

Cooperative Extension Service
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A monthly newsletter on Extension Service programs and events.

Extension News —

Agriculture - Family & Consumer Sciences - 4-H Youth Development



In this Issue —

- **4-H Camp - May 28-31, 2024**
J.M. Feltner 4-H Camp, London, KY
- **Cooking With Kids—“Quick Berry Cooler”!!**
- **Homemaker Happenings; FCS Program Announcements; Program Highlights; 2024 FCS Annual Report**
- **Cattle Market Notes Weekly — A Bullish April Cattle on Feed Report; Future Prices; U.S. Drought Monitor**

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



Disabilities accommodated with prior notification.



College of Agriculture,
Food and Environment
Cooperative Extension Service

4-H CAMP

JM FELTNER 4-H CAMP - LONDON KENTUCKY

MAY 28 - 31, 2024

**BREATHITT | JACKSON | LEE
KNOTT | OWSLEY | WOLFE**



APPLICATIONS NOW AVAILABLE!
CONTACT 606-464-2759 FOR MORE INFORMATION

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

View this link for information on 4-H Camp — <https://4-h.ca.uky.edu/camp>



FOOD FACTS

Calcium

Calcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

COOKING WITH KIDS

Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings
Serving size: 1 cup

Nutrition facts per serving:
70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

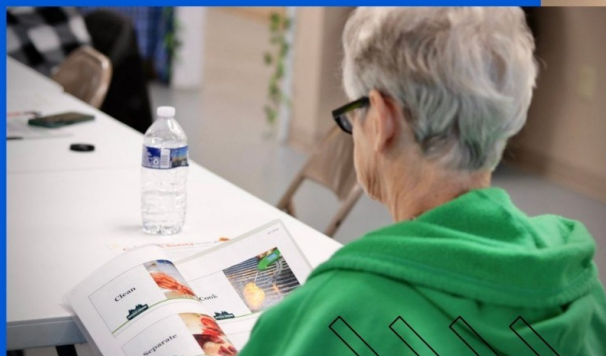
Source: Eat Smart to Play Hard: Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service





Homemaker HAPPENINGS

Outdoor Cooking



Thank you to our
Homemakers that helped
prepare the decorations for
the State Homemaker
Meeting!

Reminder!
Log those volunteer
hours!

Passport Challenge

Interested in participating
in our challenge? Log all
locations, events, and
more in your travel
booklet. **Lets explore KY!!**
You can pick up booklets
at the Lee County
Extension Office.



Laken Campbell, CEA for Family & Consumer Sciences Education

MoneyWise Newsletter view link - https://fcs-hes.ca.uky.edu/files/moneywise_may_2024.pdf

Family and Consumer Science Program Announcements

Upcoming Dates

Drop it like its hot: Weekly weigh in

*Bingocize: @1 PM 5-1-24

*Bingocize: @1 PM 5-3-24

*Homemaker Training: 5-15-24

@10 AM @ RCARs

*Outdoor Cooking@10 A.M. 4-4-24

*Bingocize: @1 PM 4-10-24



Save the Date *Jam Class*

Date: June 11th, 2024

Time: 10:00 AM

Location: Lee County
Extension Office

Cost: FREE

Spots are limited.

Call to register:

606-464-2759

BE SURE TO CHECK
OUT OUR FACEBOOK
PAGE AND GIVE US A
"LIKE" SO YOU CAN
BE UPDATED ON
CURRENT
PROGRAMS.



Reminder to
weigh in weekly!

DROP IT
LIKE
IT'S **HOT**

Family and Consumer Science Program Highlights & Announcements



Taste Through the Calendar

FCS Agent went to Senior Citizens to let the participants sampled an NEP Calendar recipe, "Taco Pie" They also got an update on programs at the Extension office.



Laugh & Learn Playdate

DATE: MAY. 23RD **TIME:** 3:30 P.M.

