HOMETOWN NEWS FOR KENTUCKY'S FARM COMMUNITY

AUGUST 4, 2022

270-384-9454

Unique aquaponics system yields successful family business

BENTON, Ky. – Tammie McCollugh stands at the front of the 8000 sq. ft. biosecure greenhouse and describes to a Kentucky Women in Agriculture group how West Ky. Aquaponics began and is thriving.

"I have always wanted to own my own business, whether it was a corn maze, or pumpkins, or even flipping houses," she said. She put aside a 26-year nursing career and started the business with a partner who is now also her husband, Steve McCollough.

Aquaponics combines aquaculture (raising fish) and hydroponics (the soil-less growing of plants) in one integrated system, Tammie said. The fish wastewater provides nutrients for the float bed plants and is not a new way of growing food. Actually, the ancient Hanging Gardens of Babylon were aquaponic islands.

The entire family, including Tammie's father, Tim Watkins, and son, Tyler McKenty, became part of the business. They all attended an aquaponics master course, applied for loans and grants, and built the greenhouse with more than half a mile of PCV pipe, beginning in January 2018 and completing in April. The first nursey tilapia came in August.

The greenhouse uses credits from nearby solar panels for electricity and is automated with sensors that detect weather conditions and open and close the greenhouse window panels. The newest addition is a heating and cooling unit to regulate water temperature. The fish grow best in 82-degree water, while the lettuce prefers 72-degree water.

There were some beginning jitters with the new operation while learning how to feed the nursey with the new babies.

SEE **AQUAPONICS**, PAGE **2**



Ben Abell and Bree Pearsall own RootBound Farm in Crestview. Their children, Henry Sage and Hazel Grace, also complete daily chores required to operate the 100-acre vegetable and meat farm.

ROOTBOUND FOCUSES ON FARM SHARES

CSA programs continue growing as some producers' main avenue of direct sales

Rootbound Farm, in Oldham County, has offered its "Farm Share CSA" (Community Supported Agriculture) membership for seven years. And now that the farm's CSA program is reaching about 1,000 families per week, the owners think it's time to offer a year-round membership.

Bree Pearsall, who owns the farm with husband Ben Abell, says that in order to make that transition, "we have been focusing on winter-growing, including high tunnels and improved storage facilities for roots and storage crops."

Rootbound has also added more animal proteins to its list of farm products, which includes chicken, eggs and lamb.

Pearsall says that "as the farm has become more focused on CSA as our primary outlet, we now see the need to offer year-round subscriptions — both to keep our members engaged and connected, and also to spread out cash flow and income throughout the year."

Pearsall says that although neither of them grew up on farms, Abell knew early on that farming would be his full-time job.

"He was studying conservation and ag at UK, and ended up over the organic section of UK's horticulture research farm," eventually becoming farm superintendent.

Pearsall worked at the Lexington Farmers' Market through college as well as on a Shelby County farm.

SEE ROOTBOUND, PAGE 3



FLOODING HITS EASTERN KY

Death toll continues to rise 20

INSIDE

<u>EDITORIAL 4 MAF</u> <u>OPINION 5 CLA</u>

MARKET REPORT 1

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Aquaponics circular system used to produce fish, veggies

FROM PAGE 1

"We would see the fish at the top of the tank, think they were hungry, and feed them. We didn't realize the feed was dropping to the bottom and building ammonia."

They lost a few fish, cleaned out the tanks, began a careful feeding regimen based on the mass of fish in the tank, and calculated an exact amount of feed each day. They continue this detailed calculation every two weeks until the fish consume about 300 grams daily.

Another critical lesson with the first nursery was the ammonia buildup and the conversion of the ammonia to nitrites and nitrates. Bacterial conduct this all-important chemical reaction. Again, they lost a few fish while this good bacteria established itself. They test the water every day for ammonia and pH levels.

They used the nursery waters full of the good bacteria as a "starter" as they filled the 500-gallon "growing" tanks with fish from the nursery.

Now the fish tanks are brimming with growing Nile tilapia, and they do not mix the nursery and tank waters, each having their own biosystem. The nursery fertilizes a small growing area where Tammie raises herbs and greens for home canning.

As the group moved through the greenhouse, they could view the long beds of bright green lettuce, recipients of the nitrate-rich water produced by the six 500-gallon tanks full of different growth stages of tilapia. The fish waste goes through a series of clarification tanks where the good bacteria produce the nitrates. This nutrient water circulates to grow beds where the greens absorb the nutrients. The water is pumped back into the fish tanks, creating the closed loop re-circulating system.

Lettuce and kale are now their main crops, but in the beginning, Steve wanted to try "everything," Tammie said.

"I had to tell him to quit ordering seeds," Tammie laughed. They tried tomatoes, eggplant, kale, Chinese cabbage, and several different lettuces before finally settling on the lettuces and kale. They sold close to 15,000 heads of lettuce this year.

They start all their plants from seed and Tammie seeds trays four days a week. Germinated seeds are transplanted in a growth cube to the float trays. It takes 40 days from seed to harvest rather than the traditional 50 for lettuce grown in soil. Tammie said the rapid growth rate is due to the constant temperature, continual nutrients, and no competition from weeds.

No herbicides, pesticides, or fertilizers are used on the plants because added chemicals would re-circulate into grow tanks and damage the fish. While these are organic practices, Tammie said West Ky aquaponics is not certified organic because of the cost of certification. Their customers know how they raise their produce.

Attention to detail is evident in every stage of the operation. There are strict sanitation standards throughout the operation. Tammie keeps a detailed GAP – a Good Aquaponic Practices notebook necessary to sell to schools and large grocery chains. She also has the documentation for Certified Naturally Grown, a production designation. They are Kentucky Proud.

The fish are ready to harvest at about 8-9 months of age. The fish are very feed efficient, using one pound of feed for every pound of gain.

Each tank of 250 fish produces 350 pounds of meat.

Steve said he knew of no other aquaponics that went to the extent they do for harvest. The water level is lowered to 250 gallons and changed twice daily to remove any impurities. The water temperature is reduced to 62 degrees. The fish go on ice and are taken to the processor. They harvest a tank about every 6-7 weeks.

Tammie worked hard to develop the market for the greens and has customers as far away as Bowling Green Public Schools. The fish and the greens are both available through an online store.

Gracie Furnish Reynolds, District 1 Women in Agriculture representative, organized the tour. She said it's one of the group's goals to schedule different events to bring the women in the western most district together for tours, fellowship, and learning about area agriculture.

"We need people with diverse backgrounds and interests to continue growing and innovating to meet the growing needs of our state, nation, and world," she said.

By Toni Riley Field Reporter



Tammie McCollough explains the closed loop aquaponics system and production of lettuce and kale to members of Kentucky Women in Agriculture, District 1.

