

# Agriculture and Natural Resources Newsletter

Boyd County Cooperative Extension Service

### Greetings All,

As summer unfolds across our communities, we at the Boyd County Cooperative Extension Service are excited to support you through the season's opportunities and challenges Whether you are cultivating crops, managing livestock, stewarding natural resources or simply enjoying the outdoors, this is a time of growth, connection and hard work. We at the Boyd County Extension Service are wishing you a productive, safe, and enjoyable summer. As always feel, free to reach out– we are here to help!

Warm regards,

Muetto Hall

Meredith Hall County Extension Agent for Agriculture and Natural Resources

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### Cooperative Extension Service

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

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Disabilities accommodated with prior notification

Community and Economic Development Lexington, KY 40506

# **Upcoming Events**

### \*Denotes preregistration is required

## **Boyd County Farmers Market Opens**

June 3, 2025 See Flyer For Locations

## Boyd County Saddle Club Open Horse Show

June 20 & 21 @ 3:00 PM

Boyd County Education Center, Barns

## \*4-H Summer Camp

June 30—July 3 Contact Boyd County 4-H for more information

## \*Yak & Learn

July 15@ 5:00 PM Grayson Lake, Clifty Ramp \* RSVP required, call the office 606-739-5184

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## **Boyd County Agriculture**

