

Ag and Natural Resources News

October 2023

Cooperative Extension Service
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The Heart of Agriculture: What It Means to Operate a Family Farm

Family farms have been the backbone of agriculture for generations, serving as the heart of rural communities and producing the food that sustains our world. Operating a family farm goes beyond just cultivating crops and raising livestock; it's a way of life deeply rooted in tradition, hard work, and the bonds of kinship. In this article, we will delve into what it truly means to operate a family farm, exploring the values, challenges, and rewards that come with this noble endeavor.



Family farms are often multi-generational enterprises, with each generation learning the ropes from their predecessors. This tradition of passing down knowledge, skills, and a deep connection to the land is at the core of family farming. Children grow up learning to drive tractors, mend fences, and care for animals. They absorb the wisdom of their elders, gaining an understanding of crop rotation, soil health, and the rhythms of nature.

One defining feature of family farms is the sense of unity and shared purpose among family members. Everyone pitches in to get the work done, whether it's planting season, harvest time, or the daily chores that keep the farm running smoothly. This shared responsibility fosters a strong sense of togetherness and teamwork.

It's not uncommon to see grandparents, parents, and children working side by side, each contributing their

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Mark your calendars now!

► **Conditioning & Exercising your Horse Athlete**

October 16, 2023

Boone County Extension Office

► **Kentucky Beef Conference**

October 26, 2023

Clark County Extension Office

► **Grazing Conference**

October 31, 2023

Elizabethtown

November 1, 2023

Lexington

► **Kentucky First Farm Workshop**

November 3, 2023

Boone County Enrichment Center

Visit Our Farmers Market

Open 7 days a week

9:00 am-5:00 pm



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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accommodated
with prior notification.



Game Day Sloppy Joes

Servings: 12 serving

Serving Size: ¼ cup sloppy joe sauce on 1 bun

Recipe Cost: \$5.29

Cost per Serving: \$0.44

Up your game day menu with this Sloppy Joe recipe. Just remember to bring extra napkins.

Ingredients:

- 1 pound ground chuck
- ¾ cup onion, chopped
- ½ cup celery, chopped
- 1 (15 ounces) can tomato sauce
- 2 tablespoons quick cooking oats
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire sauce
- ½ teaspoon chili powder
- ⅛ teaspoon pepper
- Dash hot sauce
- 12 hamburger buns

Directions:

1. In a 10-inch skillet, cook ground chuck, onion and celery over medium/high heat until meat is browned and onion is tender. Drain off excess fat.
2. Stir in tomato sauce, oats, seasoned salt, Worcestershire sauce, chili powder, pepper, and hot sauce.
3. Simmer, uncovered, on a low temperature for 30 minutes. Stir often.

Spoon about ¼ cup of the sloppy Joe mixture onto each bun.

Source: Sarah Brandl, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 220 calories; 89 total fat; 2.5g saturated fat; 0g trans fat; 25mg cholesterol; 550mg sodium; 26g carbohydrate; 1g fiber; 5g sugar; 12g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium

unique skills and experiences. This collaborative effort is not only essential for the farm's success but also strengthens family bonds.

Operating a family farm is far from a 9-to-5 job. Farmers are often up before dawn and work until long after the sun has set. They toil through all kinds of weather, from the scorching heat of summer to the bitter cold of winter. There is no such thing as a weekend off or paid time off. The farm's needs dictate the schedule, and it's a lifestyle that demands dedication and resilience.

The daily toil encompasses a wide range of tasks, from planting and tending to crops to caring for animals. Farmers must also manage the financial and administrative aspects of the farm, including budgeting, record-keeping, and marketing their products. It's a juggling act that requires a diverse skill set.

Family farming comes with its fair share of challenges and uncertainties. Farmers must contend with fluctuating commodity prices, unpredictable weather patterns, and the constant threat of pests and diseases that can devastate crops and livestock. Economic pressures can be especially tough for smaller family farms, as they often lack the resources and economies of scale of larger commercial operations.

Furthermore, the next generation of farmers often faces barriers to entry, such as the high cost of land and equipment, making it difficult for young people to carry on the family farming tradition. These challenges underscore the importance of policies and support systems that sustain and encourage family farming.

Family farms are deeply connected to the land, and many take their role as stewards of the environment seriously. Sustainable and responsible farming practices are often at the forefront of their operations. They strive to protect soil health, conserve water resources, and minimize the use of pesticides and fertilizers to ensure the land remains fertile for future generations.

Farmers also engage in conservation efforts, such as planting cover crops, establishing wildlife habitats, and implementing erosion control measures. These actions not only benefit the environment but also contribute to the farm's long-term sustainability.

Family farms are integral to the fabric of rural communities. They provide employment opportunities, support local businesses, and contribute to the social and economic well-being of the areas in which they operate. Many family farms are involved in community events and initiatives, fostering a sense of community pride and cohesion.

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Additionally, family farms often embrace the concept of farm-to-table agriculture, selling their products directly to consumers through farmers' markets, roadside stands, and community-supported agriculture (CSA) programs. This direct connection between farmers and consumers strengthens local food systems and promotes healthier eating habits.

