

Cumberland County

Agriculture and Natural Resource Newsletter



Farm to Fork



Cumberland County Extension Office hosted a Farm to Fork event on June 28th, 2024, at the Southern Kentucky Distillery in Burkesville, Kentucky. This event was to raise awareness of local Kentucky Proud produce and meat and fundraise for Feed My Sheep Food Pantry. The county received partial funding through Kentucky Department of Agriculture to host the event. In total, 150 individuals participated in the event, including Sharon Spencer from the Kentucky Department of Agriculture. A Kentucky Proud meal made up of items from Cherry Farms, Lakewatcher Farm's, Kenny's Farmhouse Cheese, Jude Holler Farms, Garmon's Farm and Produce, Ale 8-One and Chaney's Dairy Barn was a huge highlight of

the event. Participants were able to enjoy a flower bar presented by Jude Holler Farm where they could make their own bouquet to take home. At the end of the event a total of \$4,645.00 was raised for Feed My Sheep Food Pantry. This will allow the pantry to purchase items that are needed throughout the coming year.



Pictured above: Chelsey Anderson, ANR Agent, presenting Junior Cecil, of Southern Kentucky Distillery, with a handmade basket in appreciation for hosting event.

**Cumberland County
Cooperative Extension Service**
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Burkesville, KY 42717
(270) 433-7700
Website: cumberland.ca.uky.edu

Chelsey Anderson,

Agent for Agriculture and Natural Resources
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**IN THIS NEWSLETTER
YOU CAN EXPECT:**

Farm to Fork

CAIP

Hay Contest

*Upcoming Classes
and Events*

*ANR Newsletter
Survey*

*Cowboy Marinated
Skirt Steak with Corn
Salad*

MONEY FOR ON-FARM INVESTMENTS AVAILABLE...



KENTUCKY AGRICULTURAL DEVELOPMENT FUND

Cumberland County
Conservation District
329 Keen Street
Burkesville, KY 42717
270-864-2606
wanda.gilbert@gmail.com

Visit cumberlandcokysoil.com and our Facebook page for more details or directions.

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Cumberland County's CAIP to assist farmers in making important on-farm investments.

Application Period:

July 29 – August 19, 2024

No applications will be accepted after August 19th at 4:30pm

Application Availability:

Cumberland County Conservation District
Monday – Friday (8 a.m. – 4:30 p.m.)

For More Information:

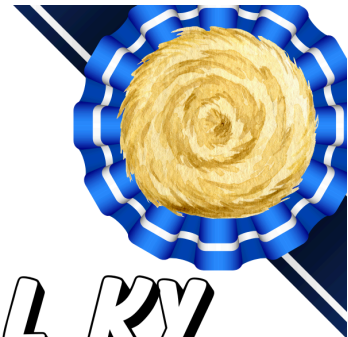
Contact Wanda J Gilbert at [270-864-2606](tel:270-864-2606) or email wanda.gilbert@gmail.com.

Informational meeting scheduled for August 5th at 6:00pm. Please call to RSVP

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

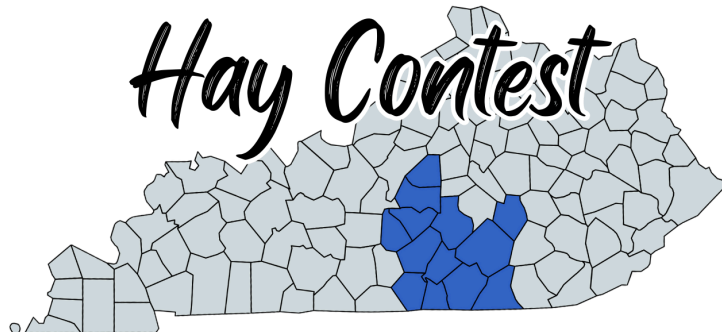


Martin-Gatton
College of Agriculture,
Food and Environment



SOUTH-CENTRAL KY

Hay Contest



Contact your local agriculture and natural resources extension agent for more information.

Deadline for sample submission is September 30th, 2024.



UPCOMING CLASSES AND EVENTS

Cumberland County Beekeepers Meeting

August 13th, 2024

5pm CT | at the Cumberland County Extension Office

This group meets the second Tuesday of each month at 5pm at the Cumberland County Extension Office.

