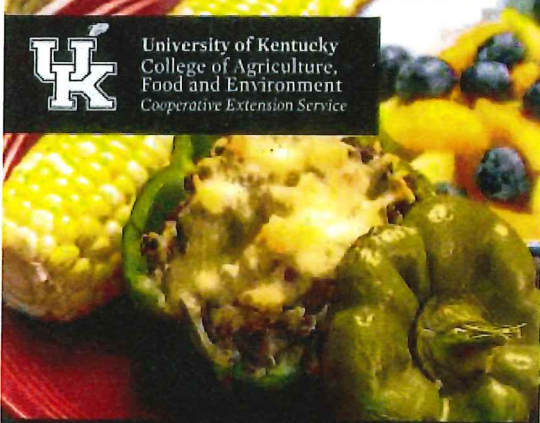





# Recipe

## Game-Stuffed Peppers




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


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 USDA  
 Supplemental  
 Nutrition  
 Assistance  
 Program  
 Putting Healthy Food  
 Within Reach

### Game-Stuffed Peppers

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 15-ounce can no-salt-added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack Cheese, shredded

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.

2. Preheat the oven to 350 degrees F.

3. Gently scrub peppers with a clean vegetable brush under cool running water.

4. Cut off curved top of pepper. Remove stem only and throw away. Dice remaining part of pepper top.

5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.

6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.

7. Add the tomato sauce and rice to the skillet. Stir to combine.

8. Fill peppers with rice and meat mixture. Top with shredded cheese.

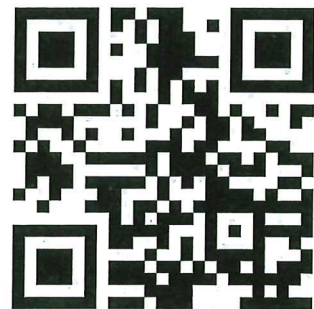
9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.

10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

**Yield:** 6 servings  
**Serving Size:** 1 stuffed pepper

**Nutrition facts per serving:**  
 280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars; 0g added sugar; 26g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 30% daily value of iron; 6% Daily Value of potassium.

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## Soil Testing

Just a reminder Boyle County Extension Office offers **FREE** soil testing to anyone in the county up to 40 samples per person per year. For soil sample bags or more information call the Boyle County Extension Office at (859)236-4484.

## Dead Animal Removal

The Boyle County Conservation District and the Boyle County Fiscal Court sponsors the removal of deceased animals in Boyle County. If you have a deceased animal **call (859) 238-1137**, Monday through Friday from 8:00 am to 4:30 pm. The deceased animal needs to be in an accessible area for pick up.

**Tyler Ray, County Extension Agent for Agriculture and Natural Resources**

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 LEXINGTON, KY 40546



# OF WHEAT & WINDROWS

## AGRICULTURE AND NATURAL RESOURCES NEWSLETTLER

### Feburary 2023

## Frost Seeding Clover: A Recipe for Success

Legumes are an essential part of a strong and healthy grassland ecosystems. They form a symbiotic relationship with Rhizobium bacteria in which the bacteria fix nitrogen from the air into a plant available form and share it with the legume. Clover also increases forage quality and quantity and helps to manage tall fescue toxicosis. In the past, the positive impact of clover on tall fescue toxicosis has always been thought to simply be a dilution effect, but new research from the USDA's Forage Animal Production Unit in Lexington shows that compounds found in red clover can reverse vasoconstriction that is caused by the ergot alkaloids in toxic tall fescue. The primary compound found in red clover is a vasodilator called Biochanin A. Clover stands in pastures thin overtime due to various factors and require reseeding every three to four years. There are several techniques for reintroducing clover into pastures including no-till seeding, minimum tillage, and frost seeding. Of these techniques, frost seeding requires the least amount of equipment and is the simplest to implement. Frost seeding is accomplished by broadcasting clover seed onto existing pastures or hayfields mid to late winter and allowing the freezing and thawing cycles to incorporate the seed into the soil. This method works best with red and white clover and annual lespedeza. It is NOT recommended for seeding grasses or alfalfa. This publication covers the important factors for successful frost seeding. *Continued on page 2.*



