Oldham County Agriculture – By the Numbers

The latest Ag Census should be published in the next few months – the census provides county-level information about farm activity. As of the last Ag Census in 2012, there were 60,354 acres of farm land in Oldham County. Our county’s total land area is 125,440 acres, with farms representing almost half the land in the county (48%).

Farm acreage has held fairly steady here since 2002, when farm acres were reported at 62,561.

The chart below shows Oldham County acreage in farms since the first census in 1909. Find more ag statistics at www.nass.usda.gov.

![Acres in Farms - Oldham County Chart]
Industrial Hemp Production

Industrial hemp has been in the news recently with its legalization through the farm bill. Although its status changed, industrial hemp is still a heavily regulated crop. Following are some points to help navigate what this means.

• Anyone interested in growing hemp must apply for a permit and be approved through the Kentucky Department of Agriculture: www.kyagr.com/marketing/hemp-pilot.html

• The next application period is anticipated to be in October – November 2019, and this would be to apply for a permit to grow the crop in 2020. (Applications to grow this crop in 2019 were due in fall 2018.)

• Applicants are responsible for identifying a processor to buy their crop (Kentucky Department of Agriculture’s website includes a list of processors).

• A background check through the Kentucky State Police is required with the application.

• A sample copy of an application is available at Kentucky Department of Agriculture’s website. This provides an overview of requirements.

• Even though hemp was once a common crop in Kentucky, its production then was mainly for fiber. With new interest in hemp production for grain and especially cannabidiol (CBD oil), there is still a long way to go in refining the best production practices and the best seed/transplant varieties to use.

• Desired plant characteristics depend on what the end use of the crop will be. For instance, hemp plants grown for fiber are ideally taller with small enough stems to allow harvest. And ideally, hemp plants grown for CBD oil will be shorter and bear only female flowers. Shorter plants make harvesting flowers or the entire plant easier (one harvest option is to cut and hang plants like tobacco).

• University of Kentucky Extension is in its 6th year of industrial hemp research. A production guide for industrial hemp is included at hemp.ca.uky.edu

• UK Extension also has provided a budget spreadsheet for producers to plug in their own numbers to judge potential profitability, posted at the site listed above.

• There are several videos of hemp production on UK Extension’s YouTube channel: www.youtube.com/user/UKAgriculture/search?query=hemp

• In 2018, there were six industrial hemp license holders in Oldham County, producing hemp in seven locations in the county.

• The websites above will include information about upcoming meetings and field days.
Rehabilitating Pastures – What Next?

Excess rainfall over the past year has wreaked havoc on pastures. Here are some things to consider as you make plans for reseeding.

In general, the best time to establish permanent cool season grass pastures is late August through September. The next best time is mid-February through mid-April. It may be tough to get ground dried out enough to reestablish pastures right now. Following are some options that may provide some flexibility.

Perennial ryegrass is an option for thinned pastures that still have some desired forages available. Most of our forage grasses require some soil cultivation or harrowing to get good germination and establishment. Perennial ryegrass is an exception. It can be broadcast in late March or early April to help fill in bare spots. I almost hate to mention that ground needs to stay wet in order to get good germination and establishment. Animals must be moved to another area while reseeding and establishment take place. This method can be used for pastures that are muddy messes, too.

Using spring and summer annuals may be an option for some situations. If ground is too wet to get in and level for a good seedbed, annual ryegrass can also be broadcast as described above. If annual ryegrass is used it will provide a good flush of growth until about early summer. This option would require coming back in and planting a summer annual like crabgrass, millet, or sorghum sudangrass to provide grazing during the summer. These warm season annuals can be planted from May through July, and they will require seedbed preparation as most of our forages do.

Of course, summer annuals will also play out at some point (crabgrass will reseed itself to an extent, but it will not begin growing again until next summer). So the option of using spring and summer annuals still requires establishment of a more permanent pasture in late summer. Cool season grasses like fescue and orchardgrass can be planted in late August through September.

Most importantly, using appropriate seeding rates, methods, and timing; soil testing and fertility; and keeping animals off while new forage establishes are all critical in achieving good results. If these details are ignored, permanent pasture establishment is next to impossible. More information on forages is available at our office or online – search ‘Kentucky Forages’ to find UK Extension’s resources. Or call to request a site visit.
Spring Homemaker News

The Louisville Area Homemakers Needlework Workshop at Shelby County Extension has been rescheduled. Visit the Extension office or email lauren.state@uky.edu for further details.

