

# RUSSELL COUNTY AGRICULTURE AND NATURAL RESOURCES FEBRUARY 2025 NEWSLETTER

## Off the Hoof: Keep Timely Tips

*Dr. Les Anderson, Beef Extension Professor,  
University of Kentucky*

### Spring-Calving Cow Herd

- Study the performance of last year's calf crop and plan for improvement. Plan your breeding program and consider a better herd sire(s). Select herd sires which will allow you to meet your goals and be willing to pay for superior animals.
- Consider vaccinating the cows to help prevent calf scours.
- Keep replacement heifers gaining to increase the probability of puberty occurring before the start of the spring breeding season.
- Start cows on the high magnesium mineral supplement soon. Consider protein supplementation if hay is less than 10% crude protein. If cows are thin, begin energy (grain) supplementation now. Cows must reach a body condition score of 5 before calving to maximize their opportunity for reproductive success. Supplementation now allows adequate time for cows to calving in adequate body condition score.
- Get ready for the calving season! See that all equipment and materials are ready, including obstetrical equipment, record forms or booklets, eartags, scales for obtaining birthweights, etc. Prepare a calving area where assistance can be provided easily if needed. Purchase ear tags for calves and number them ahead of time if possible. Plan for enough labor to watch/assist during the calving period.
- Move early-calving heifers and cows to pastures that are relatively small and easily accessible to facilities in case calving assistance is needed. Keep them in good condition but don't overfeed them at this time. Increase their nutrient intake after they calve.

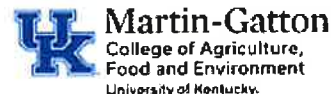
**RUSSELL COUNTY EXTENSION OFFICE**  
2688 S. HWY 127  
RUSSELL SPRINGS, KY 42642  
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### Cooperative Extension Service

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



## UPCOMING EVENTS:

### Beekeeper's Meeting

**February 6th: 6:00 PM CST**

Russell County Extension Office

### Cattleman's Meeting

**February 11th: 6:00 PM CST**

South Kentucky RECC

2405 N. Main Street, Jamestown, KY 42629

### Farmer's Market Meeting

**February 13th: 5:00 PM CST**

Russell County Extension Office

### Floral Design Class

**February 17th: 12:00 PM - 1:00 PM CST**

Russell County Extension Office

### Pesticide Training

**February 20th: 5:00 PM CST**

Russell County Extension Office

**THIS WILL BE THE FINAL PESTICIDE  
TRAINING OF 2025!**

A handwritten signature in black ink, appearing to read 'Jonathan Oakes'.

Jonathan Oakes

CEA for Agriculture and Natural  
Resources



Disabilities  
accommodated  
with prior notification.



## Winter and Early Spring River Flooding

Jane Marie Wix – National Weather Service Jackson, KY



Dean Acheson, a politician and lawyer, once said, “You can’t argue with a river - it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.” The further we head into the winter, rivers seem to become more “argumentative” as they swell and flood. So why do we typically see most of our river flooding in the winter and early spring here in Kentucky?

There are several factors...

1. During the winter months, the lack of vegetation, and the cold and occasionally frozen ground make it unable to absorb as much water. This creates more runoff into area creeks and streams, and eventually into the riverways.
2. The winter also tends to bring more amplified/stronger storm systems, which can result in more widespread significant precipitation. Typically in the spring and summertime, heavy precipitation associated with thunderstorms is more localized, while in the winter, it can cover vast expanses, leading to more impacts on the rivers.
3. Jam - it isn’t just for bread! Ice floating down the river can get backed up and dam up the waterway, known as an ice jam. The water behind the jam will rise and flow out of the banks, leading to areal flooding. Subsequently, the jam will eventually release, sending large chunks of ice and pent up water down the river, leading to potential flooding and damage downstream. Ice jams typically occur farther north than Kentucky, where rivers are more likely to freeze over.
4. As we head into the early spring months, or even a warm spell after a large winter storm, rising temperatures begin to melt away at the snow and ice on the ground. If too much ice or snow melts at once, this creates a large amount of runoff into the waterways, leading to significant river rises. This gets amplified when heavy rains also fall on top of the melting ice and snow.
5. According to FEMA and the National Inventory of Dams (2007), there are more than 80,000 dams in the United States. Dam failure or levee breaches can occur with little warning. Failures and breaches can be slow, lasting from days to weeks, or can be very abrupt with profound, sudden impacts to locations downstream. Causes of dam failure vary from natural causes such as prolonged rainfall, landslides, earthquakes, or erosion - to human causes such as improper maintenance and design, and negligent operation.

In the last few months, the NWS launched nationwide Flood Inundation Mapping (FIM). These maps are available online and help decision makers, such as Emergency Management, show the extent of inundation at different river stage levels (both static and forecasted). FIM will help to better message the impacts for flooding events, with increasing accuracy and capability moving forward.