FOR: AGES 5 & UNDER



2024 FCS ANNUAL REPORT

University of Kentucky Family and Consumer Sciences Extension

Family and Consumer Sciences (FCS) Extension at the University of Kentucky improves the lives of Kentuckians through engaging and impactful educational programming. FCS Extension professionals play a vital role in their local communities and strengthen Kentucky by building strong families. FCS Extension programs provide practical education in the areas of health and nutrition, family development, resource management, mental health and well-being, civic engagement, leadership, and much more. It is our goal to serve Kentuckians through the lifespan and improve the quality of life for all individuals.



480,236

Kentuckians participated in community health and wellness programs.



15,355

people were empowered to improve their financial health.



73,020

people participated in parenting and child development programs.



11,853,110

Kentuckians received educational information related to food and health.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Laken Campbell, CEA for Family & Consumer Sciences



18,191,572

Kentuckians were reached through podcasts, videos, and social media.



6,000+

hours were dedicated to substance use prevention and mental health awareness programming.



178,345

youths engaged in nutrition and physical activity educational programs.



171,699

individuals improved knowledge regarding healthy decisions.



7,223

individuals improved food safety and preparation knowledge and skills.



240,000+

hours were volunteered by KEHA members.



968

UKFCS volunteers engaged in local community vitality and leadership efforts.



Kentucky Extension Reporting System (KERS), 2022-2033



Connect with us!

Listen to our podcast, find us on social media, visit our website, and more!

ukfcs.net/connect



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UK Cooperative Extension Service

Cattle Market Notes Weekly

Josh Maples



James Mitchell

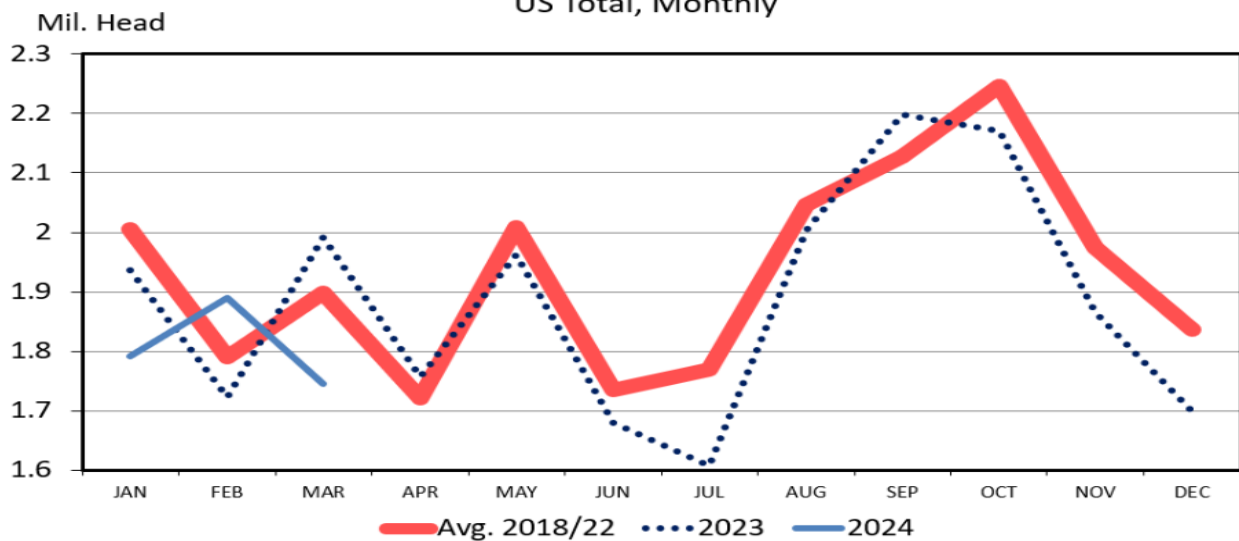


Kenny Burdine



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FEEDLOT PLACEMENTS US Total, Monthly