The Louisville Area Homemaker Council will meet on Friday, March 22, at the Oldham County Extension Conference Center (205 Parker Drive in La Grange). Registration will be available at 9:30 a.m. with the meeting to begin at 10:00 a.m.

Oldham County Homemaker Scholarship applications are due April 1st. Applications are available online at oldham.ca.uky.edu/OC-homemakers as well as at the Extension office.

Applications for Homemaker of the Year, Club of the Year, and Homemaker Community Service Awards are due May 1st.

The 2019 KEHA State Meeting will be May 14 through 16 at the Crowne Plaza in Louisville. This year's theme is “The Sun Shines Bright.” Meeting details are available on the KEHA website (keha.org) now. Homemaker members should receive a copy of the KEHA State newsletter in the mailbox soon.

Save the date for the Oldham County Homemakers Annual Meeting on Thursday, May 23. Watch for plans and details at the next Homemaker Council meeting.

County Cultural Arts

Oldham County Homemakers held their Cultural Arts Competition on Friday, February 15, at the John Black Community Center. Congratulations to the following homemakers whose twenty-four blue ribbon winning entries advance to the Louisville Area Cultural Arts contest:

Dottie Crouch  Barb Lynch
Christy Edgar  Mary Ann Mitchell
Carol Fessler  Cindy Smith
Linda Jensen  Peggy Townsend
Faye Korthaus  Diane Weis
Cooking With Kids: Lentils of the Southwest

- 1/2 cup lentils, green or brown, dry
- 1 teaspoon extra virgin olive oil
- 2 tablespoons fresh onions, peeled, diced
- 1 teaspoon fresh garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground red chili pepper
- 1/2 teaspoon chili powder
- 1/2 cup canned low-sodium diced tomatoes
- 1/2 teaspoon salt
- 2 tablespoons fresh cilantro, chopped

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.

Simple Fish Tacos

- 1/2 cup non-fat sour cream
- 1/4 cup fat-free mayonnaise
- 1/2 cup fresh cilantro, chopped
- 1/2 packet taco seasoning, divided
- 1 pound cod or white fish fillets, cut into 1 inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage, shredded
- 2 cups tomato, diced
- 12 corn tortillas (6-inch, warmed)
- Lime wedges (for serving)

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat, for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Nutrients per serving: 220 calories; 4g total fat; 1g saturated fat; 0g trans fat; 36mg cholesterol; 355mg sodium; 32g carbohydrate; 4g fiber; 4g total sugars; 1g added sugars; 15g protein

Source: USDA Mixing Bowl
Did You Know?

About half of all Americans have one or more chronic diseases, often related to poor diet. These include high blood pressure, cardiovascular disease, type 2 diabetes, and stroke, all of which are associated with obesity. Obesity is defined as being 30 pounds or more overweight. Twenty-eight percent of Oldham County’s adult residents are considered obese.

Oldham County Cooperative Extension offers recipes, newsletters, and classes to help improve your diet and save money for your food budget too. Check out our website (oldham.ca.uky.edu) or contact us to help you reduce the risk of chronic disease throughout life.
Signup for 4-H Camp

Oldham County 4-H returns to Lake Cumberland on July 22 through 26. Camp signups are underway. Check out our camp promotion video featuring our campers at: [oldham.ca.uky.edu/4H-camp](http://oldham.ca.uky.edu/4H-camp).

Camp is not just for campers; we are recruiting teens and adults for our leadership teams. Camper and teen applications are available at the site listed above. See you at camp!

State 4-H Office Announces Bronze and Silver Award Winners

Congratulations to the following Oldham County 4-H members who received the State Bronze and Silver Awards. These individuals will be recognized at Teen Conference in June at the University of Kentucky.

**Bronze Award**
- Maggie Jones
- Adele Minor
- Andrew Myers
- Caroline Olds
- Izzy Perez

**Silver Award**
- Hunter Fackler
- Emmett King
- Ella Olds

Congratulations to each of you. We are very proud!
Teen Conference is Around the Corner – Mark Your Calendar

If you are an Oldham County 4-H teen and have not attended Teen Conference, you're missing out! Teen Conference is for those who have graduated from the eighth grade through the age of 19. Participants select tracks, college visits, tours, workshops, and issues seminars. The conference will be held at the University of Kentucky on June 10 through 13.

