

Metcalfe County

AGRICULTURE & NATURAL RESOURCES

Metcalfe County
P.O. Box 55
422 East St
Edmonton, KY 42129
(270) 432-3561
Fax: (270)432-5087
www.ca.uky.edu/ces

Winter 2023-24 Newsletter

Burton Bell

Roast Venison



Recipe on page 2

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Roast Venison

Servings: 12 Serving Size: 5 ounces



Ingredients:

- 4 pounds venison roast
- 1 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons oil
- ¼ teaspoon garlic powder
- 1 onion, sliced
- 2 tablespoons brown sugar
- ¼ cup lemon juice
- 4 cups low-sodium canned tomatoes
- ¼ teaspoon browning sauce, if desired

Directions:

Season roast with salt and roll in flour. Brown on all sides in hot oil in a heavy skillet. Place in a slow cooker and add remaining ingredients. Cook on low for 10 hours or on high for 6 hours.

Source: Adapted from Venison Recipe Collection, Compiled by Becky Nash, Extension Agent for Family and Consumer Sciences

Tips

Leftovers ideas: cold sandwiches, heated in barbecue sauce for hot sandwiches, or diced into soup or stew.

Nutrition facts per serving: 250 calories; 6g total fat; 2g saturated fat; 0g trans fat; 130mg cholesterol; 330mg sodium; 10g carbohydrate; 2g fiber; 0g sugars; 21g protein; 0% Daily Value of Vitamin D; 0% Daily Value of Calcium; 5% Daily Value of Iron; 10% Daily Value of Potassium

Tri County Hay & Straw

Auction



Saturday, January 27, 2024

10:00 AM

Metcalf Co. Fairgrounds

Large Squares | Rolls | Small Squares

PROCEEDS FROM COMMISSION

BENEFIT METCALFE CO FAIR

- **All hay will be weighed & tested for nutritional value**
- **No commission**
- **5% buyers premium**

To consign hay or straw, call your local Extension Office

Metcalf: Brandon Bell, 270-432-3561

Barren: Chris Schalk, 270-651-3818

Monroe: Kevin Lyons, 270-487-5504

Hart: Adam Estes, 270-524-2451

Allen: Adam Huber, 270-237-3146

Estate planning: Assembling the team

Sources: Steve Isaacs, UK agricultural economist

Successful estate planning and farm transitions do not occur overnight. They require thoughtful contemplation over a period of time, and in most cases, help from outside the farm.

To start a successful estate plan, you need to recruit professionals to join your transition team. Team members could include professionals, such as an accountant, attorney, financial planner, lender, extension agent and business consultant to successfully transfer your assets like land, machinery and management of your farm to the next generation. These team members can help you with technical support and advice as you begin to plan your estate. Here is a little more about each of these and the skills they bring to the table.

- Accountant- This person has a good idea of your annual tax obligations and farm's financial state year-over year.
- Attorney- A lawyer can help ensure that your wishes are carried out in a legal manner through documents like a will. You do not want to work hard a plan that will not hold up in court, particularly if your wishes could be contentious.
- Financial planner- A financial planner can help you develop a plan to transfer your financial assets.
- Business consultant- A consultant can help you determine whether your business model is sustainable and ways to successfully transfer it to your heir.
- Extension agent- Your extension agent can serve as a person whom you bounce ideas off of. They can offer advice and ideas during the estate planning process.
- Lender- Your banker should be an important part of your estate planning process. This person understands your business financials and whether your business plan is sustainable. They can also help your heirs anticipate their borrowing needs. If you are a client of the Kentucky Farm Business Management Program, your analyst could also serve in this function.