

Baker, Eric L.

From: Baker, Eric
Sent: Monday, April 22, 2019 4:37 PM
To: tribune6135@windstream.net; cvtnews@windstream.net
Subject: ag agent submission

Article submission below.

Thanks

Eric Baker

County Agent for Agriculture & Natural Resources

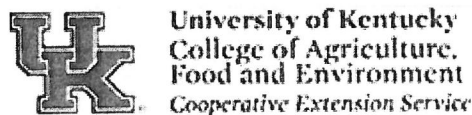
Estill County Extension Service

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MOUTH-WATERING MUSHROOMS

Our popular Mountain Mushroom Festival is April 27th and 28th so let's learn a little about mushrooms. Mushrooms are fungi that grow from microscopic spores. They live off decaying organic matter such as wood, straw, and manure. Several different mushrooms are grown by farmers. The mushroom farmers purchase spawn, which is actually grain or seed inoculated with spores, and place it in special compost or in logs.

The most commonly cultivated varieties are portabella, shiitake, crimini, and white mushrooms. The more exotic varieties, such as morel, oyster mushroom, beech mushroom, enoki, and maitake are increasing in popularity as people learn to use them.

Mushrooms contain a variety of nutrients, including a small amount of B vitamins. A one-half cup serving contains only 9 calories. Common mushrooms are higher in potassium than exotics and shiitake are higher in selenium.

Knowledgeable mushroom experts can safely pick wild mushrooms. You have to know which are edible and not poisonous. For one of our newest publications on the importance of identifying common wild mushrooms, go to the following internet webpage: <https://plantpathology.ca.uky.edu/files/ppfs-gen-14.pdf>

The safest choice would be to buy through your local grocery store or farmer's market. Select mushrooms that are firm and evenly colored with tightly closed caps. The thin membrane under the cap is known as the veil. A closed veil indicates a delicate flavor while an open veil indicates a richer flavor. The veil opens as moisture is lost, concentrating the mushroom's essence.

The average shelf life of mushrooms depends on the variety. A brown or black veil indicates the mushroom is past its prime. For optimum results, The Mushroom Council recommends refrigerating mushrooms in a porous paper bag. Avoid airtight containers because moisture condensation causes the mushrooms to spoil rapidly. Mushrooms absorb strong odors, so store away from onions or garlic.

To clean mushrooms, gently wipe with a damp cloth or soft brush. Or, rinse with cold water and pat dry with paper towels. Avoid soaking mushrooms. Mushrooms bruise easily so they should be handled with care.

Mushrooms can be prepared many ways, including grilling, roasting, baking, frying, sautéing, stuffed, and as a topping. With the Asian influence, add soy sauce, ginger, lemon grass, and sesame seeds to enhance the natural flavorings. Mediterranean influences of olive oil, garlic, thyme and lemon also bring out the richness of mushrooms. Frequently, the richer, woodsy tasting mushrooms like shiitake, crimini, or oyster are combined with more mellow flavored mushrooms. Some mushrooms can be eaten raw. Pleasant tasting mushrooms include the common white, crimini, and portabella. The mild, crunchy enoki can be added to soups or salads uncooked. The possibilities are endless, so try adding mushrooms to garlic bread, baked potatoes, scrambled eggs, and your favorite entrée and side dish recipes.

For more information, contact the Estill County Extension Office at 723-4557. Enjoy the festival and the beauty of springtime!

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Baker, Eric L.

From: Baker, Eric L.
Sent: Monday, October 14, 2019 3:21 PM
To: EstillTribune@outlook.com; cvtnews@windstream.net
Cc: Megan J Parker; Blevins, Susan T
Subject: Ag agent submission

Article submission below.