Data Source: USDA-NASS

Livestock Marketing Information Center

C-N-08
04/19/24

A Bullish April Cattle on Feed Report Kenny Burdine, University of Kentucky

Cattle on feed reports have not been especially kind to the cattle complex in recent months. Despite fewer cows and a smaller calf crop, on-feed inventories have been running above year-ago levels. Over the last several months, feeder cattle placements have been higher than most analysts would have expected. Weather and high prices likely encouraged some early placements in some regions going back to fall. At the same time, marketings have seemed to be relatively slow. I suspect this has been partly due to expensive feeder cattle

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and cheaper feed. This combination tends to encourage adding more weight to current feedlot inventory and rising harvest weights seem to be supporting this hypothesis.

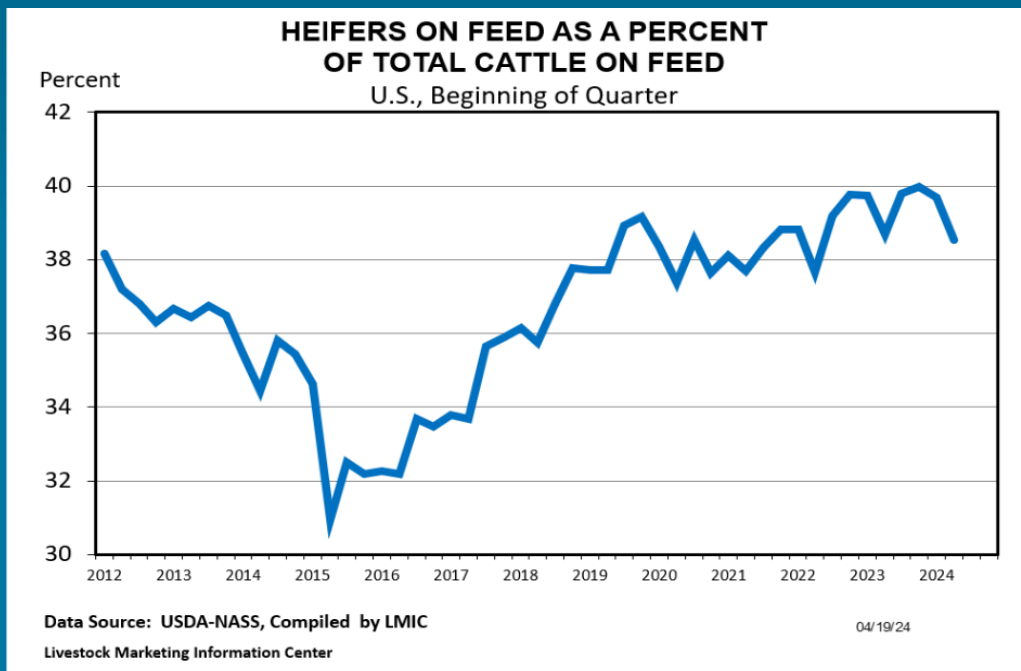
This brings us to the April Cattle on Feed report, which came at the end of a week when cattle markets had gained back a portion of what had been lost since late March. The number that stood out the most was the estimate of March placements, which came in 246,000 head lower than March of 2023. I don't want to read too much into a single report, but this 12% decrease is significant and came in below all the pre-report estimates I had seen. Sometimes it is beneficial to take a bit longer view on something like this. If I look at the entire first quarter, placements were down 4% for 2024. This is a number that seems to make sense given feeder cattle supplies. It's also worth noting that the first quarter of 2024 included February 29th due to 2024 being a leap year.

The April report is also one of the quarterly reports where an estimate is made of the on-feed breakdown between steers and heifers. This can provide some indication of heifer retention for breeding purposes and will be especially important this year as we may not have the July Cattle Inventory report. As of April 1, heifers and heifer calves accounted for 38.5% of on-feed inventory. Heifers accounted for 40% of on-feed inventory in October of last year and 39.7% in January of this year. The fact that the share of heifers on feed is decreasing does bear watching in the coming months, but still does not point to significant heifer retention. If one goes back and examines the last expansionary period, the heifer percentage was below 35% for ten straight quarters – from the first quarter of 2015 to the second quarter of 2017.

