

# THE FARM VISIT

MARCH 2024

PLANTING SEEDS,  
GROWING IDEAS,  
HARVESTING SUCCESS



## REMINDER: FRUIT PLANT ORDER DUE WEDNESDAY, MARCH 13

### IN THIS ISSUE:

Poison Hemlock: 2-3

Extension on the Road/ Bee-Keeping School/ Farmers Market Meeting/ Grafting Workshop: 4

Cooking through the Calendar/ Welcome new FCS Agent, Recipe: 5

Mountain Cattlemen's Association Spring Meeting/ Research Farm Tour and Wood Center Activities: 6

Injury Prevention in the Garden-Lunch & Learn/ Sign up for Electronic Newsletter-giveaway: 7

**"March winds and April showers  
bring forth May flowers."  
English Proverb**

**Ah, March... when some days are Winter and some days are Spring, but it remains the most hopeful month for farmers and gardeners alike. From the greening pastures, daffodils, new calves and the smell of turned soil, our expectations warm the winter chill.**

**Best of wishes for your coming spring and please contact us if our office can help your farm or garden grow!**



*Sincerely,  
Sarah Fannin*

**Sarah Fannin, County Extension Agent  
for Agriculture & Natural Resources  
PO Box 35  
1002 Prestonsburg Street  
West Liberty, KY 41472  
Phone: 606-743-3292  
cell: 606-477-9692  
fax: 606-743-3184  
sfannin@uky.edu  
morgan.ca.uky.edu**

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension 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 expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



By J. D. Green, Weed Science Extension Specialist

Poison hemlock (*Conium maculatum*) has become widespread throughout most of Kentucky. Although this plant is often seen along roadways, fence rows, and other non-cropland sites, it has expanded out into grazed pasture lands and hay fields. It has also become an increasing concern in residential locations when it is observed in areas that are not frequently mowed, such as vacant and abandoned lots. The concern not only stems from its invasive nature, but the fact that it is one of the most toxic plants in the world. Throughout history, the toxicity of poison hemlock is well known for accidental deaths of humans and other animals.

## **Description**

Poison hemlock is classified as a biennial that reproduces only by seed. It is capable, however, of completing its lifecycle as a winter annual in Kentucky if it germinates during the fall months. New plants emerge in the fall or late winter forming a cluster of leaves that are arranged as a rosette on the ground (Figure 1). The individual leaves are shiny green and triangular in appearance. Although poison hemlock is most noticeable in late May and June during the flowering stage of growth, the vegetative growth stage is readily observed during the cooler months of the year (Figure 2) with its parsley-like leaves which are highly dissected or fern-like.



Figure 1. Poison hemlock rosette (Photo: JD Green, UK).



Figure 2. Poison hemlock plants growing along a fence line in late December (Photo: JD Green, UK).

As the plant begins to send up flower stalks in the spring, the leaves are alternately arranged on the main stem. Each individual leaf is pinnately compound with several pairs of leaflets that appear along opposite sides of the main petiole. As the plant matures, poison hemlock creates a taproot and grows upwards to about 6 to 8 feet tall. At maturity the plant is erect, often with multi-branched stems (figure 3). Poison hemlock has hollow stems which are smooth with purple spots randomly seen along the stem and on leaf petioles. There are no hairs on the plant that helps distinguish it from other plants similar in appearance. The flowers, when mature, are white and form a series of compound umbels (an umbrella-shaped cluster of small flowers) at the end of each terminal stalk. Poison hemlock can be associated with areas having adequate moisture throughout the year, as well as, drier environments.

## **Toxicity**

The risk of exposure to poison hemlock toxicity is primarily through ingestion. Just small amounts of ingestion can result in possible death to all mammals. The principal toxin in poison hemlock is coniine and a few other toxic alkaloids, which are present in all parts of the plant, including the seeds and roots. A well-known case of human toxicity was the death of Socrates, a Greek philosopher, who was sentenced to death in 399 BC by ingestion of a poison hemlock potion.

There have been some concerns expressed that toxicity such as dermal reactions may occur by simply being in proximity of poison hemlock plants. However, it is unlikely that most people will experience skin rashes who come in direct contact with poison hemlock as opposed to exposure to other plants such as wild parsnip or other potentially toxic plants within the carrot plant family Apiaceae.

