

# Estill County Farm Scoop

## Agriculture & Natural Resources

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky



## Better Pastures Equals Healthier Herds

Rotational stocking, often referred to as rotational grazing, is a powerful technique that can bring a range of benefits to all types of livestock as well as the land. By dividing large pastures into smaller paddocks and moving animals through them on a planned schedule, farmers can give each grazed area a rest period, allowing for regrowth of leaf area lost to grazing and replenishment of stored carbohydrates that were utilized to fuel regrowth. When producers shift from continuous grazing to a rotational system, they often see dramatic improvements in pasture productivity, soil health and even animal behavior.

One of the primary advantages of rotational grazing is

enhanced pasture productivity. When animals graze one paddock at a time and then move on, the plants in the grazed paddock have a chance to rebound. During this rest period, forage plants can restore their carbohydrate reserves and recover more completely from being grazed. This not only boosts the quantity of forage available over time but also maintains better and more consistent nutritional quality. In contrast, continuous grazing—where livestock stay in the same pasture all season—often leads to overgrazing, weaker plants that are more susceptible to stresses and progressively lower yields... cont. on pg 5

Source: Christopher Teutsch, UK extension associate professor and forage specialist

### Cooperative Extension Service

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# May

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Disabilities  
accommodated  
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Martin-Gatton  
College of Agriculture,  
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# INTEREST MEETING: ESTILL COUNTY BEEKEEPERS ASSOCIATION

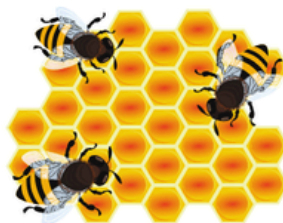


**FIRST MEETING: MAY 27 AT 6:00 PM**

Meetings are planned to occur on the last Tuesday of every month at 6:00 pm at Estill County Extension Office.

Calling all beekeepers, beginners or experienced.... Join us for an interest meeting to create an Estill County Beekeepers Association. We will plan to meet monthly with beekeeping updates, networking, and potluck meals.

If you have any questions, or would like to RSVP, please call (606) 723-4557.



*Emma Lee*

Emma Lee,  
County Extension  
Agent for Agriculture  
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Lexington, KY 40506



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# Free Seeds



In addition to our 4-H Seed Library,  
we have a very limited supply of seed that we will be giving away.

A.P. Whaley Seed Company has donated a varieties of seeds for us to give away. These seeds were in small bulks and have been sorted into individual packages.

## **There is a limit of 6 packs of seeds per family/household.**

Due to quantity, only 1 pack per variety and only 2 packs can be tomatoes within the 6 pack limit.

These will not be put out in our library unless we have any left after the initial giveaway.

Requests will need to be e-mailed to LaDonna at [ladonna.dawes@uky.edu](mailto:ladonna.dawes@uky.edu). Please include your name, phone number and the name and number of the 6 packs of seeds you would like if available. Please list a couple extra in the event we are out of the seeds you request. You will be emailed or called when orders have been filled and ready for pick up.

## **Orders will be filled in order that they are received.**

### Tomato Varieties-limit 2

1. Black Prince
2. Tropical Sunset
3. Austin's Red Pear
4. Pruden's Purple Beefsteak
5. Indigo-Blue Berries
6. Aunt Ruby's German Green
7. Sweet Pea Currant
8. Pink Bumblebee-Artisan
9. Red Brandywine
10. Peron
11. Ananas Noir
12. Big Rainbow
13. Black Brandywine
14. Artisan-Pink Tiger

### Squash Varieties

15. Flat White Boer-Winter
16. Triamble-Winter
17. Peanut Winter
18. Bennings Green Tint-Summer
19. Lemon-Summer

### Misc. Varieties

20. Black Tail Mountain Watermelon
21. Strawberry Watermelon
22. Armenian Pale Green Cucumber
23. Mexican Sour Gherkin Cucumber
24. Listada De Gandia Eggplant
25. Purple Beauty Sweet Pepper
26. Green Culinary Sage

To learn more about each variety you can visit A.P. Whaley's website at [awhaley.com](http://awhaley.com) and search the variety.

