

GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

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

GRAVES COUNTY COOPERATIVE
EXTENSION SERVICE
4200 US HWY 45
MAYFIELD, KY 42066
(270)247-2334
GRAVES.EXT@UKY.EDU

October 2025

IN THIS EDITION:

- Agent Notes
- Announcements
- Crops
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- Recipes





It's hard to believe, but it's finally fall! As I write this it is almost 90 degrees and it's hard to believe that we should be making plans for our first frost in about 3 weeks, but that's where we are despite how it feels outside.

Even though we are staring our first frost down, there are plenty of crops that we can be planting in our home gardens for some fall vegetables. Further down in this newsletter is a chart of what to plant and when to plant it. Make those gardens work for you right up to the very end!

We have completed our first 3 of 7 Master Cattleman sessions and have had a great turnout so far. It's a huge commitment to give 7 of your weeks away, but it's worth it in order to complete this program. I think the most exciting part is seeing how many youth are participating and thinking of their futures. They are educating and preparing themselves to start out as best as possible. The cattle industry's future is bright!

I hope that you have a wonderful start to fall and safe finish to harvest!



Miranda Rudolph

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources
Graves County

miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052

Upcoming Events:

- October 14, 21, 28 - Master Cattlemen Sessions- Graves County Extension
- October 30th: Trunk or Treat- 4:30-6pm - Graves County Extension
- November 4th: Master Cattlemen Session - Graves County Extension

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.



Become a Certified Safe Farm Steward



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The Safe Farm Steward Project is a federally funded project, supported by the Southeast Center for Agricultural Safety and Injury Prevention and the National Institute for Occupational Safety and Health. The project's aim is to encourage farmers to become stewards of safe farm practices and to identify the farmer and farm family as a Certified Safe Farm Steward.

Signing up is easy! Scan the QR code ,
or talk to your Calloway or Graves
County ANR agents to learn more!





Fall Garden Crops

Keep your garden going
 and the fresh produce
 flowing into the fall with
 these cool weather crops!
 Pick up your copy of
 ID-128 for more
 information!



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Vegetable	Date of Planting	Seeds	Transplants	Days to Maturity ¹	Date of Harvest
Beets	Jul - mid-Aug	x		70 - 75	Oct
Bibb lettuce	Jul - Aug	x	x	50 - 60	Sep - Oct
Broccoli	Jul - Aug		x	60 - 80	Sep - Nov
Brussels sprouts	Jun - Jul		x	70 - 80	Oct - Nov
Cabbage	late Jun - early Aug		x	60 - 70	Sep - Nov
Carrots	Jul - Aug	x		80 - 90	Nov
Cauliflower	late Jun - early Aug		x	70 - 80	Sep - Nov
Chinese cabbage	Jul - Aug	x	x	50 - 70	Sep - Nov
Collards	Jul - Aug	x		80 - 90	Oct - Nov
Endive	Jul - Aug	x	x	70 - 80	Sep - Nov
Green beans, bush	Jul - mid-Aug	x		60 - 65	Sep
Kale	Jul - Aug	x	x	70 - 80	Sep - Nov
Kohlrabi	Jul - Aug	x		60 - 70	Sep - Nov
Leaf lettuce	Jul - Aug - Sep	x	x	40 - 60	Sep - Oct
Mustard greens	Jul - Aug	x		50 - 60	Sep - Oct
Parsnips	June	x		90 - 100	Nov
Potatoes	mid-Jun	x		90 - 100	Oct
Radishes	Sep	x		30 - 40	Oct
Rutabaga	July - mid-Aug	x		80 - 90	Oct - Nov
Snow Peas	Aug	x		50 - 70	Oct
Spinach	Aug - Sep	x		50 - 60	Aug - Sep
Sweet corn	Jul	x		70 - 80	Sep
Turnips	Jul - Aug	x		50 - 60	Sep - Nov
Turnip greens	Jul - Aug	x		50 - 60	Sep - Nov

¹ Due to cool temperatures in the fall, a long time will be needed for certain crops to mature.