If consumed, all classes of livestock are known to be affected by poison hemlock. Cattle, horses, and goats are considered to be the most susceptible domestic animals although other animal can be affected as well. Symptoms of poisoning can occur rapidly anywhere within 30 minutes to 2 hours depending on the animal, quantity consumed, and other factors. Initial symptoms can include nervousness, trembling, muscular weakness and loss of coordination, dilation of pupils, coma, and eventually death from respiratory paralysis. Lethal doses for cattle are considered to be the range of 0.2 to 0.5% of the animal's body weight. Poison hemlock is also known to cause fetal deformation when pregnant animals consume the plant. Fortunately, most animals tend to avoid grazing poison hemlock if other forage is readily available. However, animals may be more prone to consume green plants during the late winter and early spring when other forage species are more limited. Toxicity may be somewhat reduced in dried plants, but the potential for toxicity still exists, particularly when a sufficient quantity is consumed in dried hay. Therefore, extreme caution should be considered before feeding animals hay known to contain large quantities of poison hemlock. Also, animals may be attracted to consume poison hemlock when plants are treated with an herbicide.

### **Control**

The principal strategy for poison hemlock control is to prevent seed production, which can be a challenge since a fully mature plant is capable of producing 35,000 to 40,000 new seeds. Once plants have produced flowers it is generally too late to utilize herbicide control methods. Whereas, mechanical control efforts (if feasible) such as mowing or cutting down individual plants should be initiated just before peak flower production to avoid or reduce the amount of new seed being produced.

As an overall strategy, make note of areas known to contain populations of poison hemlock and begin to look for emergence of new plants in the fall and during the winter months. Throughout the fall (October/November) or early spring (late February/March) is the best time of year for herbicide treatment. Herbicide products containing 2,4-D can be effective when applied to smaller, actively growing plants that are still in the younger rosette stage of growth. As plant rosettes become more mature, premixtures of products containing 2,4-D+ dicamba, 2,4-D+ triclopyr, or aminopyralid are needed for best results. Spot treatments with products containing 2,4-d, triclopyr, or glyphosate can also be used depending on the location. Always consult product labels for approved sites of application and for precautions that should be considered when applying herbicides.

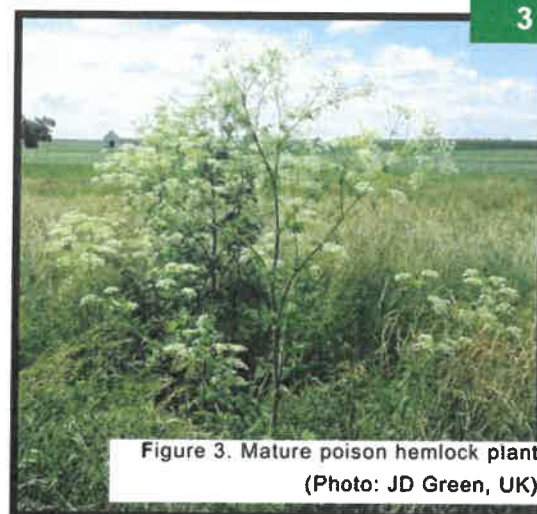


Figure 3. Mature poison hemlock plant.  
(Photo: JD Green, UK).



# MORGAN COUNTY EXTENSION SERVICE



Friday, March 1st  
from 10am-2pm @  
JA Oldfield & Son Inc  
US HWY 460  
Mize, KY

Sarah Fannin, County  
Extension Agent for Ag &  
Natural Resources will be  
hosting "Extension On the  
Road!" Stop by to learn  
more information about  
classes, volunteer  
opportunities and services  
that our office has to offer!

- Free Gardening Publications
- Wildlife Plot Information
- Soil Sample Bags
- Pasture & Hay Seeding Information
- 20 free soil sample vouchers will be handed out.



606-743-3292  
www.morgan.ca.uky.edu  
sfannin@uky.edu  
1002 Prestonsburg Street  
PO Box 35  
West Liberty, KY 41472

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Materials provided by Cooperative Extension Service are for general information only and do not constitute a contract or warranty. The University of Kentucky does not discriminate on the basis of race, color, sex, religion, national origin, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or reproductive health decisions. For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu). For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu).