Women in Ag: Canva

August 20th, 2024

1pm CT | at the Cumberland County Extension Office

Learn how to use Canva! Canva is a free-to-use online graphic design tool. Use it to create social media posts, presentations, posters, videos, logos and more. This will be a hands on training. Please bring a laptop or tablet. To register, please call the Cumberland County Extension Office at (270) 433-7700.

Cumberland County Gardeners

August 22nd, 2024

10am CT | at the Cumberland County Extension Office

This group meets monthly. All are encouraged and invited to attend!

House Plants Group

September 9th, 2024

10am CT | at the Cumberland County Extension Office

This group meets the first Monday of each month at 10am at the Cumberland County Extension Office.

Estate Planning: Transitioning # 1

September 12th, 2024

1pm CT | at the Cumberland County Extension Office

To register, please call the Cumberland County Extension Office at (270) 433-7700.

Clinton-Cumberland Cattlemen's Association Meeting

September 24th, 2024

6pm CT | at the Cumberland County Extension Office

Speaker will be Jeff Lehmkuhler. A meal will be provided. To register, please call the Cumberland County Extension Office at (270) 433-7700.

**DO YOU WANT TO CONTINUE
GETTING THE ANR NEWSLETTER?**

The Cumberland County Extension Office is updating our newsletter database. Please take the survey below by scanning the QR code with your smart device camera. The survey will give you the option to resign up for the newsletter or to opt out. If you do not complete the survey, you will be removed from the ANR newsletter list.

SCAN ME



**SURVEY DEADLINE:
AUGUST 31ST, 2024**

For more information or questions, contact us!

 Cumberland County Extension
(270) 433-7700



Cowboy Marinated Skirt Steak with Corn Salad

Master the grill with this simple but flavorful Skirt Steak recipe. Served alongside an equally delicious corn salad. Source: Kentucky Beef Council

Ingredients:

- 1-1/2 pounds beef Skirt Steak, cut into 4 to 6-inch pieces
- 1/4 cup red onion, diced
- 1-15 ounce canned corn, rinsed & drained
- 1 cup cherry tomatoes, cut in-half
- 1/3 cup Italian dressing
- 2 Tablespoon fresh basil, chopped
- 2 teaspoon granulated garlic
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt

Marinade

- 2 Tablespoon vegetable oil
- 2 Tablespoon fresh lime juice
- 3 Tablespoon water
- 2 teaspoon garlic, minced
- 2 teaspoon sweet paprika
- 1-1/2 teaspoon dried thyme leaves
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

1. Combine Marinade ingredients in small bowl. Place beef Skirt Steaks & marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine tomatoes, corn, red onion, basil, garlic, Italian dressing, salt and pepper in a medium bowl; cover and refrigerate until ready to serve.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks diagonally across the grain into thin slices; season with salt, as desired.

Cook's Tip: Whole grilled corn on the cobb can be used in place of canned. Place 4 corn cobs on grid over medium, ash-covered coals. Grill, 10 to 14 minutes (over medium heat on preheated gas grill, 8 to 10 minutes) turning on all sides. Remove corn and let cool. Carefully cut corn kernels from cob and let cool.

Test Kitchen Tips: Before cooking, remove beef from marinade and pat dry with a paper towel to promote even browning and prevent steaming.

Nutrition information per serving, (no serving size): 354 Calories; 177.3 Calories from fat; 19.7g Total Fat (5.4 g Saturated Fat; 0.6 g Trans Fat; 4.4 g Polyunsaturated Fat; 7.3 g Monounsaturated Fat); 79 mg Cholesterol; 660 mg Sodium; 19.5 g Total Carbohydrate; 2.4 g Dietary Fiber; 7.6 g Total Sugars; 28.2 g Protein; 0 g Added Sugars; 25.8 mg Calcium; 3 mg Iron; 577 mg Potassium; 3.4 mcg Vitamin D; 0.4 mg Riboflavin; 11.9 mg NE Niacin; 0.6 mg Vitamin B6; 2.5 mcg Vitamin B12; 228 mg Phosphorus; 7.4 mg Zinc; 29.8 mcg Selenium; 72 mg Choline.

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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.