https://www.facebook.com/BoydCountyAgriculture/

# Boyd County Cooperative Extension Service

https://www.facebook.com/BoydCountyCES/



AGA-207



# Broadleaf Weeds of Kentucky Pastures

1D. Green, Plant and Soil Sciences



**Bull Thistle** 

Musk Thistle

Curly Dock

Chicory

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

## **Response of Pasture Weeds to Herbicides and Mowing**

Weed Speckes      Preferred Time for Herbicide Transment2      Preferred Time for type      Preferred														
Amaranth.Spiny/Piqueed)AMay-JulyPKSPKSGGG	Weed Species	Life Cyde <sup>1</sup>		2,4-D (various products)	dicamba (Clarity, etc.)	dicamba+ 2,4-D (Weedmaster etc.)	Crossbow	PastureGard	DuraCor	GrazonNext	Chaparral		Sharpein	MOWING
Aster spp. (White Heath Aster)AJuly-Sept.F/GG <th< td=""><td>Amaranth, Spiny (Pioweed)</td><td>A</td><td>May-July</td><td>F/G</td><td>FIG</td><td>G</td><td>G</td><td>F/G</td><td>G</td><td>G</td><td>G</td><td>G</td><td>: <del></del></td><td>X</td></th<>	Amaranth, Spiny (Pioweed)	A	May-July	F/G	FIG	G	G	F/G	G	G	G	G	: <del></del>	X
Instruction spp.AFeb-MarGF/G		A	July-Sept	F/G	G	G	G				*	E.	Ρ	R
	Burdock, Common	B	Feb-Mar	G	F	G	G	G	G	G	G	F	Ρ	R
Chickweed,Common      A      Nov or Feb-Mar      P      F/G      G      F      G <t< td=""><td>Buttercup spp.</td><td>A</td><td>Feb-Mar</td><td>G</td><td>F./G</td><td>G</td><td>G</td><td>F</td><td>G</td><td>G</td><td>G</td><td>G</td><td>P/F</td><td>X</td></t<>	Buttercup spp.	A	Feb-Mar	G	F./G	G	G	F	G	G	G	G	P/F	X
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	Carrot, Wild (Queen Anne's Lace)	B	May-June	F/G	F/G	F/G	F/G	F	G	G	G	G	P	R
Clover, White      P      May-Aug      F      G      F      F      G      G      F      F      F      G	Chickweed.Common	A	Nov or Feb-Mar	P	F/G	G	F	G	G	G	G	G	P/F	X.
Cocklebur, Common      A.      May-July      G.	Chicory	P	Feb-Mar or Aug-Nov	F/G	F/Ka	6	G	G	G	G	G	F/G	P	A
Dandelion      P      Oct-Nov or Mar-Apr      G      F </td <td>Clover, White</td> <td>P</td> <td>May-Aug</td> <td>Ē</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>Ρ</td> <td>X</td>	Clover, White	P	May-Aug	Ē	G	G	G	G	G	G	G	G	Ρ	X
Dandelion      P      Oct-Nov or Mar-Apr      G      F </td <td>Cocklebur Common</td> <td>A</td> <td>May-July</td> <td>G</td> <td>8</td>	Cocklebur Common	A	May-July	G	G	G	G	G	G	G	G	G	G	8
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $								E/G	G		G	G	P	
Dock, Curly or Broadleaf      P      Feb-Apr      P/F      F      F/G      G      G      G      G      G      G      P      X        Dogbane, Hemp      P      May-Aug      P/F      F      F      G      G      P/F      P/F      P	Deadnettie, Purple	A		Ρ	F/G		F	G	G		G	G	-	
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $		Ρ		P/F	F	F/G	G	F/G	G	G	G	G	Ρ	X
Garlic, Wild      P      Nov or Mar-Apr      F      G      G      G      G      F      P      A        Honsenettle      P      July-Aug      P      F      F      G		P	May-Aug		F							Ρ	Ρ	S
Hemlack, PoisonBNov or Mar-AprFXGFXGFXGFXGPFXGPFXGFPPRHenbitAFeb-MarPFXGGFF/GGGGG-XHorsenettlePJune-AugPP/FFFGGGGFPXHorsenettlePJune-AugPFFGGGGGFPXJimsonweedAMay-JulyFGGGGGGGFRRMarshelder (Sumpweed)AMay-JulyF/GF/GGGGFFPPXMarshelder (Sumpweed)AMay-JulyF/GF/GGGFFP/FP/FPPXMilkweed, CommonPJuly-SeptPFF/GGGFFP/FP/FP/FPPSMint, PerillaAMay-JulyFFF/GGGFFF/GF/GPXMultiflora RosePApr-June or SeptPPPFFGGGFFP/FPPXPassionflower, MaypopPMay-JulyPPP/FFF/GF/GF/GF/GPXPokeweed, CommonAMay-JulyF/	Garlic, Wild	P	Nov or Mar-Apr	F	F	F	F		F	F	F/G	G	ρ	X
Henbit  A  Feb-Mar  P  FAG  G  F  F/G  G <td>Goldenrod soo.</td> <td>Ρ</td> <td>June-Aug</td> <td>F</td> <td>F/G</td> <td>FIG</td> <td>G</td> <td>F</td> <td>F</td> <td>F/G</td> <td>F/G</td> <td>P</td> <td>Ρ</td> <td>S</td>	Goldenrod soo.	Ρ	June-Aug	F	F/G	FIG	G	F	F	F/G	F/G	P	Ρ	S