# BEE-KEEPING SCHOOL

- 📅 Saturday, March 30th
- 🕒 10:00 a.m. - 3:00 p.m.
- 📍 Perry Co. Extension Office
- ☎ 606-436-2044
- 👤 Limited to 80 people

Lunch will be provided,  
call our office to  
register!

- **TIM SHEEHAN:**  
An accomplished beekeeper and KSBA Board member, Tim is recognized for his success in beekeeping and environmental contributions with the Forestry Depth Program. *Session Topic - Swarm Controls and Making Splits @ 10:00 a.m.*
- **JESSICA MAYES**  
Current President of KSBA and a former Beekeeper of the Year, Jessica is a prominent advocate for beekeeping in Eastern Kentucky. Recognized for her dedication, she played a crucial role in helping beekeepers recover after the 2022 flood. *Session Topic - Beekeeping...the Second Year @ 11:00 a.m.*
- **LARRY YOUNG**  
Current Vice President of KSBA and President of the Clark and Powell County Beekeepers Association, Larry possesses over 50 years of experience as a commercial beekeeper. *Session Topic - Honeybee Pest and Disease & Nutrition @ 12:30 p.m.*
- **DR. SHAWN WRIGHT**  
An Extension Horticultural Specialist at RCARS, Dr. Wright is a dedicated beekeeper with a strong horticulture background. As an integral part of beekeeping in Eastern Kentucky, he's committed to educating and supporting fellow beekeepers. *Session Topic - Honeybee Biology @ 1:30 p.m.*
- **JAMES AND ROBETTA BAKER**  
In their second year as commercial beekeepers, James and Robetta are committed to expanding their enterprises. Drawing from their experiences, their session offers valuable insights for beginners. *Session Topic - First Year Beekeeping Mistakes & What You Don't Need @ 2:30 p.m.*



## Farmers Market Meeting

Monday, March 12 at 5:30 PM Morgan Co. Extension Office

Interested in earning extra income by selling your garden produce, farm goods or bakery items?

For more information, contact via Facebook Messenger:  
Morgan County, KY Farmers Market  
or the Extension Office at 743-3292.

- Topics:**
- Operating Days/Hours
  - Rules & Regulations
  - Special Events
  - Marketing
  - Upcoming Trainings

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Materials provided by Cooperative Extension Service are for general information only and do not constitute a contract or warranty. The University of Kentucky does not discriminate on the basis of race, color, sex, religion, national origin, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or reproductive health decisions. For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu). For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu).



## MORGAN COUNTY EXTENSION SERVICE

is taking orders for rootstock until Feb. 28th.

We will also be offering a Grafting Workshop Monday-March, 11 @ 6:00pm

**Rootstock Varieties include:**  
**Apple M.7 (3/16" or 1/4")** - is a semi-dwarfing tree. It is resistant to fire blight, powdery mildew, and root collar rot.  
**Apple G202 (1/4")** - is a semi-dwarfing rootstock. It is fire blight and phytophthora resistant, but also has good resistance to woolly apple aphids- a rootstock pest.  
**Pear-** is a semi-dwarfing rootstock for fruiting pear. Very promising for higher density planting. Resistant to fire blight.

All rootstock is \$2.00 each +tax

**STOP BY THE MORGAN COUNTY EXTENSION OFFICE TO PLACE YOUR ROOTSTOCK ORDER!**

**TO SIGN UP FOR THE GRAFTING WORKSHOP CALL 606-743-3292 OR EMAIL SFANNIN@UKY.EDU**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Materials provided by Cooperative Extension Service are for general information only and do not constitute a contract or warranty. The University of Kentucky does not discriminate on the basis of race, color, sex, religion, national origin, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or reproductive health decisions. For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu). For more information on University policies on nondiscrimination or reproductive health decisions, please visit the University's website at [www.uky.edu](http://www.uky.edu).