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MARKET REPORT: WEEK OF July 25, 2022 Farmers Regional Livestock Market of Glasgow, LLC

Feeder steers and heifers sold 3.00 - 5.00 higher. All feeder classes sold with good demand. Slaughter cows sold steady to 2.00 higher. Slaughter bulls sold steady. Supply included: 60% Feeder Cattle (10% Steers, 52% Heifers, 38% Bulls); 20% Slaughter Cattle (91% Cows, 9% Bulls); 20% Replacement Cattle (5% Stock Cows, 73% Bred Cows, 17% Cow-Calf Pairs, 5% Bulls). Feeder cattle supply over 600 lbs was 32%

Feeder Cattle:

Steers: Medium and Large 1-2: 13 Head, 450-491#, 174.00-176.00; 5 Head, 602-610#, 153.00-165.00; 1 Head, 720#, 130.00. Medium and Large 2-3: 3 Head, 635-642#, 137.00-140.00. Heifers: Medium and Large 1-2: 9 Head 292# 148.00; 6 Head 395# 163.00; 5 Head 410-448#, 147.00-153.00; 11 Head 455-461# 169.00-172.00; 14 Head 510-543# 158.00-160.00; 14 Head,560-583# 152.00-156.00; 7 Head 649# 147.50; 8 Head 650-665# 123.00-131.00; 1 Head 685# 146.00, Value Added; 4 Head 723# 118.00-120.00; 12 Head 761-773# 138.00-139.00; 2 Head 855#, 117.00; 2 Head 988# 114.50. Medium and Large 2-3: 1 Head 360# 146.00; 5 Head 469# 158.00; 9 Head 511-567# 134.00-140.00; 1 Head 640# 128.00; 2 Head 700# 120.00. Bulls: Medium and Large 1-2: 6 Head 330-340# 155.00-159.00; 8 Head 361-382# 150.00-160.00; 11 Head 441# 168.00; 3 Head 475# 140.00; 10 Head 511# 165.00; 13 Head 591-599# 137.00-145.00; 4 Head 631# 135.00; 7 Head 672# 139.00; 5 Head 727# 129.50; 8 Head 774# 124.00. Medium and Large 6 Head 442# 147.00; 3 Head 518# 147.00.

Slaughter Cattle:

 $\begin{array}{l} {\color{red} \underline{\mathbf{Cows:}}} \ \text{Breaker} \ 75\text{-}80\%; \ 12 \ \text{Head} \ 1150\text{-}1985\# \ 71.50\text{-}78.00 \ \text{Average;} \ 4 \ \text{Head} \ 1400\text{-}1505\# \ 79.00\text{-}85.00 \ \text{High.}} \ \text{Boner} \ 80\text{-}85\%; \ 27 \ \text{Head} \ 900\text{-}1355\# \ 70.00\text{-}79.00 \ \text{Average;} \ 23 \ \text{Head} \ 1025\text{-}1495\# \ 80.00\text{-}93.50\# \ 85.24 \ \text{High;} \ 1 \ \text{Head} \ 1295\# \ 67.50 \ \text{Low.} \ \text{Lean} \ 85\text{-}90\% \ 16 \ \text{Head} \ 700\text{-}1170\# \ 60.00\text{-}68.50 \ \text{Average;} \ 14 \ \text{Head} \ 915\text{-}1060\# \ 71.50\text{-}83.00 \ \text{High;} \ 8 \ \text{Head} \ 695\text{-}1000\# \ 50.00\text{-}58.00 \ \text{Low;} \ 3 \ \text{Head} \ 765\text{-}1020\# \ 40.00\text{-}44.00 \ \text{Very} \ \text{Low.} \end{array}$

Bulls: 1-2: 3 Head 1290-1490# 104.00-114.00 Average; 4 Head 1545-1990# 119.00-124.00 High; 4 Head 1140-1485 83.00-100 Low.

Stock Cows: Age 2-4: Stage 0, 9 Head, 735-1142# 675.00-1110.00.

Rootbound works toward offering year-round CSA

FROM PAGE 1

Abell had actually begun Rootbound Farm while working for the university, then in 2014, the family moved to a 100-acre farm in Oldham County.

"Ben and I got into farming, really, through an interest and love for environmental conservation and stewardship. We felt early on that growing in accordance with organic practices is what we want to do," Pearsall said. "Healthy soil, avoiding herbicides and pesticides, and growing healthy food in a way to give back to the land."

There are so many other reasons why farming organically is important, she said

"Our customers come to us for different reasons ... Some believe organic is more nutritious, avoids the build-up of sprays and herbicides. But they also want to make a value-based purchase from land that was stewarded in a way that aligns with their values — some want to see more land being farmed more organically."

Pearsall said they also believe strongly in the "certified organic label — we've worked hard to have our farm certified ... It's a transparency issue to us...we say we are and here's the certification that shows we meet it."

Pearsall said there are several terms out there now that may be confusing to

"There's 'natural,' 'sustainable,'
'regenerative' ... All tell a story and are
about values, but they're kind of open
for interpretation on what they mean.
Not that using them is wrong or bad,
they're just limited in meaning," she
said

Pearsall and Abell's background is

mostly in vegetable production, but they also raise 3,000 broiler chickens, 1,000 laying hens and a flock of 200 grass-fed Katahdin ewes, managing them on pasture. Rootbound markets its lambs through a consortium with Four Hills Farm, as well as direct marketing through its CSA, farmers' markets and restaurant partners.

"We decided to offer the farm share year-round since we can offer those proteins in the winter," Pearsall says.

Rootbound's CSA program serves 600 families weekly. The farm also partners with Louisville-based non-profit New Roots, which offers sliding-scale CSA boxes to about 400 families a week.

Pearsall and Abell have two children, Hazel Grace and Henry Sage, who join in the farm work often.

"Since neither of us were raised on a farm, we came late to the game and missed some of what it is to farm as a way of life. But our kids were born into it, so it's been cool to watch them just absorb it all like sponges."

Both chidren know what it's like for an animal to give birth, or when an animal contracts a sickness and dies.

"They've helped with those processes, and they've experienced the hard work every early morning and late evenings, having to leave a friend's birthday party early to get home and do chores. And they don't skip a beat, because to them it's normal."

Rootbound Farm offers more than 20 different pick-up locations throughout the week and delivers to Lexington, Frankfort, Louisville and of its hometown of Crestwood in Oldham County. Pearsall says sign-ups are taken yearround for the Farm Share CSA at rootboundfarm.com.



Bucky Glickley, Rootbound Farm's production manager, works during a farmers market.

She said the CSA program comes in different options, ranging from vegetables and weekly egg subscriptions to biweekly or monthly meat, chicken and lamb options. They also offer payment options and an eight-week trial program.

By Bobbie Curd Field reporter



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THE FARMER'S PRID

Ky. ready to step up after flooding



ONE VOICE

Sharon Burton Publisher

The governor has already set up a flood relief fund and more than \$1.2 million has been raised. To donate, visit TeamEKY floodrelieffund.

ky.gov.

t wasn't that long ago that we central Kentucky citizens saw our neighbors to the west lose their homes and complete communities as well as lives as tornadoes swept through the area. This past week we looked toward the east as our fellow Kentuckians experienced flooding that also took homes, lives and towns.