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546



Equal Opportunity
accommodated
with your assistance.

story walk

TRUNK OR TREAT



**Cooperative
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October 30
4:30-6PM

4200 St Rt 45 N
Mayfield, Ky 42066

YOUNG, BEGINNING, SMALL FARMERS SEMINAR



*Dig into the tools and tips to establish
or grow your farming operation.*



**Thursday
Nov. 20th**



**9:00 am to
4:00 pm**



**Graves Co. Extension
4200 St. Rt. 45 N
Mayfield, KY 42066**



**Text or Call
Shea Weeks
270-705-7736**

LEARN

Kip Ellington & Logan Dowdy: Mitigating
Risk, Understanding Financial Ratios,
Access to Capital

Wade Farm Financial: Tax Deduction
for Farmers & Deducting Residual
Soil Fertility

Dr. Aaron Smith, Agricultural &
Resource Economics

Ag Commissioner, Jonathan Shell:
Programs Offered

Attorney, Ryan Toombs: Power of
Atty, Will & Living Will

USDA / FSA, Anna Armstrong:
Government Programs Available

Young Farmers Advisors: Benefits of
Being a Member

Signature Smokehouse
breakfast & lunch provided



Fall Nutrient Applications Has Its Advantages

John Grove, Plant and Soil Sciences Professor

Grain producers can take steps now to prepare for the next growing season. Fall is an ideal time to start by applying nutrients to the soil.

There are several benefits to autumn fertilizing. For one, it can prevent delays in planting come spring. Kentucky's fall weather is generally drier, reducing the risk of soil compaction during application. Additionally, purchasing fertilizer in these cooler months might lead to savings, as spring tends to be the busier season for fertilizer sales. Before getting started, test your soil to ensure you only apply the nutrients your fields need. This approach saves both time and money. You can coordinate with your local extension office to submit soil samples to the University of Kentucky's regional testing labs.

Once your soil test results are in, follow [UK recommendations](#) for fertilizer application. Potash and phosphorus are particularly well-suited for fall application in Kentucky. These nutrients interact with the soil to keep them in place, preventing loss through leaching during the state's typically wet winters. If you're planting small grains this autumn, apply the recommended rates of phosphorus and potash before planting. Double-crop producers should also account for soybean nutrient needs when applying fall wheat fertilizer.

UK encourages corn and full-season soybean producers to wait until the springtime to apply nitrogen and animal manures. Both run a high risk of leaching from the soil during the winter. Additionally, nitrogen losses can occur from denitrification and immobilization during the winter. Animal manures are most effective when there is a crop already growing in the field.

If you've planted wheat this fall, apply just enough nitrogen to promote early growth and tillering, usually no more than 40 pounds per acre. Wheat-following crops like soybeans, tobacco or well-fertilized corn may not need additional nitrogen in the fall. If more nitrogen is required, remember that common phosphorus fertilizers in Kentucky, such as DAP (18-46-0) and MAP (11-52-0), also supply nitrogen that the wheat can utilize.

For more information about alternative grain storage, contact the Graves County office of the University of Kentucky Cooperative Extension Service.



Tree Surface Roots: Why They Happen and What to Do

Source: Rick Durham, extension professor, Department of Horticulture

Big shade trees are a gift — until their roots start showing in the lawn. Surface roots make mowing tough, trip people up and can heave sidewalks. They aren't a sign your tree is failing, though. In most cases, they're a normal response to how roots grow and how soil behaves.

Most tree roots spread outward in the top 4–15 inches of soil because that's where oxygen is available. In heavy, compacted, or poorly drained soil, oxygen is scarce, so roots creep even closer to the surface. Each year those roots thicken, the way a trunk does, and they can push through the turf. Erosion from rain and foot traffic exposes them more. Nearly any mature tree can develop surface roots, though poplars, willows, maples (Norway, red, silver), sycamores, aspens, beeches and some ash and pin oaks are frequent culprits.