Put simply, the most recent cattle of feed report was the most bullish that we have gotten in a good while. Despite the fact that total on feed numbers remain above 2023 levels, they were still below trade expectations. Sharply lower placements seemed to confirm that feeder cattle supplies are very tight. And there is still no evidence that large numbers of heifers are being held for replacement purposes. While the volatility in the cattle markets is likely to stay, the supply picture remains encouraging for feeder cattle markets.

[View this link for the Kentucky Beef Book—](http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf)

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf>



The Markets —

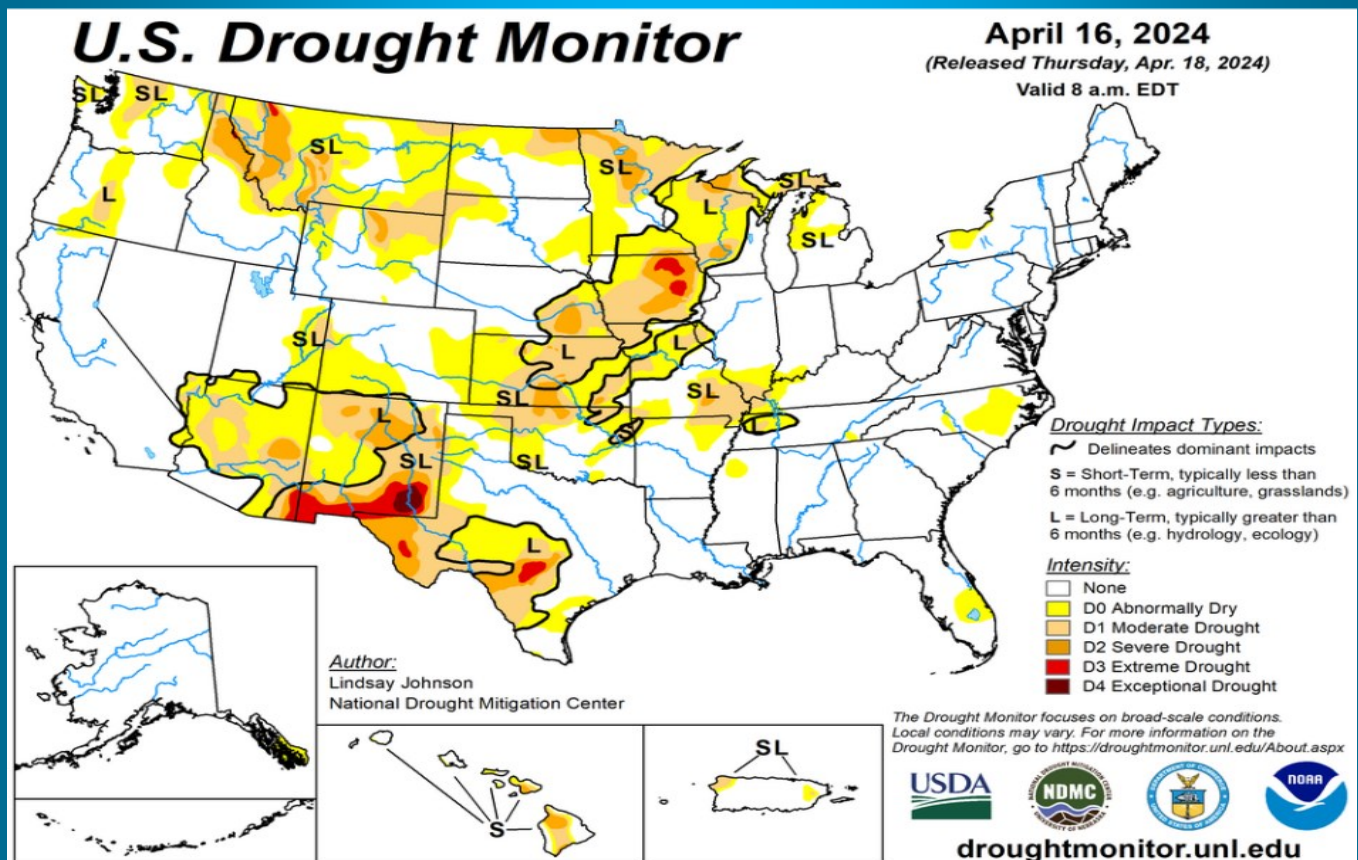
Prices for feeder cattle and calves were mixed last week, but remain well above 2023. Fed cattle and boxed beef were down slightly. Live and feeder cattle futures prices improved last week, while corn futures were off a bit.