Horsenettle    P    July-Aug    P    P/F    F    F    P    JK      Ironweed, Tall    P    June-Aug    P    F    F    G    G    G    F    P    X      Jimsonweed    A    May-July    F    G    G    G    G    G    F    P    S      Lespedeza, Sericea    P    June-July    P    P/F    P/F    G    G    G    F/G    F/G    F/G    F/G    F/G    F/G    F/G    F/G    F/G    G    G    F    F/F    F/G    G    G    F    F/G	Hemlock, Polson	В	Nov or Mar-Apr	F/G	F/G	F/G	F/G	P	F/G	F/G		F	Ρ	R
Ironweed Tall  P  June-Aug  P  F  F  G	Henbit	A	Feb-Mar	Ρ	F/G	G	F	F/G	G	G	G	G		X
Jimsonweed  A  May-July  F  G </td <td>Horsenettle</td> <td>Ρ</td> <td>July-Aug</td> <td>P</td> <td>P/F</td> <td>F</td> <td>F</td> <td>P/F</td> <td>G</td> <td>G</td> <td>F/G</td> <td>F</td> <td>Ρ</td> <td>X</td>	Horsenettle	Ρ	July-Aug	P	P/F	F	F	P/F	G	G	F/G	F	Ρ	X
Lespedeza, Sericea    P    June-July    P    P/F    G    G    P/F    P/F    F/G    F/G    P/F    P/F <td>Ironweed, Tall</td> <td>P</td> <td>June-Aug</td> <td>P</td> <td>F</td> <td></td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>G</td> <td>P</td> <td>P</td> <td></td>	Ironweed, Tall	P	June-Aug	P	F		G	G	G	G	G	P	P	
Marshelder (Sumpweed)AMay-JulyFXGFXGGGFGGGFFPPP <th< td=""><td>Jimsonweed</td><td>A</td><td>May-July</td><td>F</td><td>G</td><td>G</td><td></td><td></td><td>G</td><td>G</td><td>G</td><td></td><td></td><td></td></th<>	Jimsonweed	A	May-July	F	G	G			G	G	G			
Marshelder (Sumpweed)AMay-JulyF/GF/GGGGFGGGGFPPMilkweed, CommonPJuly-SeptPFP/FFP/FP/FP/FP/FP/FP/FPPSMint, PenllaAMay-JulyFFFF/GGGGGGSMultiRora RosePApr-June or SeptPPPFGGFFF/GGPXPassionflower, MaypopPMay-JulyPPPPPPPPPXPlantain, Broadleaf or BuckhornPOct-Nov or Mar-AprF/GFFGGFFFPPXPlantain, Broadleaf or BuckhornPMay-JulyFF/GF/GF/GF/GF/GFPXPokeweed, CommonAMay-JulyFF/GF/GF/GFGGGGGRRRagweed, LanceleafAMay-JulyF/GGGGGGGGGG-RSida, ArrowleafAMay-JulyF/GF/GGGGGGGG-RSept-Nov or MarPPPPPPPPPFFF-	Lespedeza, Sericea	P	June-July	P	P/F	P/F	G	G	P/F	P/F	F/G	F/G	Ρ	X
Milkweed, CommonPJuly-SeptPFP/FP/FP/FP/FP/FPPSMint, PerillaAMay-JulyFFF/GGF/GGGGSMultiflora RosePApr-June or SeptPPPFGGFFF/GGPXPassionflower, MaypopPMay-JulyPPPPP/FFPPPPXPlantain, Broadleaf or BuchtornPOct-Nov or Mar-AprF/GF/GF/GF/GF/GF/GF/GPXPokeweed, CommonPMay-JulyFF/GGGGGGGPSRagweed, CommonAMay-JulyF/GGGGGGGGPRRagweed, CommonAMay-JulyF/GGGGGGGPRSida, ArrowleafAMay-JulyF/GF/GGGGGGGFPPRSneezeweed, BitterAMay-JulyF/GF/GGGGGGGGGGFFF-RSneezeweed, BitterAMay-JulyF/GF/GGGGGGGGGGGFFFFFFF<		A	May-July	F/G	F/G	G	G	F	G	G	G	F	-	B
Mint, PerillaAMay-JulyFFF/GGGGGGGGGGGGGFFF/GAPMultiflora RosePApr-June or SeptPPP <td< td=""><td></td><td>Ρ</td><td></td><td>P</td><td>E</td><td>PÆ</td><td>F</td><td>P/F</td><td>P/F</td><td>P/F</td><td>P/F</td><td>P</td><td>Ρ</td><td></td></td<>		Ρ		P	E	PÆ	F	P/F	P/F	P/F	P/F	P	Ρ	
Passionflower, Maypop    P    May-July    P    P    P    P/F    F    P    X      Plantain, Broadleaf or Buckhorn    P    Oct-Nov or Mar-Apr    F/G	Mint, Perilla	A	May-July	F	F	F/G	G	F/G	G	G	G	.90		S
Plantain, Broadleaf or Buckhorn    P    Oct-Nov or Mar-Apr    F/G    F    F/G	Multiñora Rose	Ρ	Apr-June or Sept	Ρ	Ρ	F	G	G	F	F	F/G	G	Ρ	X
Pokeweed, Common    P    May-July    F    F/G    F/G    P/G    F/G    F    P    P    S      Ragweed, Common    A    May-July    F/G    G    G    G    G    G    G    G    G    G    P    P    P    P    S      Ragweed, Lanceleaf    A    May-July    F/G    G    G    G    G    G    G    P	Passionflower, Maypop	Ρ	May-July	Ρ	Ρ	Ρ	P/F	F		Ρ	Ρ		Ρ	X
Ragweed, Common    A    May-July    F/G    A    May-July    F/G    G    G    G    G    G    -    P	Plantain, Broadleaf or Buckhorn	Ρ	Oct-Nov or Mar-Apr	F/G		F/G		F		F/G	F/G	F/G	Ρ	X