**Cooperative Extension Service**

## Morgan County Extension Service

### *2024 Cooking Through the Calendar*

**JOIN US**  
for a cooking class with Nicolette Knuckles, FCS Agent!  
**Tuesday, March 26th @ 5:00pm**  
at the Morgan County Extension Office  
1002 Prestonsburg Street  
West Liberty, KY 41472



**Cooking classes are free and samples will be provided.**  
The featured recipe for March is "Veggie Egg Rings"

**To register call 606-743-3292 or email: nbkn222@uky.edu**

**Cooperative Extension Service**  
Agriculture, and Human Resources  
Diversity and Consumer Sciences  
in 15 South Developmental  
Collaborating and Extension Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Mandatory program of Kentucky Cooperative Extension service is strongly regardless of race or social class.  
and will be determined to the best of our ability within the spirit of the act. Any person who is denied admission  
on the basis of race, color, sex, religion, national origin, ancestry, marital status, pregnancy, physical handicap, or  
sexual orientation shall be subject to legal action. Kentucky Cooperative Extension Service is an equal  
opportunity organization. University of Kentucky, Lexington, KY 40546. University of Kentucky, Lexington, KY 40546.  
University of Kentucky, Lexington, KY 40546. University of Kentucky, Lexington, KY 40546.






**Nicolette Knuckles, County Extension Agent  
for Family and Consumer Science  
PO Box35  
1002 Prestonsburg Street  
West Liberty, KY 41472  
Phone: 606-743-3292  
Fax: 606-743-3184  
Cell: 606-269-1718  
nbkn222@uky.edu**

**Welcome New Family and Consumer Sciences Agent**


Our office is happy to announce that Nicolette Knuckles has been appointed to the position of Morgan County Extension Agent for Family & Consumer Services by the University of Kentucky.

Nicolette holds an undergraduate degree in Dietetics and Nutrition and graduate degree in Public Health Nutrition – both from Eastern Ky University. She brings a unique perspective and skill set that will complement the existing Extension County team and enhance program delivery to our clients. Please drop in to welcome Nicolette!

## Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	½ cup unsweetened applesauce	
½ teaspoon baking soda	¼ teaspoon salt	1 pear, peeled, cored, and diced
½ teaspoon ground cinnamon	1 egg	
	½ cup buttermilk	



*Plate it up!*  
A University of Kentucky Program

Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper liners. In a mixing bowl combine the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, mix together the egg, buttermilk, sorghum syrup and applesauce until smooth. Add the egg mixture to the flour mixture and combine until the batter is just moistened. Gently fold in the diced pears. Fill the muffin cups with the

mixture. They will be full. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

**Yield:** 12 muffins. Serving size, one muffin.

**Nutritional Analysis:** 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

## Kentucky Sweet Sorghum

**SEASON:** September to mid-November

**NUTRITION FACTS:** One tablespoon of sorghum syrup has 60 calories, no fat, 15 grams of added sugar. It also has minerals such as potassium and iron.

**SELECTION:** The juice of sweet sorghum (*Sorghum bicolor*) is extracted from the plant's stalks. Stalks are crushed, and the extracted juice is cooked down to a thick, sticky syrup.


**STORAGE:** Store at room temperature in an airtight container.

**PREPARATION:** Sorghum syrup can be used in the same way honey is used. It adds sweetness to items such as oatmeal, biscuits, tea, or baked beans. It can also be used in baked goods.


**SWEET SORGHUM**  
Kentucky Proud Project  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
May 2020

Source: <https://www.uky.edu/cces/stm/>  
<http://uky.edu/cces/files/sorghum.pdf>

Buying Kentucky Proud is easy! Look for the label at your grocery store, farmers markets, or roadside stand.  
<https://ukproudbusiness.org/>



Educational programs of Kentucky Cooperative Extension 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 expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.edu](http://www.uky.edu)



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



**MOUNTAIN  
CATTLEMEN'S  
ASSOCIATION**

**SPRING MEETING**



**MORGAN COUNTY EXTENSION OFFICE**

**THURSDAY MARCH 21 | 6:30PM**

“Ask the Vets” - Dr. Philip Prater & Dr. David Fugate, will be on hand to answer your questions and provide tips for beef herd health in East Kentucky. Free meal.