One person commented that areas of eastern Kentucky often see flooding but not like this, not where it's everywhere and it brings with it complete destruction.

Gov. Beshear visited Perry, Knott, and Letcher counties on Sunday. At that time he announced 28 deaths to date.

As reported by the Lexington Herald Leader, the death toll from last week's flooding exceeded the accumulative number of deaths by flooding in Kentucky between 1996 and 2020. The number of deaths has not been this high since the 1930s. Everyone has not yet been accounted for, but thankfully some people who were listed as missing have been found but had no means of communication. Even so, the death toll is expected to continue rising.

Beshear's office said 359 survivors were being housed in temporary shelters and at two state parks and campgrounds. Emergency assistance is being made available and details for various ways of assistance can be found at governor.gov/FloodResources.

Perry, Knott, Letcher, Breathitt and Clay counties now qualify for individual assistnce throug FEMA and more counties are expected to be added.

Kentuckians always reach out to help their fellow citizens and this disaster will be no different. The governor has already set up a flood relief fund and more than \$1.2 million has been raised. To donate, visit TeamEKYfloodrelieffund.ky.gov.

As we have already witnessed in western Kentucky, recovery does not happen overnight. When everything is lost, it takes time to rebuild. Before the victims of this disasterous flooding can even begin to think about recovery, however, they must deal with limited water and power. Thankfully, as of Monday, all drinking water systems were reporting to be operational, but 40,000 customers were still placed under a boil water advisory.

It's times like this that we see the best in our fellow man. Emergency personnel, cleanup crews – so many people have dropped what they were doing and headed to the devestated areas to offer assistance.

There are no words to comfort those who have lost loved ones or are desperately waiting to hear word about those missing, but hopefully there is comfort in knowing that others care and are ready to step up and lend a helping hand.

KPPA holds membership meeting, sets plans for state fair

he Kentucky Pork Producers Association held their annual summer membership meeting on Wednesday, July 20 at the Hardin County Extension Office. KPPA members and producers were invited to enjoy a line-up of industry speakers and a day of networking with fellow agricultural organizations.

Meeting speakers included Dr. Ryan Quarles, Kentucky Commissioner of Agriculture; Dr. Katie Flynn, Kentucky State Veterinarian; Stephen Herring, National Pork Board; Kenny Burdine, University of Kentucky Agricultural Economics; and Niki Ellis, executive director of Kentucky Pork Producers.

Kentucky Livestock Coalition President Caleb Ragland, Hope Tollett of Grayson County Farm Bureau, and Jonathan Shell all spoke to producers over the scheduled networking and lunch time. In addition to guest speakers, KPPA also had the opportunity to honor the 2022 Margie Holt scholarship recipients. Recipients and their families were invited to attend and be recognized in front of fellow meeting attendees. 2022 scholarship recipients are Zachary Comer, Ashley Hinton, Julia Hinton, Riley Hudnall and Deborah Madison Bush.

The summer membership meeting was a great opportunity to update KPPA members and supporters on the new and current activities of the organization, one of those activities being the upcoming Kentucky State Fair on Aug. 18-28. KPPA will be operating in a completely redesigned AGLAND exhibit in South Wing A of the Kentucky Expo Center. The 20 by 30-ft. space will be housed near the Kentucky Cattlemen's Association and the Kentucky Soybean Board.

Complete with interactive educational displays, the KPPA booth will educate fairgoers on the importance of the swine industry and pork as a protein. Throughout the state fair, KPPA will also participate in a "Pork 'N Beans" campaign with the Kentucky Soybean Board. This campaign will educate consumers on the importance of the relationship between the two commodities. Fairgoers will have the opportunity to participate in "Pork 'N Beango," an educational bingo game complete

SEE KPPA, PAGE 5



KENTUCKY PORK PRODUCERS ASSOCIATION

DIRECTOR
OF
PROGRAM
MANAGEMENT

Emma Heimlich

KPPA will be operating in a completely redesigned AGLAND exhibit in South Wing A of the Kentucky Expo Center.

The Farmer's Pride

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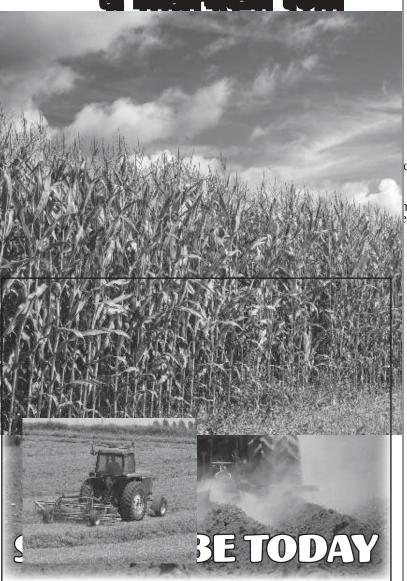
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THE FARMER'S PRIDE

KPPA holds membership meeting, sets plant for the fall and the fall an



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New Renewal



Vacation essentials: mayonnaise jar, 'light breakfast,' butter

ach of my parents had an unwritten list of essentials to take when our family-of, holy cow, eight-left the southern Illinois

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But there was never really any "just suitcase. Mom often settled the civil beans, pork, and beef with tariffs of their own. The fight quickly in case." Evidents, book, and beef with tariffs of their own in the fight quickly very suit of the property of t ing of vacationk weah start artistomer - isn't pheteod right to be "washed in the lake" park for a "light breakfast" packed by Mom. Light meant everything but the fattenedical and a tariff war-but the fattenedical alway tariff war breakfast rolls and coffee cake, hard boiled eggs, summer sausage, cheese, a thermos of coffee, a jar of milk, jelly,

What, you have more the bankbone (of mus food system-masker and ishering ware on vacation?

Every year of whom are the backbone (of way: Before the car even came to a complete stop, Mom would pop out of for Mom, and Busch Bavarian for the car's front seat with the tablecloth himslef. in one hand and the quart jar of soapy water in the othern are the backbone (of directord were now as the inversion of the

my grandparents, Grandma usually arrived a firm initiated latent Operform 20-doi Sent, dineroral fixed en blusters, the same tablecloth-mayonnaise jar move within seconds of Mom's

For his part of the current oc tion without his fishing tackle in top conditions Heidrip and king nightlehet partitione-staff Chistaffy station wagonweek before slowly clearing his tackle box of dried minnows from the year before and she isn't working - at le fishing line on-his best spinning reels.

It was a religious experience to him because, like baptism, this singular immersion in all things fish foretold of salvation-a week's reprieve, any-

For example, 987 hacket Asia, which has ded to a significant decline in the

way-from 100 Holsteins, three hired

men, and endless acres of tall corn,

because she was not doing laundry on vacation. That limited our already ar – isn't cheap, right? var – isn't cheap, right? var – isn't cheap, right? ard flip-flops.