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This publication covers the important factors for successful frost seeding. Find this and related publications at the UK Forage Website under the “establishment” tab. <https://forages.ca.uky.edu/establishment>

#### **Frost Seeding at a Glance**

- Legumes are an essential part of sustainable grassland ecosystems.
- Overseeding may be required to maintain and thicken stands.
- Frost seeding is the simplest method for reintroducing clover back into pastures.
- Control broadleaf weeds fall prior to frost seeding.
- Soil test and apply any needed lime or fertilizer before frost seeding.
- Suppress the existing sod and reduce residue with hard grazing in the fall and winter.
- Choose well adapted varieties of red and white clover using the UK forage variety testing data.
- Calibrate seeder and check spread pattern.
- Broadcast 6-8 lb/A of red clover and 1-2 lb/A of white clover that has been inoculated in mid-February (no later than early March).
- Control competition from existing grasses by grazing pastures in short intervals until clover seedlings become tall enough to be grazed off.
- Put pasture back into your regular rotation once seedlings reach a height of 6-8 inches.

### **Kentucky Department of Agriculture**

#### **Nuisance Weed Spraying Program**

This program consists of weed spraying demonstration plots. The department will provide the sprayer and enough chemical for the treatment of 10 acres of agricultural land or 100 gallons of spot spraying mix to be used on agricultural land. The department’s representative will demonstrate proper mixing and application techniques. A number of nuisance weeds can be treated under this program depending on the needs of the participant. This program is limited to broadleaf weeds.

There will be an annual online application period to participate in this program. Applications can be completed from February 1 to February 29. Applications can be found at: <https://www.kyagr.com/consumer/nuisance-weed-spraying-program-application.aspx>

## **Announcements**

### **Newsletter Update**

Due to repeated issues with USPS, we are migrating to an e-newsletter. You will be receiving your monthly newsletter via email. Paper copies of the Newsletter will still be available. By migrating to an e-newsletter it allows more information to be shared and can be received more timely. Please call the office at (859)236-4484 to update your information. You can also sign up for the e-newsletter by scanning the QR Code on page 4.

## **Dates to Know**

### **February**

- 16th** - 2023 Boyle County Producers Annual Farm Machinery Show Trip
- 21st** - Boyle County Cattlemen's Association Meeting starting at 6:00 pm with a board meeting at 5:30 pm at the Boyle County Cooperative Extension Office.
- 21st-22nd** - Mid-South Stocker Conference at WKU L.D. Brown Ag Expo Center in Bowling Green, KY.
- 23rd** - Area Forage Production Meeting at Boyle County Extension Office from 6:00 pm to 8:30 pm.
- 24th** - Backgrounder/Stocker Profitability Conference at Fayette County Extension Office from 9:30 am to 2:30 pm. Cost is \$15.00.

### **March**

- 1st** - BQCA Training starting at 9:00 am at Boyle County Extension Office.
- 2nd** - Area Tobacco Meeting at Garrard County Extension Office starting at 6:00 pm.
- 6th** - Backyard Homesteading: Backyard Chickens Class at the Boyle County Extension Office at 6:00 pm.
- 7th** - Raising Turkeys in Small and Backyard Flocks Webinar: [https://uky.zoom.us/webinar/register/WN\\_RZg6gv2Sny30lzwzmyghA](https://uky.zoom.us/webinar/register/WN_RZg6gv2Sny30lzwzmyghA)
- 15th** - Growing Blueberry Class at Boyle County Extension Office at 6:00 pm. Registration is online, and cost is \$15.00.
- 23rd** - Backyard Homesteading: Raising Meat Rabbits Class at Boyle County Extension Office at 6:00 pm.