Financial assistance requests must be submitted to the 4-H Council by April 1 and the complete registration is due April 15. Contact the Cooperative Extension Service for registration materials and additional information.

Shooting Sports 4-H Club Enrollment in March

Shooting Sports 4-H Club enrollment for returning members will be on Tuesday, March 5, at the John Black Community Center. If you were not enrolled last year and are interested in joining, please e-mail oc4hshootingsports@gmail.com. Enrollment is limited.

Attention Home School Families

If your child is interested in joining a 4-H Club, we have a new opportunity! The club will begin meeting in the spring. Contact 4-H Agent Kelly Woods via kwoods@uky.edu if you are interested in receiving information regarding this new club.

4-H International Program

The 4-H International Exchange Program has given a multitude of Kentucky families the opportunity to host a Japanese youth in their home for 3.5 weeks during the summer. Each year, over 20 states across the country welcome more than 500 youth from Japan and South Korea between the ages of 12 and 17 to experience American culture by living with a family. Welcoming 15 to 20 of these youth each year, Kentucky 4-H is looking for potential host families.

Families who would like to host a youth for the three-and-a-half week summer program should have a child in the home between the ages of 11 and 17. They are paired with a Japanese or South Korean child of about the same age and same gender. Any family with an age-appropriate child is welcome to apply.

In 2018-2019, Kentucky will host 15 youth and one adult from Japan and 10 youth and one adult from South Korea. Kentucky 4-H will also host two Japanese or South Korean Academic Year Program exchange students. We are excited for this opportunity and invite you to get involved!
Qualifying for 4-H Horse and Dog Competitive Events

In order to qualify to participate in any competitive 4-H horse and dog events, 4-H members must complete 6 hours of instructional training taught or approved by their 4-H Certified Horse Club Leader. Please meet with your leader now to ensure you will have your completed and documented 6 hours of instruction prior to April 15th. Documentation must accompany your registration or show paperwork.

Attention: do not forget all 4-H members must be registered with Oldham County 4-H by April 15th in order to qualify to compete in any 4-H events. This requirement applies to all 4-H competitions including Horse Show, Horse Contest, Dog Shows, and County 4-H Fair.

Take Your Dog to Camp

4-H Dog Camp is the perfect opportunity for 4-H members to work with their dogs one-on-one as well as in group instruction situations. Dog Camp will be held at J.M. Feltner 4-H Camp on May 17 through 19. Please contact the Extension office at 222-9453 if you would like to receive registration information when it becomes available.

4-H Photography Club

Calling kids grades 3rd through 6th! Oldham County 4-H Photography Club meets on the following Tuesday nights at the Extension office:

March 5
April 9
April 23
May 7
May 21

The club will also meet at 9:00 a.m. on Saturday, March 23, for a photography workshop at Creasey Mahan Nature Preserve, located at 12501 Harmony Landing Road in Goshen.

Contact the club leaders via OC4HPhotography@gmail.com for more information.
4-H Speech Program Builds Confidence

Public speaking is one of Americans’ biggest fears. 4-H presents the opportunity for youth to conquer this fear at a young age. By learning public speaking skills, youth develop the confidence, organizational skills, and composure to become the influential leaders of tomorrow.

Competition begins at the club level, qualifying for the county competition on April 15. County winners advance to a district tournament on April 27, and district champions move on to the state tournament, held in July at the University of Kentucky in Lexington. Judges evaluate the presentation and the speaker’s ability to clearly deliver a message. It’s not too late to get involved in a 4-H speech program; visit our website at oldham.ca.uky.edu/4h-communications for more information.

HELP!! We need judges for the 4-H Communication Competitions on April 15 and 27. If you are interested in volunteering to judge a speech or demonstration contest, contact Kelly Woods at 222-9453. We need your help to make this a rewarding experience for our 4-H members!

Kentucky Forest Leadership Program

Interested in the environment? Want to know more about forests, trees, insects, water, and wildlife; in short, Kentucky’s natural resources? Then consider the Kentucky Forest Leadership Program where you can explore the many aspects of forestry and related fields. If you like hands-on learning in the great outdoors, then this program is for you.

The Kentucky Forest Leadership Program is open to high school students that have completed their sophomore and junior years. It will take place at the Kentucky 4-H Educational Center in Jabez, Kentucky, on June 2 through 7.