I don't remember packing any cooler other than the flimsy styrofoam butter, and film mare the backbone (of one fother backbone) is spanner or fish then a

> blocks of ice for some cooler-maybe necessities like milk for us, butter

The very best part of every vaca-Since we often water the backbone (of multipad Austen man faimers rushers, ing home, Dad would pull into some french fries, and chocolate milkshakes for eyeryone. What a treat.

2020-to-Sept. 30, 2021 nscal yea 2020-to-Sept. 30, 2021 nscal yea 2020-to-Sept. 30, 2021 nscal ye of all was the fact that we eight of us even went on a week's vacation every August. I had few farm friends that rt-time – for China? could make the same claim. How did art-time – for China? Mom and Dad do it?

If you asked them, I'm pretty sure the answer would begin with, "Well, get yourself a wide-mouth mayonnaise jar..."



FOOD FARM FILE

Alan Guebert

What, you never took your silverware on vacation?

ALAN GUEBERT

publishes a weekly column Farm and Food File through the U.S. and Canada. Past columns, events and contact information are posted at farmandfoodfile.com. Contact Alan Guebert by email at agcomm@ farmandfoodfile.com.

Study aims to help Kentucky growers improve transplant quality

Producing vegetable transplants – small starter plants for growers to begin gardens with - is a "budding" industry in Kentucky. Lark Wuetcher, senior horticulture major in the University of Kentucky College of Agriculture, Food and Environment, is helping Kentuckians address potential industry issues by studying the optimal lighting conditions needed to keep transplants in the Bluegrass healthy and high

Wuetcher's project focuses on the influence of daily light integral on growth, morphology and quality of vegetable transplants. Garrett Owen, assistant professor in the UK Department of Horticulture and Wuetcher's adviser for this project, defined daily light integral as the cumulative and integrated measurement of light intensity and duration of light exposure a plant receives in a 24-hour period. Owen also said daily light integral changes depending on geographical location, season, day length, greenhouse glazing material and infrastructure, and a variety of other factors.

The goal of the study is to determine the optimal DLI for Kentucky growers to achieve the best transplant quality and to help them learn how to reach and maintain target DLIs throughout the year.

According to the 2017 UK cooperative extension publication "Vegetable Transplant Production," there is a large demand for vegetable transplants and young plants across the state. All sizes of growing



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operations, from commercial to home gardens, use transplants.

Owen explained that DLI is especially important in the transplant industry because low light can lead to poorly rooted young plants with an increased likelihood of damaging and breaking transplants during planting.

"Under the optimal DLI, growers can reduce transplant shock and the opportunity for those transplants to be bent in half or snapped, or if there is a producer in the state that produces transplants for other growers, they can easily ship them as well," Owen said.

Owen surveyed vegetable transplant growers across the state to determine which transplants to include in the study. The survey showed which species may be most beneficial to Kentucky growers, leading researchers to select popular and common species such as cucumber, tomato, bell pepper, eggplant, squash and more.

Wuetcher and Owen are conducting the study at the UK Horticulture Research Farm in Lexington. By manipulating and managing the greenhouse environ-

'Yellow Straight Neck' Squash

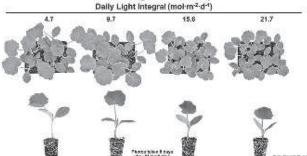


Photo provided by Garrett Owen.

An example of the type of photos taken during the study to compare squash grown under different DLIs.

ment over the transplants, Wuetcher and Owen can create different DLIs and document how each vegetable species performs under various DLIs. After about two weeks, the researchers measure and photograph transplants from the different treatments to collect

SEE STUDY, PAGE 7

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Study aims to help Kentucky growers improve transplant quality

FROM PAGE 6

data for comparison and calculations.

"It's satisfying lining up the transplants and seeing the gradual but clear trends between treatments knowing the work paid off with good data," Wuetcher said.

The duo began the first research cycle in May and wrapped up the second treatment in early July. The third and final repetition will start in late August. The researchers plan to finish the study by October and have publication materials ready by January to give growers time to implement their findings in the spring.

"I hope that growers will understand the importance of DLI and how an environmental factor within the greenhouse can make a big difference in the overall quality of a plant and even their reputation for producing high-quality transplants," Owen said.

Owen also hopes that this project will be impactful for Wuetcher to demonstrate the skills and knowledge he has

gained in his time with the horticulture department.

"I see these capstone projects being not something simple, but something to challenge the student and pull everything they have learned together over the three years," Owen said. "It's like the keystone of everything that you've learned here at UK."

Wuetcher said that even though the project is still ongoing, he feels like he has already learned so much.

"Conducting the project is where I learned the most from setting up the experiment to collecting photos and data from the transplants," Wuetcher said. "Each part has different procedures that can affect the outcome and accuracy of the project, so learning the correct way to do things has been invaluable."

Wuetcher said that with the experience from this project and the lessons learned, he plans to continue pursuing research in controlled environment horticulture in his post-graduate career.

By Haley Simpkins

University of Kentucky



Photo by Matt Barton, Agricultural Communications Specialist

Lark Wuetcher, senior horticulture major, studies hydroponic lettuce in the greenhouse at the Horticulture Research Farm.



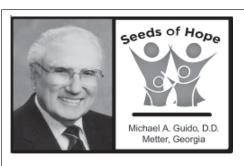


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Secrets Revealed

A few feet from my desk is a closet used for storage. In that closet are boxes and boxes of information that, at one time, was very costly. Today, it is worth much more than it was when purchased.

The boxes inside the closet are made of ordinary cardboard. If someone opens the door and looks at them, there would be no reason to open them other than plain curiosity. They appear to have no value unless someone knows their contents.

They are like the Bible. Unless there is a desire to look inside and find out what it contains, it is useless. Most people are more likely to turn on a television or look at a magazine. But, if one stops, opens the Word and accepts its contents, life takes on an entirely new meaning and direction.

"My son," begins Solomon, "if you accept my words . . . and store up my commands . . . you will understand what is right and just and fair - and it will lead you to every good path, For wisdom will enter your heart."

The Proverbs contain clear and concise guidance for those who want to choose between right and wrong. God has planted some degree of morality in everyone's heart because we were made in His image. But only the Word of God spells out in exact words what is right and just and fair. Every law or rule or policy that has ever been written is an extension of what we find in His Word. But, only His Word is capable of penetrating the very core of our being - our hearts. When we allow it to do its work, we are changed from the inside out and become a new creation.

Prayer: Lord, people look in vain for ways to change what is wrong into what is right. Your Word is that way! In Jesus' Name, Amen.

Today's Bible Verse: My son, if you accept my words and store up my commands within you Proverbs 2:1a



Cabbage Rolls

12 cabbage leaves 1 pound lean ground beef 1 cup cooked brown rice 1 (15 ounce) can tomato sauce

1 teaspoon garlic salt 1/4 teaspoon pepper 1/2 teaspoon dried basil 1/2 teaspoon dried oregano 1/2 cup chopped onion

1/4 cup chopped green pepper 1 teaspoon sugar 1 tablespoon cornstarch

1 tablespoon water

Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling. Mix beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. Put 1/3 cup in each leaf, starting at leaf end; roll, tucking in the sides. Place seam side down in a 9-by-11-inch baking dish. Mix remaining tomato sauce with the sugar, pour over rolls. Cover and bake at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. Mix cornstarch and water; stir into saucepan. Heat and stir until mixture boils, cook 1 minute. Serve sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.