# Chicken and Fried Cauliflower Rice

**4 tablespoons** olive oil, divided  
**1** diced red bell pepper  
**½** medium diced onion  
**2 cups** finely chopped carrots  
**3 cups** chopped cabbage

**1** small chopped zucchini  
**1** cubed skinless, boneless chicken breast  
**1** head of roughly chopped cauliflower  
**2 tablespoons** minced garlic

**2 tablespoons** lower-sodium soy sauce  
**⅛ teaspoon** ground ginger  
**¼ cup** chopped green onions  
 Salt and pepper to taste  
**½ teaspoon** crushed red pepper

**Heat** 2 tablespoons of olive oil in a large, lidded skillet or wok over medium-high heat. **Add** bell pepper, onion, and carrots. **Cook**, stirring occasionally, until crisp-tender, about 5 minutes. **Add** cabbage and zucchini to pepper mix. **Cook**, stirring occasionally, about 5 minutes. **Heat** ½ tablespoon of olive oil in a second large skillet over medium-high heat. **Add** chicken and cook, turning occasionally, until no longer pink, about 5 minutes. **Transfer** chicken to skillet with vegetable mixture. **Place** cauliflower into a food processor. **Pulse** until the mixture resembles rice. **Heat** ½ tablespoon of olive oil in a skillet over

medium-high heat. **Add** garlic and cook about 15 seconds; add cauliflower. **Cook**, stirring occasionally, 2 minutes. **Transfer** to vegetable skillet, and **stir** to combine. In a small bowl, **combine** soy sauce, ginger, 1 tablespoon of olive oil, green onions, salt, pepper, and crushed red pepper. **Add** to cauliflower mixture. **Cook**, stirring until well mixed and heated through.

**Yield:** 6, 1-cup servings

**Nutritional Analysis:** 180 calories, 10 g fat, 1.5 g saturated fat, 15 mg cholesterol, 270 mg sodium, 16 g carbohydrate, 5 g fiber, 7 g sugars, 0 added sugars, 8 g protein

## Kentucky Cauliflower

**SEASON:** June, July, September, October and early November.

**NUTRITION FACTS:** Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium, and 100 percent of the recommended amount of vitamin C.

**SELECTION:** Heads should be creamy white in color, firm, and heavy. Look for tight, unblemished curd and fresh-looking leaves and stalk.

**STORAGE:** Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep

it dry and do not wash it until you are ready to use. Trim any brownish-colored spots before cooking.

**PREPARATION:** Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can taste strong, and be mushy and beige in color if cooked too long. Remove green stalks. Rinse and soak the cauliflower head in cold, salted water for 30 minutes. Leave the head whole, or break it into florets. Cook covered in water until tender.

**PRESERVING:** Freezing: Break florets into pieces about 1 inch across. Rinse then blanch 3 minutes in boiling water. Chill in cold water and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

### KENTUCKY CAULIFLOWER

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students

September 2019

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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

*Join us for our*

# BEEKEEPER'S MEETING

**FEBRUARY 6TH, 6:00 PM CST AT THE RUSSELL COUNTY  
EXTENSION OFFICE**

**Our February meeting will feature a Q & A session with  
Kentucky State Apiarist Amanda Skidmore!**

**All are welcome!**

**WHEN: Thursday, February 6th, 6:00 PM CST**

**WHERE: Russell County Extension Office**

**2688 U.S HWY 127, Russell Springs, KY 42642**

**We are across from the Mighty Dollar store in Russell  
Springs!**

**Cooperative  
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Lexington, KY 40506




JOIN US FOR A

# FLORAL DESIGN CLASS

AT THE RUSSELL COUNTY EXTENSION  
OFFICE

WHEN: MONDAY, FEBRUARY 17TH, 2025  
12:00 PM - 1:00 PM

WHERE: RUSSELL COUNTY EXTENSION  
OFFICE  
2688 U.S. HWY 127, RUSSELL SPRINGS, KY  
42642



LEARN TO MAKE A SMALL  
VASE ARRANGEMENT IN THIS  
**FREE** DESIGN CLASS! LUNCH  
WILL BE PROVIDED.

YOU **MUST CALL** THE RUSSELL  
COUNTY EXTENSION OFFICE AT  
**270-866-4477** TO REGISTER!

**CLASS SIZE IS LIMITED TO 10  
PARTICIPANTS.**

REGISTER BY **FRIDAY,**  
**FEBRUARY 14TH!**

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Disabilities  
accommodated  
with prior notification.



# Consider Disease-Resistant Cultivars for Vegetable Gardens

Posted on January 21, 2025

Spring may feel far away, but planning begins during the cold months of winter. Seed catalogs, store displays, and online retailers present a number of different options (Figure 1). However, successful production begins with the selection of the right seeds for each location or site. Gardeners often have preferences toward certain cultivars or varieties, but if plant diseases have plagued plants in the past, then it may be time to consider a change.