While family farming is undoubtedly demanding, it offers a unique set of rewards that go beyond financial gain. Here are some of the key rewards associated with operating a family farm:

1. **A Deep Connection to the Land:** Family farmers have a profound connection to the land they work. They witness the changing seasons, the growth of crops, and the birth of new life on the farm. This connection to nature is deeply fulfilling.
2. **Strong Family Bonds:** Working alongside family members fosters strong bonds and a shared sense of accomplishment. The farm becomes a source of pride for the entire family.
3. **Self-Sufficiency:** Family farms often produce a significant portion of their own food, promoting self-sufficiency and reducing reliance on external sources.
4. **A Sense of Purpose:** Farmers take pride in knowing that their work contributes to feeding their communities and the world. It's a noble and fulfilling calling.
5. **Tradition and Legacy:** Family farms preserve and pass down traditions, values, and a way of life from one generation to the next. This continuity is a source of pride and continuity.

Operating a family farm is a labor of love, rooted in tradition, family bonds, and a deep connection to the land. While it comes with its challenges and uncertainties, the rewards of family farming are immeasurable. Family farmers play a vital role in feeding the world, sustaining rural communities, and preserving agricultural traditions for future generations. Their dedication and resilience are a testament to the enduring spirit of family farming.

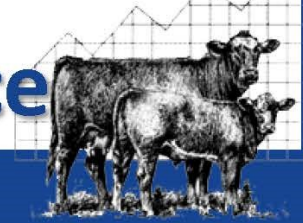




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

"Today's Challenges, Tomorrow's Opportunities"

Kentucky Beef Conference



October 26, 2023

In person

Clark County Extension Office
1400 Fortune Dr
Winchester, Kentucky 40391

9:00—10:00

Registration, visit
sponsors

\$10 registration fee

**RSVP by October 20th
to Clark County
Extension Office
859.744.4682**

10:00—Welcome & Sponsor Recognition

Levi Berg, Clark County Agriculture &
Natural Resources Extension Agent

University of KY Remarks & Welcome

Dr. Scott Radcliffe, UK CAFÉ Animal & Food
Sciences Department Chair

Beef Outlook & Marketing Strategies

Troy Applehans, Cattle-FAX Analyst

11:00— Fecal Egg Count Reduction Test

Dr. Jeff Lehmkuhler, UK Beef Nutrition
Extension Specialist and Dr. Michelle Arnold,
UK Ruminant Extension Veterinarian

11:30— Tools for Beef Producers

Dr. Les Anderson, UK Beef Extension
Specialist

12:00 Lunch

1:00— LRP & Price Risk Protection

Dr. Kenny Burdine, UK Beef Economic
Extension Specialist

2:00—Adjourn

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Lexington, KY 40506



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Winter Hay Feeding

Hay availability in Kentucky may be short this winter because of multiple, compounded issues. The variability of yield, quality and number of cuttings indicate the hay supply could get tight. It is important to protect the hay crop you have and use it wisely—that smart conservation and planning will help make hay last longer through the winter.

Due to weather events—droughts and extreme heat—both hay quality and yield are down. To ensure an adequate amount of hay, farmers should enact several measures. Store hay inside a barn, where it will remain dry. Remember to store hay in barns that have access in all types of weather. If that is not feasible, cover with a tarp to protect from the elements. Buy hay by the ton if possible and require certified stamped weight.

Testing is the first step to knowing how much will be necessary to meet the nutritional needs of the animals they feed, from horses to cattle to goats. Hay is tested primarily for crude



protein, acid detergent fiber, neutral detergent fiber, total digestible nutrients and relative feed value. Get your hay tested by the Kentucky Department of Agriculture to determine if you need to buy additional hay. For more information, refer to University of Kentucky Cooperative Extension Service publication “Interpreting Forage Quality Reports,” at <http://www2.ca.uky.edu/agc/pubs/id/id101/id101.pdf>.

Farmers typically feed hay from mid-December until mid-March, approximately 110 days, though that will vary due to weather, pasture conditions and the needs of different animals. To reduce waste, you should get hay, whether round or square bales, off the ground, either by using pallets, feeders or hay carts. Doing this will help you reduce wasted hay by almost half. If that is not possible, feed in long rows so hay is immediately consumed, rather than leaving a round bale out for animals to pick at over time. They will consume the center of the round bale, which has remained dry and protected, first, and that judicious eating will greatly increase waste.

To determine hay needs:

- Calculate the number of days animals will need feed.
- Weigh a random sample of bales using scales at feed mills or truck stops so you know the average weight of your bales.
- With the results of a hay test, calculate how many pounds each animal will need daily.
- Determine the total amount of hay the herd will require over the winter.

Forward planning and good management practices will help ensure an adequate hay supply during the winter. Because hay is a commodity, with a price that relies on supply and demand, it is unlikely that prices decrease in the coming winter months. So, if you do not have enough, you should buy it now, before more buyers move into the market. A tight supply, plus possible hay purchases from bordering states, may possibly elevate what are already high prices.