Tex Mex Spaghetti Squash Casserole

1 small (about 2 pounds) spaghetti squash 1 pound lean ground beef 1/2 cup chopped onion 1/2 cup chopped red bell pepper 1 teaspoon minced garlic

2 teaspoons dried cumin 1 (4 to 5 ounce) can chopped 1/4 teaspoon ground cayenne pepper 1/2 teaspoon salt 1 cup chopped fresh tomatoes

mild green chilies 11/2 cups low fat cheddar cheese 1 tablespoon chopped

cilantro

Preheat oven to 350 degrees F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut-side down and bake for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. Remove the squash from the oven and cool. Use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm. In a skillet, cook the ground beef over medium heat until browned. Add the onion, red bell pepper and garlic. Continue to cook until the vegetables are tender. Add the cumin, cayenne pepper and salt. Drain well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. Spray a 9-by-13-inch baking pan with non-stick coating. Layer half of the spaghetti squash in the bottom of the pan. Spread half the meat mixture on top of the squash. Layer half of the tomatoes and chilies on top of the meat and top with half of the cheese. Repeat the layers. Bake at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. Sprinkle with the cilantro and serve.

Yield: 9 servings.

Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

Recipes courtesy of Ky Proud

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Chicken processors to pay farmers \$85 million in antitrust settlement

"Cargill Inc. and the newly formed Wayne-Sanderson Farms have agreed to pay \$85 million to settle claims they violated antitrust laws by sharing information about poultry workers' wages," reports The Wall Street Journal. "The Justice Department on Monday alleged that Cargill, Sanderson Farms, a data consulting firm and Wayne Farms for decades shared information about wages and benefits in a way that held down the pay for processing plant workers. The Justice Department also alleges that the chicken companies failed to give farmers enough information about the systems used to compensate them for raising birds for slaughter."

The settlement is technically with Cargill and Continental Grain, since Cargill and Continental just bought Sanderson Farms for \$4.5 billion and will merge it with Continental subsidiary Wayne Farms. Wayne-Sanderson Farms will account for about 15 percent of the nation's chicken production, Diane Bartz and Tom Polansek report for Reuters. Data consulting firm Webber, Meng, Sahl and Co. also settled with the government.

According to the terms of the civil settlement, contract farmers for Wayne-Sanderson would no longer be paid through the tournament system, which forces farmers to compete against each other to determine payment. The practice has long been criticized as abusive and opaque.

"The companies will pay about \$85 million in restitution to plant workers, of which Cargill will pay \$15 million. The government would also impose a court-appointed compliance monitor to oversee processing facilities, farms and antitrust compliance for a decade, which the companies would have to fund," the Journal's Patrick Thomas and Dave Michaels report. "Wayne-Sanderson would still offer bonuses to farmers who perform well and include a base pay, assistance for accessing capital and a profit-sharing program for growers and employees."

The settlement includes other important stipulations, Reuters reports: "The companies will not be allowed to lower the base pay of chicken growers, but will be allowed to offer incentives. The agreement also prohibits retaliation for growers who raise antitrust concerns with the government."

"Monday's settlement with the government preventing Wayne-Sanderson Farms from using the tournament system is a major shake-up in how chicken companies have done business with farmers for decades. A shift away from the tournament model by one of the largest chicken companies could give rivals a competitive advantage or prompt a broader shift away from the model in the industry, poultry industry officials and analysts have said," Thomas and Michaels report.

By Heather Chapman The Rural Blog

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The Kentucky Center for Agriculture and Rural Development is hiring an Executive Director.

KCARD is a non-profit organization that works with farmers, farmers markets, agritourism operations, value-added operations, cooperatives, meat processing facilities, grain handling operations, horticultural businesses, and many other agricultural-related businesses operating in Kentucky. Through its work, KCARD serves thousands of farmers and agribusinesses, working with partners around the Commonwealth to provide those individuals and businesses resources needed to build strong businesses and projects.

Responsibilities of Executive Director:

- Working with the Board of Directors, lead an agricultural nonprofit organization entering its 22nd year of providing critical business development services to the agricultural community of Kentucky.
- Manage an 11-person business development, grant facilitation, local food coordination, and project staff.
- Manage administrative functions of KCARD, including financial reporting, organizational and project budgets, insurance, among other duties.
- Report to a 13-member board of directors who provides oversight on mission, financial health, fundraising and development, and performance.
- Communicate with clients, stakeholders, and general public to help them understand KCARD's services and role in Kentucky's agricultural economy.
- Cultivate strong partnerships with other organizations, funding entities, and businesses.
- Oversee programs and projects of KCARD, including cooperative development, multiple federally funded programs, feasibility studies, and client work.

Preferred Qualifications:

- 10+ years' work experience.
- Familiarity and experience with business concepts, business and cooperative structures, and best practices.
- Knowledge of and experience with Kentucky agriculture and agricultural and food sectors, or considerable interest in learning the same.
- Experience with computers and common software, including Microsoft Excel.
- Ability to work collaboratively with a board of directors, professional staff, partners, and other stakeholders.
- Strong written and oral communication skills.
- Experience managing people, projects, and budgets, including familiarity with financial statements.
- Strong work ethic with a self-motivated nature.
- Ability to travel, valid driver's license, and access to private vehicle.
- Ability to work from a home office leading a remote team

For more information, please visit https://www.kcard.info/execdirectoropening. To be considered, please send a resume and cover letter to Aleta Botts via email at abotts@kcard.info no later than August 31, 2022. Questions regarding the positions can be submitted to this email address as well.

Unsung Heroes: Krista Lea



Krista Lea, UK Horse Pasture Evaluation Program leader, leads UK and Midway University students through a pasture evaluation exercise.



10

This is the fourth in a series on the unsung heroes of the UK forage program. Unsung heroes are those people that work, often behind the scenes, but who are essential to success of the team. Indispensable. Krista Lea is one of those

Krista came to Kentucky because of horses and wound up staying. She did her Masters Degree with Dr. Ray Smith and has been here ever since. Since I came back to the forage group, here is how I would summarize Krista: She does everything and knows everything. When I needed to know how to do pretty much anything, most of the time I was told to 'go ask Krista.' Good advice.

Krista is a master-multitasker, partly because she is 100 percent grant funded That means she is splitting her

The amazing thing is that she does all this while being a wife, mother and owner/operator of a commercial horse boarding operation. I think we would all describe Krista with one word: indis-

Krista is the core of the UK Ag Equine Programs Pasture Evaluation Program.