The Kentucky Forest Leadership Program offers three educational tracks: Forestry, Entomology, and Wildlife. While choosing a track provides you the opportunity to experience a concentrated program, the three tracks will work together throughout the week just as real-life natural resources experts do.

This leadership program is not a recreational summer camp. You can expect to be busy with a full schedule of hands-on forestry and natural resource activities for the week.

More information available online at kflp.ca.uky.edu or from Laurie Thomas via laurie.thomas@uky.edu.

Source: Laurie Thomas, Extension Forester

Important Summer Dates to Note

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>District Horse Show</td>
<td>May 31 – June 2</td>
</tr>
<tr>
<td>State Horse Judging</td>
<td>June 6</td>
</tr>
<tr>
<td>State Horse Contest</td>
<td>June 6</td>
</tr>
<tr>
<td>Teen Conference</td>
<td>June 10–13</td>
</tr>
<tr>
<td>Kids Cooking Camp</td>
<td>June 18 and 19</td>
</tr>
<tr>
<td>State Horse Show</td>
<td>June 29 – July 6</td>
</tr>
<tr>
<td>Oldham County 4-H Camp</td>
<td>July 22–26</td>
</tr>
<tr>
<td>State Dog Show</td>
<td>August 11</td>
</tr>
</tbody>
</table>

Kelly Woods
4-H Youth Development Agent

Amy Logsdon
4-H Assistant
# Upcoming Extension Events

All activities are held at the Oldham County Extension office unless otherwise noted. Please call to RSVP for classes held at Extension offices.

## March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Market Scale Certification</td>
<td>9 am - noon</td>
</tr>
<tr>
<td>5</td>
<td>Shooting Sports Returning Members Registration</td>
<td>John Black Center</td>
</tr>
<tr>
<td>7</td>
<td>Leaders of the Pack</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>IDing &amp; Managing Woodlands Threats</td>
<td>7 pm</td>
</tr>
<tr>
<td>8</td>
<td>Adv MG: Weed ID</td>
<td>9 am</td>
</tr>
<tr>
<td>8</td>
<td>OC Beekeepers</td>
<td>7:30 pm</td>
</tr>
<tr>
<td>9</td>
<td>Produce Best Practices Training</td>
<td>9 am</td>
</tr>
<tr>
<td>9</td>
<td>Green Thumbs Garden Club</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Shooting Sports New Members Registration</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Cloverbuds</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Growing Tomatoes</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>14</td>
<td>Wildlife &amp; Woodlands</td>
<td>7 pm</td>
</tr>
</tbody>
</table>

## April

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Sunflowers</td>
<td>7 pm</td>
</tr>
<tr>
<td>6</td>
<td>La Grange Farmers Market Vendors</td>
<td>9 am</td>
</tr>
<tr>
<td>8</td>
<td>4-H Archery Safety Orientation</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Pesticide Safety for Gardeners</td>
<td>9 am</td>
</tr>
<tr>
<td>9</td>
<td>4-H Photography Club</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>4-H Rifle Safety Orientation</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>4-H Trap Safety Orientation</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>4-H Camp CIT/Teen Leader Interviews</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Leaders of the Pack</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>OC Beekeepers</td>
<td>7:30 pm</td>
</tr>
<tr>
<td>14</td>
<td>Tree Seedling Giveaway, Oldham County Conservation District</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>OC 4-H Communications Event</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Cloverbuds</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Cooking Under Pressure</td>
<td>10 am</td>
</tr>
</tbody>
</table>

## May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>District Board</td>
<td>9 am</td>
</tr>
<tr>
<td>7</td>
<td>Extension Open House</td>
<td>5-7 pm</td>
</tr>
<tr>
<td>10</td>
<td>OC Beekeepers</td>
<td>7:30 pm</td>
</tr>
<tr>
<td>13</td>
<td>Delicious Delights</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>4-H Photography Club</td>
<td></td>
</tr>
<tr>
<td>14-16</td>
<td>KEHA State Meeting</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>OCHS Reality Store</td>
<td></td>
</tr>
</tbody>
</table>

## June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Miniature Hostas</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>6</td>
<td>Canning 101</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>7</td>
<td>Canning 101</td>
<td>10 am</td>
</tr>
</tbody>
</table>

## Additional Information

- All activities are held at the Oldham County Extension office unless otherwise noted.
- Please call to RSVP for classes held at Extension offices.
- All dates are in MM/DD format.
- Event times are in 24-hour format.