Thanks

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College of Agriculture,
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LIVESTOCK OWNERS: PRUSSIC ACID CAUTION

With cool weather finally appearing, livestock producers need to beware of the potential of prussic acid poisoning after a frost. Certain plants, such as johnsongrass, sudangrass, and sorghum/sudangrass hybrids contain cyanide-producing compounds that are released with frost damage to the plant. The amount of the compound in a plant depends on one or more factors including the size and variety of the plant, whether drought conditions are present, and the extent of physical damage caused by frost. When an animal eats plants containing high levels of the compounds, prussic acid poisoning results. Prussic acid interferes with oxygen utilization.

University of Kentucky Extension Forage Specialists and Ruminant Veterinarian have developed several tips to reduce prussic acid poisoning in livestock: 1) Frost/freezing is especially dangerous because the plant cells actually rupture allowing prussic acid to be released. Do not graze until well after the entire plant and new shoots are killed and have turned brown (dry). New forage growth following drought or frost is dangerously high in prussic acid. Wait at least 7 days after a killing frost to allow the cyanide to dissipate; 2) Leaves produce much more prussic acid than stems, especially young upper leaves. New shoots often contain high concentrations of prussic acid. Never graze sorghums or sorghum-cross plants less than 15 inches tall ("knee high") to significantly reduce the potential for poisoning; 3) Feed hungry cattle hay or grain before allowing them to graze forages which may contain prussic acid therefore reducing the amount consumed. Do not graze at night when frost is likely; 4) Drought increases the chance for prussic acid because slowed growth and the inability of the plant to mature favors the formation of cyanogenic compounds in the leaves; 5) Do not graze until 2 weeks after a non-killing frost; 6) Plants grown in high nitrogen soil (and low in phosphorus and potassium) tend to have more prussic acid potential. Splitting nitrogen applications will reduce the risk of toxicity. Herbicides such as 2,4 D can also increase prussic acid for several weeks following application; 7) Chopping or ensiling plants high in prussic acid will reduce toxin levels if properly cured. However dangerous levels of prussic acid may remain if extremely high before cutting. If in doubt, analyze suspect forages before feeding; 8) Johnson grass and sorghum-sudan grass hybrids also have the potential for nitrate accumulation, especially during drought conditions. Nitrate tends to accumulate in the lower stem, so cutting hay very short, or overgrazing so that cattle have to eat the lower stem bases (the "stubble") can cause more intake of nitrate and signs similar to prussic acid

poisoning. Nitrates can persist even in hay; 9) If you cut Johnson grass or sorghum-sudangrass for hay, it is safe from prussic acid poisoning because the hay curing process neutralizes any prussic acid; and 10) Wild cherry leaves contain the cyanide compounds. Do not allow access to wild cherry leaves whether they are wilted or not. After storms always check pastures for fallen limbs.

For more information, contact the Estill County Extension office at 723-4557. *Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.*

KENTUCKY BEEF CONFERENCE IS OCT. 21

The 2019 Kentucky Beef Conference is scheduled for Monday, October 21st at the Fayette County Extension office, off Red Mile Road (behind Central Equipment). Registration begins at 9:00 a.m. and the program runs 10:00 a.m. to 3:00 p.m.

This year's conference will cover cattle marketing strategies and market trends, nutrition during drought, water issues during drought, animal disease traceability update, and confinement feeding options for winter feeding.

Registration is \$10.00 per person to cover cost of a buffet lunch and refreshments. You will pay at the door but please register with us by October 18th so enough food will be prepared. Our office phone number is 723-4557.

HEART OF AMERICA GRAZING CONFERENCE

The Heart of America Grazing Conference is October 30th in Burlington, KY (Boone County). The theme is "Kicking the Hay habit: Optimizing Profitability".

The keynote speaker is Jim Gerrish, independent grazing lands consultant providing services to farmers and ranchers on both private and public lands across five continents. He conducted 22 years of beef-forage systems research and outreach while on the faculty of the University of Missouri-Forage Systems Research Center (FSRC). His research encompassed many aspects of plant-soil-animal interactions and provided the foundation for many of the basic principles of Management-Intensive Grazing. Jim is a gifted speaker, author, scientist and pasture ecologist.

Registration can be paid online at the following site: <https://2019hoa.eventbrite.com> or call the Extension office for details.