantly decreases by mid-September.

Given this, now is the time to start preparing for the upcoming severe weather season. The first step is simple: **be aware** that severe weather is a real possibility. Make checking your local forecast part of your daily routine to stay informed and prepared.

- **Did You Know?** The National Weather Service (NWS) offices that serve Kentucky offer a 24-hour recorded weather forecast, and in many cases, you can even speak to a live person if you have questions about the forecast. Contact your local NWS office to learn more!

Preparing for Severe Weather

When severe weather is in the forecast, it's essential to take action ahead of time. Start by ensuring you have access to **emergency supplies**. This is particularly important if you live in an area prone to flooding and might need to evacuate on short notice.

Make sure you know where your **safe spaces** are. In most cases, this is the lowest floor of your house—preferably a basement. If you don't have a basement, an interior room with no windows and doors will suffice. If you own livestock, consider moving them to a protected area, especially if hail is in the forecast.

Stay Informed on Severe Weather Days

When severe weather is expected, it's crucial to stay vigilant. Be prepared to adjust outdoor plans if necessary and remain alert to weather updates.

- **Did You Know?** NOAA Weather Radios are specialized devices designed to broadcast weather information and activate alarms when severe weather alerts are issued. Many models run on battery or solar power and do not include an AM/FM radio. You're likely near a transmitter,

making this a reliable option to stay updated. Check out these handy radios at your local store to keep your home prepared.

Understanding Watches and Warnings

- **Severe Thunderstorm and Tornado Watches:** Issued when conditions are favorable for severe weather or tornadoes in the near future.
- **Severe Thunderstorm and Tornado Warnings:** Issued when severe weather or tornadoes are occurring or imminent. This is when you need to act fast!

When a warning is issued, take shelter immediately. You may only have seconds to respond, so knowing what to do and where to go is essential.

SEVERE WEATHER HAZARDS

TORNADO
Take shelter immediately in a sturdy structure

LARGE HAIL
Move indoors away from windows

SEVERE WIND
Move indoors away from windows

FLOODING
Avoid rising creeks and water covered roads

LIGHTNING
Move indoors if you hear thunder

Over 280 fatalities occur each year in the U.S. from thunderstorm related hazards.

weather.gov/safety

EQUIPMENT FOR RENT

The Extension Office has a No-Till Seed Drill, an in-line silage Hay Wrapper and Boomless Pasture Sprayers available for rent.

For more information on renting or to schedule a date to use call:

No-Till Seed Drill —
GreenPoint AG LLC at 270-756-2311

Inline Silage Hay Wrapper —
Wright Implement 1 LLC at 270-756-5152

Two (2) –Boomless Pasture Sprayers —
Carol Hinton at 270-617-3417



Almanac Tidbits for: March

Plant above ground crops—— 3, 4, 7, 8, 30, 31

Plant Below ground crops —— 14-18, 22, 23, 26, 27

Seed Beds————— 7, 8, 17, 18

Kill plant pests:————— 1, 2, 5, 6, 9-13, 19-21, 24, 25, 28, 29

Aries		♈
Taurus		♉
Gemini		♊
Cancer		♋
Leo		♌
Virgo		♍
Libra		♎
Scorpio		♏
Sagittarius		♐
Capricorn		♑
Aquarius		♒
Pisces		♓

RINSE AND RETURN PLASTIC PESTICIDE CONTAINER PROGRAM



Breckinridge County Extension Pavilion
1377 S. Hwy 261, Hardinsburg, KY 40143



Tuesday, September 2, 2025

Time: 12:30 p.m. to 2 p.m. (ct)

**Jugs must be triple rinsed, hole punched in bottom or side and
free from paper label and most dirt.**

Breckinridge County Recycling Program



All recycling sites are
accessible 24 hours a day,
seven days a week.

Stop by one of the following recycling centers near you:

Breckinridge County High School
Cloverport Fire Department
Auggie Doggie's, Garfield
St. Romuald Gym, Hardinsburg
McQuady Firehouse
Breckinridge County Extension Office
Rough River Corp of Engineers Office
McDaniels Fire Department
Frederick Fraize High School, Cloverport
Hardinsburg Elementary School
Union Star

Mark Your Calendar!

- Feb 28-March 1, 2025—KY Farm Bureau Beef Expo, KY Fair & Exposition Center, Louisville, KY
- March 26, 2025—Multi-County Tobacco Production & GAP Certification Meeting—
Breck. Co. Extension Community Building
- April 1, 9, 15 and 21, 2025—BQCA training—Breck Co. Extension Farmers' Market & Educational
Facility
- April 5, 2025—Beef, Egg, and AG Issues Breakfast, Breck. Co. Extension Community Building
- April 5, 2025—Small Farm Workshop—Breck Co. Extension Farmers' Market & Educational Facility
- April 22, 2025—BCCA Meeting—Breck Co. Community Building
- May 13, 2025—Wheat Field Day, UK Research & Education Center, Princeton, KY
- June 26, 2025—Pest Management Field Day, UK Research & Education Center, Princeton, KY
- July 22, 2025—Corn, Soybean & Tobacco Field Day, UK Research & Education Center, Princeton, KY
- September 2, 2025—Rinse & Return Program, Breckinridge County Extension Service Pavilion

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