Ragweed, Lanceleaf    A    May-July    F/G    G    G    G    -    F    F    -    R      Sida, Arrowleaf    A    May-July    P    P    P    -    -    F    F    -    -    R      Sida, Arrowleaf    A    May-July    P    P    P    -    -    F    F    -    -    R      Sneezeweed, Bitter    A    May-July    F/G    F/G    G		Ρ	May-July		F/G		F/G				F	P		
Sida, Arrowleaf  A  May-July  P  P  P  P  -  -  F  F  -  -  R    Sneezeweed, Bitter  A  May-July  F/G  F/G  G	Ragweed,Common							G			G		G	
Sneezeweed, Bitter  A  May-July  F/G  F/G  F  F/G  F/G  F  F/G  F  F/G  F  F/G  F  F/G  F  F  F/G  F  F  F/G  F  F  F  F  F  F  F/G  F  G  G  G  G  F  F  F  G  G  G  G  F  D  S    Thistle, Bull  B  Oct-Nov or Feb-Mar  G  G  G  G  F  D  D <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>G</td> <td></td> <td></td> <td></td> <td>_</td> <td>P</td> <td></td> <td></td>							G				_	P		
Sorrel, Red (Sheep Sorrel)  P  Sept-Nov or Mar  P  F  F/G  F/G  F  F/G  F/G  F/G  P    Spurge, Nodding  A  June-July  P  P  P  P/F  -  P/F  G  G  -  B    Thistle, Bull  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  F/G  P  R    Thistle, Canada  P  Prebud or Oct-Nov  P  P/F  F  F  P/F  G  G  G  F  p  S    Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  F/G  G  G  F/G  P  R    Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  F/G  F/G  P  R    Thistle, Plumeless  B  Oct-Nov or Feb-Mar  G  G  G  F/G  F/G  P  R    Tickclover (Desmodium sep.)  P  June-Aug  P  -  F  F/G  F/G  F/G  -  P  R												-		
Spurge, Nodding    A    June-July    P    P    P    P/F    -    P/F    G    G    -    B      Thistle, Bull    B    Oct-Nov or Feb-Mar    G    G    G    F/G    G    G    F/G    P    P    P/F    F    F/G    G    G    F/G    P    P    P    P    P/F    F    F/G    G    G    F/G    P    P    P    P    P/F    F    F    F/F    G    G    G    F    P    P    P    P    P    P/F    F    F    F/F    G    G    G    F    P    P    P    P    P    P    P    P    P    P    P    P    P    P    F    F    F/F    G    G    G    F    p    S    S    Thistle, Musk    B    Oct-Nov or Feb-Mar    G    G    G    G    F/G    F/G    F    P    R    Thistle, Plumeless    B    Oct-Nov or Feb-Mar    G    G    G    G									G	G				
Thistle, Bull  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  G  F/G  P    Thistle, Canada  P  Prebud or Oct-Nov  P  P/F  F  F  P/F  G  G  G  F  p  S    Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  F/G  P  R    Thistle, Plumeless  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  F/G  P  R    Tickdover (Desmodium spp.)  P  June-Aug  P  -  F  F/G  F/G  F/G  -  -  P  R		_	Sept-Nov or Mar	_				F	_		-		P	
Thistle, Canada  P  Prebud or Oct-Nov  P  P/F  F  P/F  G  G  G  F  p  S    Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  G  F/G  P  R    Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  F/G  P  R    Thistle, Plumeless  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  F/G  P  R    Tickdover (Desmodium spp.)  P  June-Aug  P  -  F  F/G  F/G  F/G  -  -  P  R							_	the second s	P/F	and the second se		The support of the local division of the loc	+	
Thistle, Musk  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  G  F/G  P  R    Thistle, Plumeless  B  Oct-Nov or Feb-Mar  G  G  G  G  F/G  G  G  G  F/G  P  R    Tickclover (Desmodium spp.)  P  June-Aug  P  -  F  F/G  F/G  F/G  -  -  P  R							the second se			from sector sector	And in case of the local division of the loc	the state of the second se	P	
Thistle, Plumeless  B  Oct-Nov or Feb-Mar  G  G  G  F/G  G  G  G  F/G  P    Tickdover (Desmodium spp.)  P  June-Aug  P  -  F  F/G  F/G  F/G  -  P  R		_		_				and the second se			_			
Tickdover (Desmodium spp.) P June-Aug P F F/G F/G F/G F/G F/G - P R		_												
					G						G	F/G		
Trumpetcreeper P Aug-Sept P P P/F F F P P - P P X				-				_			-			
	Trumpetcreeper	Ρ	Aug-Sept	P	P	P/F	F	F	P	P	-	P	P	X