**REGISTER at (606) 743-3292 or email [sfannin@uky.edu](mailto:sfannin@uky.edu)**

**ROBINSON CENTER**



**RESEARCH FARM  
TOUR AND WOOD  
CENTER ACTIVITIES**

**FRIDAY, MARCH 22, 2024  
10:00 AM-2:00 PM EST  
130 Robinson Rd, Jackson, KY**

**TOPICS ON THE TOUR**

2024 Research Trial Planning for Hemp, Soybeans, Greenhouse, Beef Research Projects, etc.

**WOOD CENTER ACTIVITIES**

Learn how to make a woodworking product while on site, learn about the history of the Wood Center and the impact that the Wood Industry has on Kentucky.



**Robinson  
Center**



# Top Five Reasons to Sign up for Ag Extension Email Newsletter & Text Notification of Meetings

1. **Cost Savings:** savings on printing/postage means more programs for farmers.
  2. **Instant Delivery:** Receive news faster compared to snail mail.
  3. **Environmental Impact:** Reduce paper usage & the carbon footprint.
  4. **New Features:** Videos & clickable links are convenient & easily shared .
  5. **Data Privacy:** Your information is confidential and won't be shared.
- PLUS ENTER BY MARCH 25TH AND YOU WILL BE eligible for a drawing to Win a Complete Seed Starting Grow Kit with Heat Mat OR UK Pocket Knife !**



Scan the QR Code above or email: sfannin@uky.edu by March 25th to sign up for Email Newsletters & Text Notifications for chance to win!

Please call 606-743-3292 or email sfannin@uky.edu or go to: [tinyurl.com/morgancountyagnewsletter](http://tinyurl.com/morgancountyagnewsletter) or scan the QR code to be added to the email and/or text notification lists.



## ZOOM WEBINAR: INJURY PREVENTION IN THE GARDEN



with Special Guest  
**Gabriela Murza**  
Utah State Extension Assistant Professor of Health and Wellness

Lunch & Learn  
Watch Party  
@ Morgan County  
Extension Service  
1002 Prestonsburg St.  
West Liberty, KY 41472

- LEARN ABOUT:**
- Preventing common garden injuries
  - Minimizing pain from repetitive movements
  - Using proper posture
  - Maximizing tool use
  - Incorporating stretches

Pre-register by calling 606-743-3292 or email sfannin@uky.edu for a free lunch featuring Plan, Eat, Move Recipes & Gardening Goody Bag!



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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40504



**Non-discrimination Policy**  
The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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 expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

**MORGAN COUNTY EXTENSION SERVICE  
P.O. BOX 35  
WEST LIBERTY, KY 41472-0035**

**PRESORTED  
STANDARD  
US POSTAGE PAID  
WEST LIBERTY KY  
PERMIT # 472**

**Return Service Requested**

# **IMPORTANT DATES**



- FRIDAY, MARCH 1 - EXTENSION ON THE ROAD - OLDFIELDS, 10AM-2PM**
- MONDAY, MARCH 11 - FRUIT TREE GRAFTING WORKSHOP, EXTENSION OFFICE, 6 PM**
- MONDAY, MARCH 11 - MOUNTAIN BEEKEEPERS ASSOCIATION , EXTENSION OFFICE, 6:30 PM**
- TUESDAY, MARCH 12 - FARMERS MARKET, EXTENSION OFFICE, 5:30 PM**
- WEDNESDAY, MARCH 13 - COUNTY EXTENSION COUNCIL MEETING, 5:30 PM**
- WEDNESDAY, MARCH 20 - EXTENSION DISTRICT BOARD MEETING, 5:30 PM**
- THURSDAY, MARCH 21 - LUNCH & LEARN GARDEN INJURY PREVENTION, EXT OFFICE, 11 AM - 12:30 PM  
MT. CATTLEMEN'S ASSOCIATION, MORGAN CO EXTENSION OFFICE, 6:30 PM**
- FRIDAY, MARCH 22 - RCARS, JACKSON KY - UK RESEARCH FARM & WOOD CENTER TOURS- 10AM - 2PM**
- SATURDAY, MARCH 30 - BEEKEEPING SCHOOL, PERRY CO. EXTENSION OFFICE, 10AM - 3 PM**