This program is a fee-based pasture evaluation program that analyzes and produces recommendations for pastures on Kentucky horse operations. The program has been very successful, due in no small part to Krista's skills in forages, personnel management and data handling and reporting.

As the lead staff person on the pasture evaluation project, Krista oversees identifying and engaging new customers as well as carrying out the essential observational and analytical work of the program. Krista is that rare combination of initiative, knowledge (from her MS degree in forages), leadership, attention to detail and service orientation that would make any program successful. As part of the Equine Pasture Evaluation Program, this combination of skills has allowed the program to deliver far beyond the expectations of both customer and the College. The program is now a model of effective extension delivery and consulting and has been used as a model in other states

highlight d at secent Europ

number of jobs that are needed for the forage team, such as creating fliers to advertise programs, setting up and then handling the electronic registration process for all our forage events, and pretty much whatever else needs to be done. Every month, she lays out the first draft of our major communication piece,

Forage News, and then makes sure it gets posted electronically and mailed to our Amish and Mennonite clients.

Krista is a valuable resource for anything related to equine forages. When Midway University lost their equine forage instructor at the last minute, Krista stepped in to lead the effort to teach that class while maintaining her regular duties. Krista's experience across several years with tall fescue and re-establishment of horse pastures allows her to speak with authority with farm owners and managers, across the full range of scale of operations. Krista has earned the credibility and trust of central Kentucky horse farms by her hard work and dogged determination to get them answers.

Krista seems to make it her personal mission to share information with people about forages and pastures and finding just the right way to get that information across to help horse owners and the public in general. Krista has written one or more monthly submissions for several years to the Bluegrass Equine Digest newsletter (subscribed

by 35,000 people in all 50 states and more than 110 countries). Krista's practical and easy to read style helps these readers take care of their pastures, know how to test and chose hay, get rid of weeds, keep mares and their unborn foals safe from toxic plants and find the right nutritional mix for each individual horse through their pastures.

While Krista is known within the department, college, and greater equine community as the coordinator of the UK Horse Pasture Evaluation Program her job is much greater than that. For example, she helped design and is now implementing a horse pasture conservation project with the USDA-NRCS. She is working with 20 horse farms to show that they can benefit from improved environmental and pasture management practices. You could say that she is the "on the ground" horse farm expert for the KY-NRCS.

Unsung heroes. Every successful operation has them. In the UK forage group, we have several. Thank you, Krista, for all you do.

Happy foraging.



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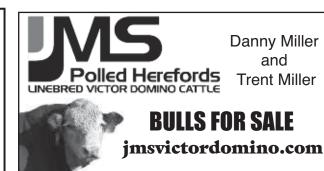
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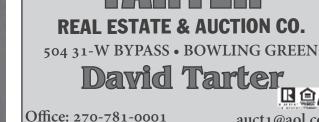
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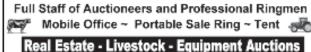
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05/31/2021 4:00 pm est Bids for next day Cash Bids	Louisville	Pennyrile	Purchase	Bluegrass	Green River	Northern KY
Corn #2 Yellow Corn #2 White	7.72-7.83	7.29-7.39 8.14	7.54	NA	7.42	NA
Soybeans #1 Y Wheat #2 SRW Barley	16.96 NA	16.73 11.15	17.09-17.23 NA	NA NA	17.18 NA	NA NA
New Crop Delivery Contract						
Corn #2 Yellow Corn #2 White	6.88	6.82-6.97 7.72	6.82-6.87	NA	7.02	NA
Soybeans #1 Y Wheat #2 SRW Barley	14.49 9.85	14.65-14.75 11.00-11.15	14.90-15.10 10.18	NA NA	14.90 10.32	NA NA
	-				-	

Eastern Cornbelt Ethanol **Plant Report** 05/31/2022 Indiana Ohio Illinois

Yellow Corn Spot Bid 7.67-8.38

Dried Distillers Grain (\$/ton) 10% moisture 245.00-273.00

Modified Wet Distillers (\$/ton) 50-55% moisture

Kentucky Weekly Cattle Receipts as reported at local markets:				
05/07/22	18,193			
05/14/22	18,357			
05/21/22	18,799			
05/28/22	16,085			

Weekly Feed Ingredient Price Wholesale prices, \$ per ton Rail or Truck FOB Location	Owensboro Grain 05/31/2022	Commonwealth Agri-Energy Hopkinsville 05/31/2022	St. Louis Weekly Feed Region 05/27/2022	Memphis Weekly Feed Region 05/27/2022	Corn Belt Feedstuffs Region 05/27/2022	Daily Direct Hog Prices LM_HG218 05/31/2022 Barrows & Gilts Purchased Swine Receipts: 4,580 Base Price:	FOR DAILY LIVESTOCK AND GRAIN MARKET REPORTS
Soybean Meal 48% Sol Soybean Hulls	442.90 220.00	_	438.30-440.30	452.30-472.30 155.00	432.30-477.30	\$100.00-\$116.50	REPORTS
Corn Distillers Grain Dried Distillers Grain Modified	_	275.00 154.00	_	_	245.00-395.00	Wt. Avg. \$109.46	CALL
Distillers Grain Wet		104.00				Compared to prior	FARMLOT
Corn Condensed Solubles Corn Gluten Feed 20-21 pct	_	NA —			210.00-240.00	day, wt. avg. base prices were 0.42	1-800-327-
Corn Gluten Meal 60 pct Cottonseed Meal 41 pct		_	770.00 385.00-395.00	400.00	595.00-725.00 390.00-400.00	higher.	6568
Whole Cottonseed Wheat Middlings	=	_	NA	450.00 —	=	5 Day Rolling Average: \$111.80	1-502-573- 0553

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Compared to last week, feeder steers and heifers sold unevenly steady to 4.00 higher with exceptions to 8.00 higher. Demand was good to very good for an average to good quality offering. Slaughter cows were 3.00 to 5.00 higher and bulls 2.00 to 4.00 higher with good to very good demand.

STATE AVERAGES			
Steers (M&L 1-2)	This Week	Prior Week	Last Year
350-400 lbs	190.93	188.46	165.90
400-450 lbs	188.89	190.44	158.85
450-500 lbs	182.67	184.46	156.13
500-550 lbs	174.15	176.76	151.31
550-600 lbs	171.22	171.61	148.00
600-650 lbs	161.95	164.51	140.74
650-700 lbs	155.98	157.26	139.54
700-750 lbs	147.25	149.02	128.37
750-800 lbs	146.55	145.03	128.49
800-850 lbs	146.70	142.40	122.49
850-900 lbs	138.47	141.45	119.58
Heifers (M&L 1-2)			
300-350 lbs	166.56	168.53	138.51
350-400 lbs	164.98	168.01	141.13
400-450 lbs	162.30	164.77	139.43
450-500 lbs	159.82	160.89	139.55
500-550 lbs	154.36	154.09	134.19
550-600 lbs	147.88	148.25	129.77
600-650 lbs	141.27	141.04	124.23
650-700 lbs	138.16	135.21	121.14
700-750 lbs	131.84	131.99	110.28
750-800 lbs	126.48	128.93	108.56