# Periodical cicadas emerge across Kentucky this spring: How to protect your trees and shrubs

Source: Jonathan Larson

Kentucky will be the epicenter for the emergence of Brood XIV of 17-year periodical cicadas this spring. Periodical cicadas have appeared in Western Kentucky counties over the past few years, but the largest emergence area for 2025 will occur across most of Central and Eastern Kentucky.

While these time-keeping, red-eyed insects are not harmful to humans or pets, their egg-laying habits could damage the branches of young trees and shrubs. Tree netting is the most effective, non-invasive way to protect your landscaping and fruit trees.

The 17-year periodical cicadas are expected to emerge from the soil to molt into their flying, adult form in late April to early May, when the soil warms to the mid-60s. Periodical cicadas emerge much earlier than annual cicadas and in greater numbers.

Cicadas do not bite or sting, and the feeding habits of the adults do not damage plants. Some may find the abundance of molted shells and loud, near deafening singing a nuisance, while others will enjoy this pageantry of nature. The periodical cicadas' choral song, however, is a cue to protect landscaping and orchards.

Female cicadas will lay their eggs into the new, lower branches of several species after mating: apple, arborvitae, ash, beech, berry and grape vines, crab apple, cherry, dogwood, hickory, holly, maple, lilacs, magnolia, oak, peach, pear, rose bushes, spirea and willows are the most likely targets.

The cicada's ovipositor is long and sharp,

and they will inject 200 to 600 eggs into the stem tissue. This "flagging" may cause the tender branches to snap. The fallen branch makes for a much shorter journey for the hatching nymphs from egg to soil but is not beneficial for the growing tree. Once the eggs hatch, the nymphs will feed on root sap, and a heavy population of nymphs in the soil may also impact the tree's root system.

While using insecticides may be less costly, the safest and most effective way to prevent tree and shrub damage is by using cicada netting, which prevents females from laying their eggs. Netting is suggested for use on new and smaller trees and should be installed when the cicadas begin to sing, about mid-May for most of the area. Trees that are established in the landscape—too tall to net for most people—will grow throughout the egg-laying period.

More information can be found at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment publication here:

<https://entomology.ca.uky.edu/ef446>.





## Cont. from first page...

Improved nutrient distribution is another significant plus. Rotating animals means they spread manure evenly around the paddocks rather than depositing it heavily in just a few favorite areas (like watering or resting spots). Because manure is a natural fertilizer, more uniform distribution helps replenish the soil and encourages consistent plant growth. A continuous grazing system, on the other hand, may result in “hot spots” of manure accumulation. This concentrated nutrient load can negatively impact both plant growth and the environment around those areas.

A well-managed rotational grazing system also offers increased drought tolerance. With planned rest periods, plants develop deeper, stronger root systems. These robust roots allow the plants to access water further below the surface, which can be crucial during dry spells. In a continuously grazed pasture, plants rarely get the downtime they need to fully recover, leaving them more vulnerable to stress when rainfall is scarce. As a result, fields under rotational management often grow longer into drought periods and recover faster when conditions improve.

Another practical benefit of rotational stocking is easier animal handling. When paddocks are set up with well-designed lanes and strategically placed water sources, moving livestock becomes more straightforward. In addition, more frequent contact with animals allows livestock to associate human interaction with something positive...fresh grass. This greatly reduces the stress and chaos commonly associated with animal handling in open pastures. Properly placed lanes can also help control erosion, ensuring that foot traffic and machinery movement do not damage sensitive areas of the pasture.

Rotational stocking can be a game-changer for anyone looking to optimize pasture health and livestock performance. By giving plants time to recover, distributing nutrients more evenly, building drought resilience and streamlining animal handling, rotational grazing can deliver long-lasting improvements to farm operations. Whether you're raising cattle, sheep, goats or other grazing animals, this strategy can help you optimize productivity and at the same time protect land and water resources for future generations.