The worst thing you can do is cut or grind off visible roots. That invites decay and insects, removes thousands of feeder roots that absorb water and nutrients, and can weaken the tree's stability. Piling on lots of soil is risky too; deep fill over the root zone can suffocate roots.

First, consider adding a mulch layer over exposed roots. A two- to three-inch layer of shredded wood or chips cushions the roots, reduces mowing around the tree and holds moisture. Extend the mulch ring as far as you can — ideally to the dripline — and keep it pulled back a few inches from the trunk. Skip “volcano” mulching—don't pile mulch around the trunk. If you want plants under the canopy, hand-dig small pockets within the mulched area for shade-loving perennials or groundcovers between roots; avoid rototillers and do not add thick layers of soil first. Make sure plant roots extend down into the soil and not just into the mulch.

Growing grass under trees is also an option but has its own challenges. Even shade-tolerant species may not provide a thick enough cover to be attractive. The grass and tree roots will constantly compete for moisture and nutrients, and you may find yourself watering the grass under the tree more often than in other parts of the yard. Nevertheless, if you want to try grass, rake away debris of sticks and excess leaves, then add just enough topsoil — a half inch or less — just enough to fill in between roots and smooth the surface. Seed with a shade-tolerant grass and water as needed. When mowing, you may want to set your mower deck a bit higher to avoid damaging any exposed roots. Because roots continue to thicken, expect to repeat this light topdressing every year or two rather than burying everything at once.

Planning and planting choices help prevent the problem. In compacted or clay soils, select trees with deeper root systems such as black gum, ginkgo, yellowwood, zelkovas and many oaks are good options. You can also choose smaller ornamental trees whose roots are less likely to grow large enough to cause trouble. Plant slightly high (about two inches above grade), give trees room near pavement, and check local rules before planting along streets. Remember that roots extend well beyond property lines and will follow air, water, and space.

In short, surface roots are mostly an aesthetic and maintenance issue — a response to soil conditions rather than a sign of poor tree health. Treat the soil gently, protect the roots, and manage the area with topdressing or mulch.

Your tree will thank you — and your mower will, too.





October- When the Temperatures start “Fall”ing!

By Jane Marie Wix - National Weather Service Jackson, KY



After what seemed like a brutal summer across the Commonwealth, starting hot, humid, and wet - then ending abnormally dry with emerging drought conditions, it's a welcome sight to see a change in the seasons. Now that we are officially in fall, it's time for the temperatures to cool, and even begin to drop below the freezing mark in this area of the country. While there are quite a few locations in the northern portion of the U.S. and the Rocky Mountain region who likely already saw their first below-freezing temperatures (climatologically), most communities in Kentucky should see their first freeze in October.

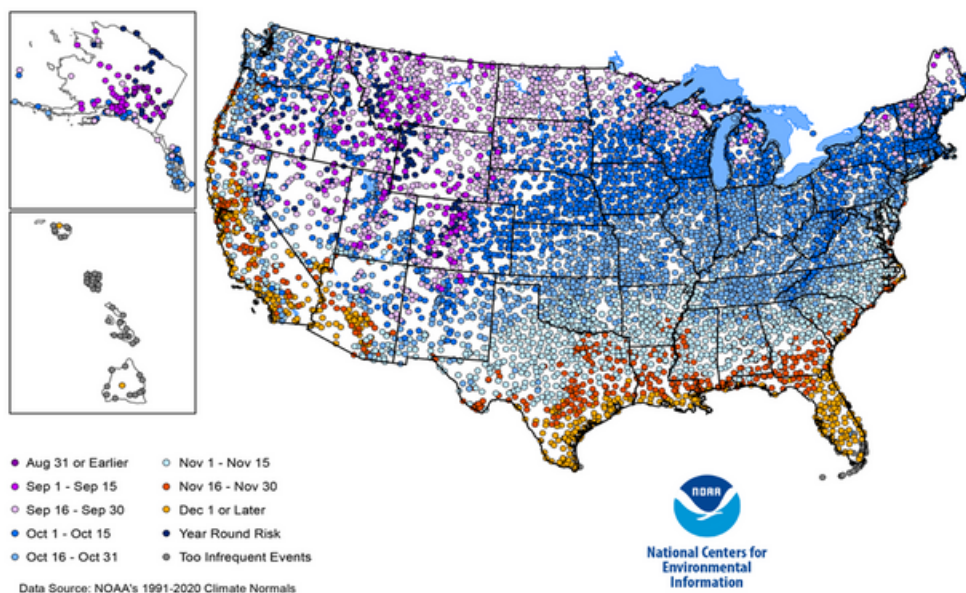
From the National Centers of Environmental Information (NCEI), a branch of the National Weather service: “Using data from the 1991-2020 U.S. Climate Normals, we have a good idea of when to expect the first freeze of fall. The first freeze can be described as when the surface air temperature is expected to be 32 degrees F or below over a widespread area for a climatologically significant period of time. According to the data, the first freeze in some high mountain and northern latitude locations can happen even earlier than August 31st. A few of the coldest places can even experience freezing temperatures in any month!