*Figure 1: Seeds can be purchased from a variety of sources. Note that inclusion in this image does not indicate endorsement of any brand. (Photo: Kim Leonberger, UK)*

Selection of a disease tolerant or resistant cultivar is one way to prevent or limit the impact of plant diseases in the vegetable garden. A number of cultivars are labeled as tolerant, which means that while plants may become diseased, they still yield sufficient amounts of produce. Resistant cultivars do not become diseased, and therefore produce higher yields than those that are susceptible to disease.

While no single cultivar is resistant or tolerant to all plant diseases, use of resistant cultivars can often reduce the need for additional plant disease management practices, such as fungicide sprays. Gardeners should choose cultivars that are tolerant/resistant to the diseases of greatest concern in their garden. It is advisable to keep a garden journal of cultivars that have been grown in the past, as well as a record of previous disease issues.

Proper diagnosis of plant diseases is important for future disease management. If issues arise in the vegetable garden, contact a local county Extension agent for assistance.

Select a tolerant or resistant cultivar by reviewing information on websites, seed packets, or seed catalogs. Note that disease names may be abbreviated, or a coding system may be used to indicate resistance or tolerance to specific diseases. Cultivars with resistance/tolerance to common vegetable diseases are detailed below. Additional information about resistant/tolerant varieties can be found in *Vegetable Cultivars for Kentucky Gardens (ID-133)* or by contacting a local county Extension agent.

## Tomato

Early blight is the most common disease of tomatoes in Kentucky, and often co-occurs with Septoria leaf spot. Tomatoes with some resistance to early blight are 'Jasper,' 'Matt's Wild Cherry,' 'Mountain Magic,' and 'Sun Gold' (small cherry tomatoes), 'Indigo Rose,' 'Plum Regal,' and 'Verona' (Roma size), and 'Defiant,' 'Iron Lady,' 'Mountain Fresh Plus,' 'Mountain Merit,' and 'Stellar' (slicer).

## Pepper

The bacterial spot pathogen causes the most common disease of peppers. There are at least ten races of the pathogen, and pepper resistance is race-specific. Commonly occurring races can vary by location, so it is recommended to choose cultivars with resistance to as many races as possible. Some suggested cultivars include: 'Boca,' 'Ninja,' 'Outsider,' 'Playmaker,' 'Samurai,' and 'Tracer.'

## Cucurbits (Cucumber, Squashes, Muskmelon, Watermelon, Pumpkin & Zucchini)

Many powdery mildew resistant cultivars of picklers, slicers, pumpkins, and squash are available. Cultivars that are less susceptible to bacterial wilt include the pickle cukes 'Cross Country' and 'County Fair,' 'Howden' pumpkins, and 'Waltham Butternut' squash. Manage cucumber beetles for best management of bacterial wilt. All watermelons have natural resistance to bacterial wilt.

## Leafy Greens

Many lettuces have been bred for resistance to downy mildew. Consider head lettuces 'Kweik,' and 'Pirat,' green leafed lettuces 'Black Seeded Simpson,' and 'Nevada,' and red leafed lettuces 'Galactic,' 'Red Zin,' and 'Rustica' for their additional resistance to bacterial disease and/or white mold (drop). Powdery mildew-resistant lettuces include 'Jericho' and 'Super Jericho' (romaines), 'Sandy' (oakleaf), 'Loma,' 'Red Salad Bowl,' and 'Skyphos' and 'Red Cross' (red butterheads). 'Regal' and 'Samish' spinaches are resistant to downy mildew and white rust. Kale, collards, turnip greens, and mustards are naturally resistant/tolerant to many diseases.

## Legume Vegetables (Beans & Peas)

Many French and green beans have been bred for resistance to anthracnose, but resistance in other types of beans is unavailable. 'Caprice,' 'Espada,' 'Kentucky Blue,' 'Romano II,' 'Volunteer,' and 'Goldkist' are fungal leaf spot and/or rust resistant bean varieties, with additional resistance to various viral diseases (viruses are not common in KY). 'Green Arrow,' 'Cascadia,' 'Sugar Daddy,' and 'Oregon Sugar Pod II' are pea cultivars suggested for their resistance to powdery mildew, Fusarium wilt, and Verticillium wilt.

## Cole Crops (Cabbage, Broccoli, Cauliflower, Kohlrabi & Brussels Sprouts)

Black rot is the most common disease of cole crops in KY. Cabbage cultivars 'Bilko,' 'Blues,' 'China Pride,' 'Blue Vantage,' and 'Bronco' carry resistance to a broad range of diseases, such as downy mildew, Fusarium yellows, and/or black rot.

Broccoli cultivars 'Emperor,' 'Pinnacle,' and 'Green Magic', as well as cauliflower cultivar 'Majestic' are resistant to downy mildew and/or black rot.

'Grand Duke' kohlrabi is resistant to black rot.

By Kim Leonberger, Plant Pathology Extension Associate, and Nicole Gauthier, Plant Pathology Extension Specialist