# Plant Sales: What to Look For

They're popping up everywhere! Plant sales, giveaways and exchanges are only growing in popularity and for good reason. Often these events support small, local nonprofits and organizations that need community involvement now more than ever. While participation in these events is highly encouraged, here are a few tips to ensure you are receiving plants that will thrive. This information is also incredibly helpful, and sometimes even more important, when shopping for plants in big box stores or local nurseries as well.

1. **Evaluate Habit & Form.** The overall habit or shape of the plant should be well-balanced and not too big or small for the container. Trees should have well-spaced branches with no double leaders. Perennials, annuals, and vegetable transplants should be sturdy, robust, and compact. Bigger is not necessarily better! Spindly or lanky plants, especially with annuals and vegetables, do not transplant well.
2. **Look at Condition & Quality.** Leaves should not be discolored or mottled, and the plant should not be missing or dropping leaves. A few brown leaf edges or minor spots are not typically a problem. Plants with excessive leaf damage, however, should not be purchased. Perennials, annuals, and vegetables should be firm and upright – not limp or wilted. Trees and shrubs should be free of broken branches and scrapes or damage to the trunk or stems.
3. **Inspect the Root System.** One of the hardest things to evaluate is the root system, but it is one of the most important. Don't be shy about slipping the pot down to inspect the root ball. The roots should be firm and white, not mushy and brown. There should not be an excessive number of roots coming out the bottom of the pot. The roots of balled and burlaped trees can be difficult to evaluate. Root balls should have a minimum diameter of 10 to 12 inches for every inch of stem diameter. For example, a two-inch diameter tree should have, at minimum, a root ball that is 20 to 24 inches across. While some roots may extend out of the burlap into the surrounding mulch, an excessive number of roots, or burlap that has begun to break down, is an indication that the tree has been in storage for too long.
4. **Check for Insects, Diseases, & Weeds.** Inspect all plants for signs or symptoms of disease or insect pests. Look under the leaves and near the crown (base) of the plants. Avoid containers with excessive weeds alongside the desired plant.
5. **Don't Be Swayed by Flowers.** Remember, while flowers are pretty, they are not required for purchase. Buying only plants that are in bloom often creates garden spaces with heavy spring bloom and little interest later in the season because you do most of your plant shopping in spring. Pretty flowers are nice, but they are not a universal sign of good health and high quality!

*Source: Aaron Steil, "Tips for Shopping and Selecting Quality Plants," Iowa State University Extension and Outreach, 2025*



## Living with Alpha-gal Syndrome Webinar Event

**Thursday, May 29th - 7-8:30 P.M.**

**at the Estill County Extension Office  
76 Golden Court, Irvine**

Learn more about AGS (red meat allergy) and  
how to reduce your risk. Topics covered:  
AGS basics, tick bite prevention, diet and lifestyle  
management, Q/A session.

**Call 606-723-4557 to register**

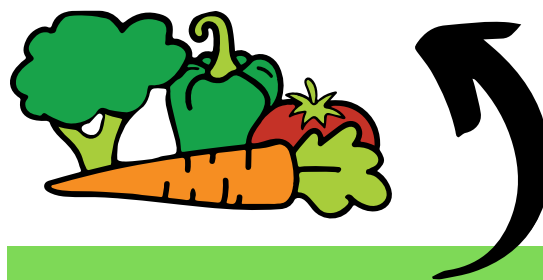


**Table 20.14.** Vegetable gardener's calendar with planting dates for Western, Central, and Eastern Kentucky<sup>1</sup>