It is important to take into consideration that this map is a generalization and not absolute, as many factors go into the first freeze of the year based on location. NOAA's National Weather Service will issue frost and freeze watches and warnings for your area.

As we creep closer to the coldest time of the year, use this time to begin planning your spring bulbs. Hardier green vegetables, such as cabbage, brussels sprouts, and kale can be safely planted in some areas as they are cold tolerant. Be sure to keep the first freeze dates in mind and check with your local National Weather Service office for the forecast so you know when to cover your plants to keep them safe from the frosts and freezes of fall.

Historical Date of First Freeze: Median Date

Date by which 50% of years have experienced their first instance of $\leq 32^{\circ}\text{F}$ temperatures





Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple

1 cup chopped Red Delicious apple

1 cup diced celery

1 cup halved seedless green grapes

1 cup halved seedless red grapes

1½ cups dried cranberries

½ cup chopped walnuts

8 ounces non-fat vanilla yogurt

2 tablespoons honey

¼ teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.

Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



Kentucky Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid

Source: www.fruitsandveggiesmatter.gov

such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

APPLES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students

September 2011

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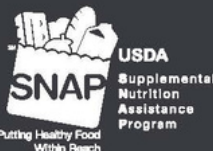
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Loaded Butternut Squash



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



Loaded Butternut Squash

- 1 large butternut squash, cut in half and seeded
- 2 tablespoons olive oil
- 1 pound ground venison, elk, or beef
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon dried chili powder, cumin, OR paprika
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 teaspoon garlic powder
- 4 cups kale, chopped
- ½ bunch green onions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F.
3. Rinse all vegetables under cool running water before preparing.

4. Place butternut squash on a baking sheet, cut sides up. Evenly drizzle 1 tablespoon olive oil over each piece.
5. Roast in oven for 50 to 60 minutes, until squash is soft.
6. While squash is roasting, heat a large skillet to medium-low and cook venison slowly. Cover pan to keep moisture from evaporating. Stir a few times during cooking to break meat apart.
7. Add salt, pepper, and spice of your choosing to meat.
8. When meat is almost fully cooked, add onion, green pepper, and garlic powder. Cook until vegetables are soft.
9. Add kale and cover with lid. Cook 5 minutes longer. Keep venison mixture on low heat until butternut squash is fully cooked.

10. Scrape soft insides out of squash and place in a large bowl. Be careful not to rip squash skin. Set squash skins on serving dish.
11. Add meat mixture to squash in bowl. Stir to combine.
12. Refill squash skins with mixture.
13. Trim ends of green onions and slice. Sprinkle green onions on top of filled squash skins.
14. Serve immediately. Store leftovers in the refrigerator within 2 hours.

Yield: 4 servings

Serving Size: ¼ stuffed squash

Nutrition facts per serving:

430 calories; 17g total fat; 5g saturated fat; 0g trans fat; 75mg cholesterol; 710mg sodium; 48g total carbohydrate; 11g dietary fiber; 11g sugars; 0g added sugars; 32g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 35% Daily Value of iron; 20% Daily Value of potassium.