WEELKY COW SUMMARY

WEELERT COW SCHEMENT					
Slaughter Cows	Average	<u>High</u>	Low		
Breakers	72.00-106.50	84.00-117.50	62.00-96.50		
Boners	70.00-109.00	8300-120.00	60.00-97.00		
Lean	58.00-89.50	67.00-104.00	49.00-78.00		
Slaughter Bulls	Average	<u>High</u>	Low		
Yield Grade 1&2	90.00-127.00	113.00-144.50	75.00-124.00		

May 26, 2022 Bowling Green, KY

SLAUGHTER GOATS: 148

Kids-Selection 1-2: 43 lbs 390.00; 53 lbs 400.00; 64-69 lbs 370.00-410.00; 115 lbs 285.00. **Selection 2.** 41 lbs 350.00; 53 lbs 380.00; 75 lbs 310.00; 88 lbs 300.00;

SLAUGHTER SHEEP: 459

Wooled-Choice and Prime 1-2: 47 lbs 290.00; 54-59 lbs 295.00-297.50; 69 lbs 270.00; 70 lbs 275.00; 88 lbs 270.00; 113 lbs 240.00. **Wooled-Choice 2:** 99 lbs 230.00; 105 lbs 130.00. **Hair Breeds-Choice and Prime 1-2** 53 lbs 285.00; 67 lbs 275.00; 87 lbs 265.00.

GRAINS	This Week	Prior Week	Last Year
Corn	7.47-8.21	7.54-8.38	6.30-7.15
Soybeans	16.71-18.04	16.44-17.77	14.67-15.87
Red Winter Wheat	10.48-11.55	10.69-12.03	6.49-6.76

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50 hd. 978# 141.75 blk Holstein Steers: Large 3

60 hd. 871# 119.75 60 hd. 895# 124.90 53 hd.1118#116.40 48 hd.1171#115.85

Feeder Heifers: Medium & Large 1-2 73 hd. 679# 152.25 blk 83 hd. 693# 155.00 blk

83 hd. 697# 154.00 blk 59 hd. 717# 153.95 blk 75 hd. 747# 156.00 blk 72 hd. 755# 153.90 mixed

Blue Grass of Campbellsville

Campbellsville, KY May 25, 2022

Feeder Steers: Medium & Large 1-2 25 hd. 570# 181.50 blk

Holstein Steers: Large 3

Feeder Heifers: Medium & Large 1-2 23 hd. 518# 161.25 blk

KY-TN Livestock Auction

Guthrie, KY May 26, 2022

Springfield, KY

May 23, 2022

Irvington, Ky

May 23, 2022

Feeder Steers: Medium & Large 1-2 32 hd. 542# 167.50 bbwf

30 hd. 622# 153.50 bbwf Feeder Bulls: Medium & Large 1-2

30 hd. 492# 170.00 bbwf

Feeder Heifers: Medium & Large 1-2

Feeder Steers: Medium & Large 1-2

Feeder Heifers: Medium & Large 1-2

Feeder Steers: Medium & Large 1-2 44 hd.1064#122.75 blk-dairy cross

26 hd. 435# 169.00 bbwf 33 hd. 487# 160.50 bbwf 56 hd. 555# 147.25 bbwf 22 hd. 625# 134.00 bbwf

Washington Co. Livestock

61 hd. 820# 155.75 blk

58 hd. 963# 137.10 blk

Holstein Steers: Large 3

28 hd. 529# 162.00 blk

21 hd. 736# 138.25 blk

50 hd. 587# 156.70 blk-charx

72 hd. 687# 151.50 blk-charx

United Producers Irvington

50 hd. 960# 120.90

Blue Grass Stockyards

Lexington, KY May 24, 2022

Feeder Steers: Medium & Large 1-2 26 hd. 518# 203.00 blk-bwf 23 hd. 550# 189.00 blk-charx 27 hd. 623# 163.50 blk 79 hd. 668# 172.50 blk

21 hd. 670# 157.50 mixed 66 hd. 777# 159.10 mixed 39 hd. 825# 151.70 blk

59 hd. 900# 148.00 blk-mixed

Farmers Livestock

Glasgow, KY May 23, 2022

Feeder Bulls: Medium & Large 1-2

33 hd. 460# 176.00 blk 23 hd. 532# 167.00 blk

Feeder Heifers: Medium & Large 1-2

20 hd. 452# 163.50 blk 24 hd. 521# 155.50 blk

Russell County Stockyards

Russell Springs, KY May 25, 2022

Feeder Steers: Medium & Large 1-2

65 hd. 835# 154.25 blk 22 hd. 652# 166.00 blk

Paris Stockyards

Paris, KY

May 26, 2022 Feeder Steers: Medium & Large 1-2

38 hd. 517# 180.00 blk-bwf 22 hd. 618# 165.50 blk-bwf 25 hd. 628# 165.00 blk 28 hd. 771# 158.50 blk

Feeder Heifers: Medium & Large 1-2

31 hd. 530# 159.50 blk-bwf 49 hd. 533# 177.00 blk 75 hd. 696# 152.00 blk

Blue Grass of Albany

Albany, KY May 25, 2022

Feeder Steers: Medium & Large 1-2 63 hd. 818# 155.00 blk-charx-red

United Producers Owenton

Owenton, KY May 25, 2022

Feeder Steers: Medium & Large 1-2

71 hd. 745# 155.00 blk-bwf

Feeder Heifers: Medium & Large 1-2 62 hd. 878# 136.75 mixed

Cattlemen's Livestock

Bowling Green, KY May 23, 2022

Feeder Steers: Medium & Large 1-2 32 hd. 823# 146.10 blk

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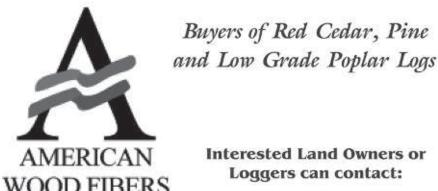


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Producers Livestock Sheep and Goat Auction, San Angelo, Texas May 31, 2022

Compared to last week slaughter lambs steady. Slaughter ewes steady to 5.00 higher. Feeder lambs weak. Nannies 5.00 to 10.00 higher; kids 5.00 to 10.00 lower. Trading and demand moderate.

SLAUGHTER LAMBS WOOLED & SHORN: Choice and Prime 1-2 50-58 lbs 240.00-263.00; 60-64 lbs 249.00-269.00; 71-75 lbs 244.00-248.00; 93-95 lbs 216.00-259.00. Choice and Prime 2-3 175 lbs 132.00. Choice 1-2 50 lbs 230.00; 64-68 lbs 220.00-231.00; 98 lbs 194.00. Good 1 51-52 lbs 200.00: 63 lbs 200.00.

