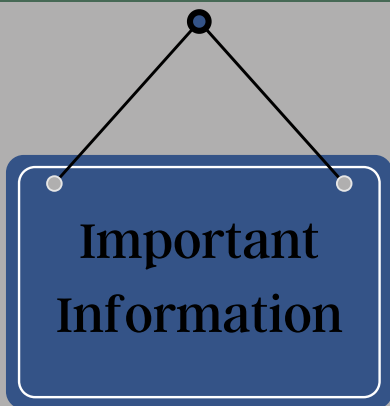




Rockcastle County Agriculture and Natural Resources May 2023 Newsletter



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



Upcoming Meetings and Classes

Rockcastle Farmers Market Opening Date

May 6, 2023 10 am - 1 pm

180 Richmond St. Mt. Vernon, KY

2023 Hours of Operation:

Tuesday 4 pm - 7 pm

Thursday 10 am - 1 pm

Saturday 10 am - 1 pm

**Rinse and Return Chemical
Container Recycling
Program will be held at the
Rockcastle County
Extension Office on
September 18, 2023. More
information coming soon**

Cast Iron Cooking

a partner program between our ANR agent, and FCS agent to demonstrate cooking with cast iron in both indoor and outdoor settings. Free, and open to anyone interested! Please call us at (606) 256-2403 to register

May 8th @ 5 pm: Photography Class

anyone interested in outdoor landscape, agricultural, or marketing photography

May 15th @ 6 pm: Cast Iron Cooking

May 25th @ 6 pm: Cast Iron Cooking



May 29th: Memorial Day - office closed

Thank you to all the Veterans who have served!

June 5th @ 6 pm: Freeze Branding Class
Partnership between Rockcastle, and Pulaski
Cattlemen's.

Location: 640 Bullock Ln. Eubank, KY 42567

All classes are held at the Rockcastle County Extension Office unless noted otherwise. For more information, please call 606-256-2403

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

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Free Services Offered

Soil Testing

Hay Testing

Weed
Identification

Insect
Identification

Plant Disease
Diagnostic

Stop by our office, or give us a call!

Wild Turkey and Broccoli Casserole

Ingredients:

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- ½ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 1 tablespoon melted butter



Source: Cook Wild Kentucky Project

Directions:

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Makes 8 Servings: Per serving: 270 calories, 12g total fat, 3g saturated fat, 0g trans fat, 65mg cholesterol, 660mg sodium, 17g total carbohydrate, 0g dietary fiber, 2g total sugars

Stay up to date on events and classes by following our Facebook page, or checking out our website:



Rockcastle Extension
Agriculture and Natural
Resources



www.rockcastle.ca.uky.edu



Garrard Coffey, Rockcastle
Agriculture and Natural
Resource Agent

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