Western Ky	Central Ky	Eastern Ky	Planting Method <sup>2</sup>	Crop
Jan. 15	Jan. 22	Jan. 29	I	Onions
Feb. 1	Feb. 8	Feb. 15	I	Brussels sprouts
Feb. 15	Feb. 22	Mar. 1	I	Cole crops (Broccoli, cabbage, cauliflower, kohlrabi), lettuce, Chinese cabbage
Mar. 1	Mar. 8	Mar. 15	O	Spinach, mustard, beets, peas, edible podded peas
Mar. 15	Mar. 15	Mar. 22	M	Cabbage, kohlrabi
			O	Asparagus and rhubarb (crowns), beets, carrots, collards, kale, mustard, spinach, peas, edible pod-ded peas, early potato seed pieces, radishes, turnips, green onions, onion sets, endive
			I	Peppers, tomatoes, eggplant, sweet potato slips. Dig and divide any 4 year old rhubarb plants. Fertilize asparagus and rhubarb with 1 lb 5 10 10 per 100 sq ft.
Apr. 1	Apr. 8	Apr. 15	M	Broccoli, cauliflower, collards, lettuce, Chinese cabbage, Swiss chard, onions from seeds
			O	Mustard, spinach, radishes, lettuce, Swiss chard
Apr. 5	Apr. 12	Apr. 19	I	Muskmelons, watermelons, squash
			O	Sweet corn, beets, carrots, mustard, spinach, radishes, lettuce
May 1	May 8	May 15	O	Sweet corn, mustard, radishes, lettuce
May 7	May 15	May 22	O	Green beans, lima beans
			M	Tomatoes, muskmelons, watermelons, squash
June 1	June 8	June 15	O	Sweet corn
			M	Sweet potatoes
June 15	June 22	June 29	O	Sweet corn, late potatoes, summer squash, bush beans, lettuce, parsnips, beets, carrots
July 1	July 8	July 15	O	Sweet corn (early maturing variety), carrots, beets
July 10	July 18	July 25	O	Sow seeds of fall cole crops in a nursery area
July 15	July 22	July 29	O	Sweet corn (early maturing variety), kale, mustard, turnips, summer squash
Aug. 1	Aug. 8	Aug. 15	M	Transplant fall cole crops to permanent location between now and Aug. 15
			O	Peas, edible podded peas, bush beans, radishes, beets, mustard. Divide old rhubarb or plant crowns if not done in spring.
Aug. 15	Aug. 22	Aug. 29	O	Radishes, spinach, turnips, turnip greens, beets, mustard, lettuce, endive
Sept. 1	Sept. 8	Sept. 15	O	Radishes, spinach, mustard
Sept. 15	Sept. 22	Sept. 29	O	Radishes, mustard, turnips, turnip greens
Oct. 1	Oct. 8	Oct. 15	O	Radishes
Oct. 15	Oct. 22	Oct. 29	O	Sow sets of Egyptian tree or multiplier onions. Harvest carrots before heavy freeze.
Nov. 1	Nov. 8	Nov. 15	O	Dig parsnips and store at 32-40°F, or mulch parsnips heavily in the ground

<sup>1</sup> Planting dates are approximate, consult you local weather conditions and adjust planting dates accordingly.

<sup>2</sup> I: Start seeds indoors; M: Move transplants to garden; O: Start seeds outdoors



A copy of ID-128 Home Vegetable Gardening in Kentucky can be picked up at the Estill County Extension Office!

**ESTILL  
COUNTY  
4-H  
SEED  
LIBRARY**



**LIMIT 10 SEED PACKS  
PER FAMILY PER WEEK**

WILL BE RESTOCKED PERIODICALLY. WILL NOT TAKE REQUESTS.  
PLEASE SIGN THE SHEET & PUT DOWN NUMBER OF PACKETS TAKEN.

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Estill County  
76 Golden Court  
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RETURN SERVICE REQUESTED

# Fresh Corn Salad

- 5 ears of fresh corn

1/2 cup diced red onion

3 tablespoons cider vinegar

3 tablespoons olive oil

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 cup freshly chopped basil

**Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

**Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

**Chill** to allow flavors to blend. Just before serving, add fresh basil.

**Yield:** 10, 1/2 cup servings.

**Nutritional Analysis:** 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>