Cattle Market Report		For Weeks Ending On			% Chg Prev. Week	% Chg Prev. Year	Chg Prev. Week
		4/19/24	4/12/24	4/21/23			
Prices \$/cwt. Sources: USDA, LMIC, and CME							
500-600 lb. Feeder Steers	Mississippi M/L #1-2	\$266.77	\$266.73	\$213.53	0%	25%	\$0.04
	Arkansas M/L #1	\$290.40	\$302.69	\$229.34	-4%	27%	(\$12.29)
	Kentucky M/L #1-2	\$291.57	\$289.28	\$229.34	1%	27%	\$2.29
	Oklahoma City M/L #1-2	\$291.49	\$284.63	\$214.82	2%	36%	\$6.86
	Alabama M/L #1	\$297.68	\$294.99	\$232.86	1%	28%	\$2.69
	Tennessee M/L #1-2	\$281.01	\$275.90	\$229.24	2%	23%	\$5.11
	Missouri M/L #1-2	\$288.63	\$289.40	\$232.83	0%	24%	(\$0.77)
700-800 lb. Feeder Steers	Mississippi M/L #1-2	\$216.09	\$229.09	\$174.52	-6%	24%	(\$13.00)
	Arkansas M/L #1	\$229.47	\$227.45	\$200.79	1%	14%	\$2.03
	Kentucky M/L #1-2	\$238.38	\$237.34	\$197.60	0%	21%	\$1.03
	Oklahoma City M/L #1-2	\$240.91	\$235.26	\$188.54	2%	28%	\$5.65
	Alabama M/L #1	\$231.36	\$234.18	\$176.39	-1%	31%	(\$2.82)
	Tennessee M/L #1-2	\$232.33	\$236.31	\$190.76	-2%	22%	(\$3.97)
	Missouri M/L #1-2	\$241.08	\$239.97	\$193.75	0%	24%	\$1.11
Negotiated Fed Steers	Live Price	\$182.67	\$183.84	\$178.57	-1%	2%	(\$1.17)
	Dressed Price	\$292.35	\$293.09	\$287.42	0%	2%	(\$0.74)
Boxed Beef	Choice Value, 600-900 lb.	\$297.44	\$300.27	\$306.51	-1%	-3%	(\$2.83)
Cutout	Select Value, 600-900 lb.	\$290.99	\$297.38	\$289.79	-2%	0%	(\$6.38)

View the Off the Hoof Newsletter at — <https://afs.ca.uky.edu/sites/afs.ca.uky.edu/files/off-the-hoof-april-2024.pdf>

Futures Prices		4/19/24	4/12/24
Live Cattle	April	\$181.48	\$178.90
	June	\$175.68	\$171.48
	August	\$173.55	\$168.75
Feeder Cattle	May	\$242.00	\$234.20
	August	\$253.50	\$245.50
	September	\$254.43	\$246.95
Corn	May	\$4.34	\$4.36
	July	\$4.43	\$4.47
Source: CME Group			

Pasture Conditions —



For questions or additional information contact —

Ted Johnson, CEA for Agriculture & Natural Resources Education