For more information, review University of Kentucky Cooperative Extension Service publication “Quality Hay Production,” <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf>, or contact the Boone County Cooperative Extension Service.



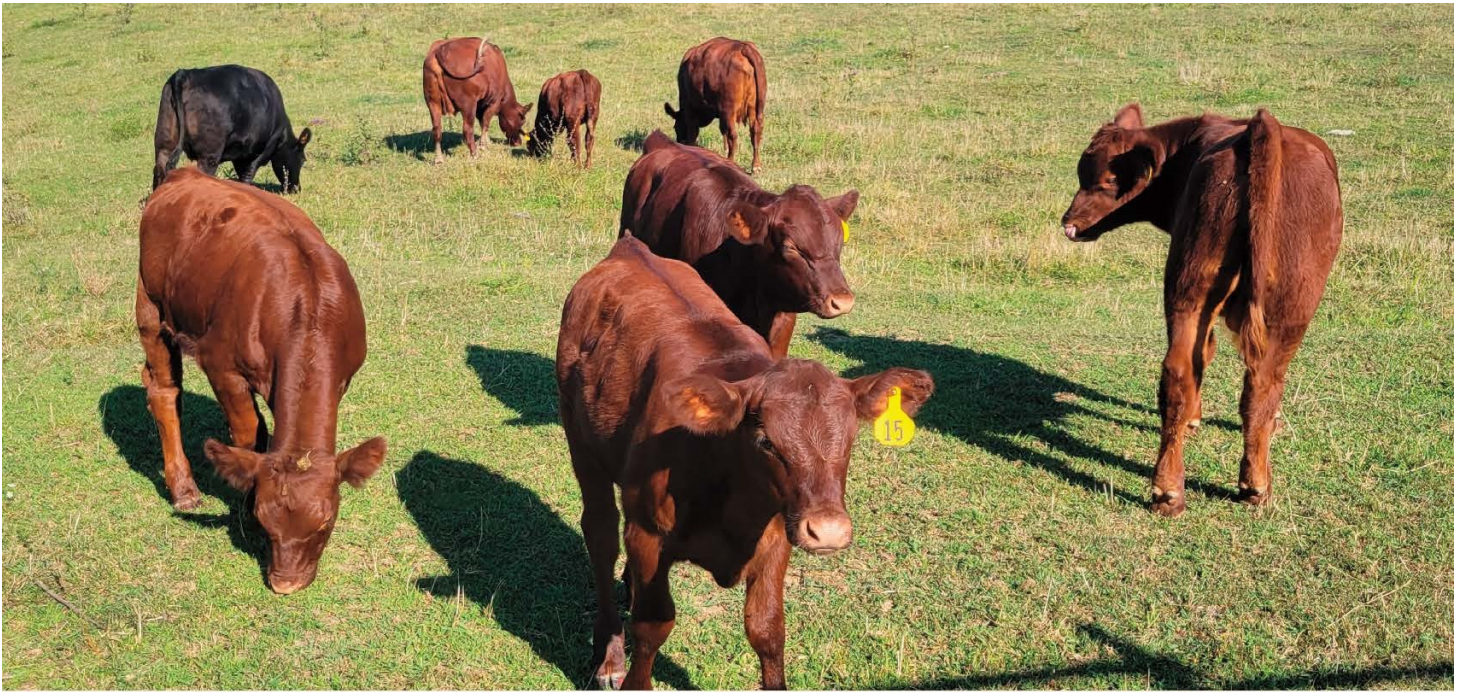
Kentucky First Farm Workshop

*Friday, November 3rd, 2023
Boone County Extension Enrichment Center
1824 Patrick Drive, Burlington, KY 41005*

Giving military veterans, minorities, small farms, and limited-resource farmers the information and training needed to create a sustainable agricultural operation.

Scan the QR to register
or visit <https://rb.gy/vvyfl>





This program is free and open to all military veterans, active, retired, or transitioning minority and underserved populations, and those with small farms that have been in operation for under 10 years. This program is sponsored by a USDA/NIFA grant with the Beginning Farmer Rancher Development Program and is under the direction of the University of Kentucky Cooperative Extension Services. Programs include Business Planning, Record Keeping, Funding Opportunities, Land Acquisition, and specific farm enterprises. Lunch will be included.

Sponsored by USDA/NIFA Award # 2021-70033-35706

For questions about Boone County Cooperative Extension, visit boone.ca.uky.edu or call (859) 586-6101

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Instagram: @boonecountyextension

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CONDITIONING AND EXERCISING YOUR HORSE ATHLETE

OCTOBER 16TH
6:00-8:00 PM

Learn about different conditioning programs available for horses. Guest Speaker Alexa McWilliams with Breakthrough Equine Center

Boone County Extension Service
6028 Camp Ernst Road,
Burlington, KY 41005

To register, visit
boone.ca.uky.edu
or call (859) 586-6101



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