HAIR BREEDS: Choice and Prime 1-2 39 lbs 247.00; 41-49 lbs 240.00-262.00; 50-59 lbs 239.00-274.00; 60-69 lbs 245.00-280.00; 70-78 lbs 234.00-267.00; 80-88 lbs 220.00-259.00; 90-99 lbs 220.00-247.00; 100 lbs 223.00-225.00. Choice and Prime 2-3 118 lbs 248.00. Choice 1-2 40-49 lbs 220.00 -238.00; 50-57 lbs 230.00-238.00; 60-69 lbs 230.00-240.00; 78 lbs 216.00; 80-88 lbs 190.00-219.00; 97 lbs 201.00; 101-110 lbs 181.00-205.00. Good 1 47 lbs 203.00; 65-66 lbs 200.00-203.00. SLAUGHTER GOATS KIDS: Selection 1 42 lbs 370.00; 50-59 lbs 375.00-429.00; 60-69 lbs 400.00-438.00; 72-77 lbs 402.00-426.00; 85-89 lbs 320.00-371.00; 111 lbs 361.00. Selection 1-2 40-49 lbs 320.00-360.00; 50-57 lbs 324.00-375.00; 63-66 lbs 340.00-375.00; 80 lbs 303.00. Selection 2 40-47 lbs 270.00-330.00; 50-54 lbs 300.00-324.00; 62 lbs 330.00.

New Holland Sheep and Goat Auction New Holland, Pa. May 23, 2022

Compared to last week, wooled and shorn and haired lambs sold weak. Ewes sold steady. Hair ewes sold strong. Bucks and hair bucks sold steady on a light comparison. Buyer demand was moderate on a moderate supply for the slaughter sheep sale. All classes of slaughter goats sold steady. Buyer demand was moderate on a moderate to heavy supply for the slaughter goat sale.

SLAUGHTER LAMBS WOOLED & SHORN: Choice and Prime 1-3 30 lbs 415.00; 50-57 lbs 310.00-325.00; 60-67 lbs 300.00-315.00; 73-78 lbs 300.00-315.00; 83-88 lbs 302.00-310.00; 90-98 lbs 300.00-345.00; 101-120 lbs 302.00-335.00; 150 lbs 260.00. Choice 1-3 39 lbs 260.00-285.00; 45-49 lbs 275.00-325.00; 50-58 lbs 260.00-300.00; 60-69 lbs 260.00-285.00; 70-79 lbs 260.00-295.00; 80-89 lbs 270.00-300.00; 90-99 lbs 260.00-294.00; 101-135 lbs 225.00-295.00; 135-148 lbs 170.00-215.00; 155-175 lbs 190.00-200.00. Good and Choice 1-2 36-37 lbs 200.00-215.00; 47 lbs 245.00; 51-59 lbs 235.00-255.00; 65 lbs 215.00-230.00; 70-73 lbs 225.00-255.00; 80-86 lbs 260.00-265.00; 95 lbs 205.00-250.00; 106 lbs 235.00; 115 -138 lbs 142.00-165.00; 155-165 lbs 135.00-160.00. HAIR BREEDS: Choice and Prime 1-3 61 lbs 325.00. Choice 1-3 44-49 lbs 240.00-270.00; 56-57 lbs 275.00-300.00; 62-67 lbs 255.00-282.00; 72-79 lbs 250.00-285.00; 81-84 lbs 260.00-275.00; 93-95 lbs 272.00-295.00; 100-122 lbs 275.00-295.00; 123 lbs 227.00. Good and Choice 1-2 61-65 lbs 230.00-240.00; 93-95 lbs 170.00-200.00; 100-120 lbs 145.00-210.00.

SLAUGHTER GOATS KIDS: Selection 1 30-39 lbs 100.00-130.00; 40-49 lbs 120.00-200.00; 50-59 lbs 155.00-280.00; 60-69 lbs 255.00-325.00; 70-79 lbs 295.00-345.00; 90-99 lbs 330.00-345.00. Selection 2 30 lbs 60.00; 40-49 lbs 50.00-110.00; 50-59 lbs 110.00-190.00; 60-69 lbs 190.00-260.00; 70 lbs 225.00; 80 lbs 265.00.

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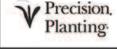
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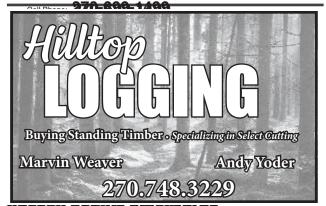
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Flood death toll continues to rise in eastern Kentucky

At least 35 people have been confirmed dead due to devastating flooding that has hit the southeast part of the state, and Gov. Andy Beshear says the number will continue to grow in the coming days, as more areas become accessible.

As of 9 a.m. Monday, there are seven confirmed deaths in Breathitt County, two in Clay, 16 in Knott, two in Letcher, and three in Perry County.

The large loss of life has overwhelmed local authorities, according to the governor, forcing the State Medical Examiner's Office to help in the disaster. "We've had to fly the bodies here to Frankfort, to have enough staff to perform the autopsies. We do have a refrigerated truck being used right now, because we don't have enough morgue capacity."

Beshear says there are more than 300 Kentucky National Guard members fulfilling a variety of roles to help residents in the disaster area.

"Delivering supplies, search and rescue, augmenting police, traffic, debris removal, they're really good at it," he stated. "Our Guard has been amazing. I got a chance to spend a moment with out Guard that has been airlifting

people. They were exhausted, but they were living their mission. They were ready to go again at a moment's notice. We are so proud of them, State Police, Fish and Wildlife, law enforcement, and individual citizens who recued more people than all those others combined."

Thirteen counties have been declared major disaster areas by President Joe Biden, which frees up federal aid to local government for recovery efforts, and five of them have also been approved for individual assistance.

"In those five counties," Beshear said, "in Breathitt, Clay, Knott, Letcher and Perry counties, renters and homeowners can already begin applying for FEMA individual disaster assistance."

FEMA representatives are on their way, but residents in those affected areas can call 1-800-621-FEMA or go to disasterassistance.gov, to begin the process.

The governor said cell service is now being restored in many areas, which should aid in the search for people who are reported to be missing.

People wishing to make donations to help flood victims can go to the Team Eastern Kentucky Flood Relief Fund at



Aerial view of the flood damage in southeastern Kentucky. (Governor's Office)

https://teameky flood relieff und. ky. gov.

Other services and information for flood victims can be found at https://governor.ky.gov/disaster-response/flood-resources.

As of 9 a.m. Monday, there were still more than 12,000 people who had no electricity power, according to the Governor, down from close to 30,000 at its peak. "The counties with over 1,000 customers without power are Perry, Letcher, Pike, Breathitt and Knott, and I know crews are working hard to restore it."

Hundreds of people remain unaccounted for, and those concerned about their loved ones who still don't have phone service can go to http://kentuckystatepolice.org/post-locations/, and call the post that serves their county. Troopers will try to track them down, to give you peace of mind.

The disaster has led to Beshear cancelling his planned trip to Israel later this week, to help get Kentuckians through this crisis.

By Tom Latek Kentucky Today

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