Control: G = Good or Excellent; F = Fair (suppression or partial control); P = Poor; = - No information

1 Life Cycle: A - Annuals; P - Perennials; B - Biennials

<sup>2</sup> The preferred time for herbicide treatment will depend on environmental conditions and other factors.

<sup>a</sup> May cause temporary yellowing, stunting and seechead suppression of tall lescue (consult label). Metsulluron is an active ingredient in several products (e.g. Chaparral, MSM60, Patriot, Punctand).

<sup>4</sup> Mowing: R = Timely mowing reduces top growth and seed production; S = Suppression of top growth; X = Not very effective.

Note: This table should be used only as a guide for comparing the relative effectiveness of herbicides to a particular weed. The herbicide may perform better or worse than indicated in the table depending on the species, weed size, time of application, and/or extreme weather conditions. Consult herbicide label for weed height or growth stage and product amount. Read and follow all label directions and precautions before herbicide application. Adjusted from Weed Management in Gross Bactures, Medicide, and Other Format Size (MER-172); multicular bits (M

Adapted from Weed Management in Gross Postures, Hayfields, and Other Farmstead Sites (AGR-172; revised 3-2021). Available at http://www2.ca.uky.edu/ agcomm/pubs/age/age172/age172.pdf.

Listing of pesticide products implies no endorsement by the University of Kentucky or its representatives. Criticism of products not listed is neither implied nor intended.

### Cooperative Extension Service

### 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 nace, color ethnic origin, national origin, ereed, religion, political belief, see, second orientation, gender identity, gender expression, programey, marinal searce, genetic information, age, reteran status, physical ere mental disability or reprised or realistics for genes evel rights arrivity. Boasonable accummedation of disability may be available with prior routine. Program information may be made available in languages other than English. University of Konnacky, Konnacky State University, U.S. Department of Agriculture, and Konnacky Counties, Cooperating.



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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development.

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# Avoid Tall Fescue Toxicity this Spring

Jordan Strickler,

Tall fescue is grown on an estimated 35 million acres across the United States. In Kentucky, it can make up at least 20% of any given pasture. While most often a safe grass for consumption, it can bring hazards.

Equine fescue toxicosis is caused when pregnant mares eat tall fescue infected with an endophyte fungus, Epichloë coenophialum. Consumption of the endophyte-infected fescue can have effects on mares and foals.

"Fescue itself is not a problem for horses," said Krista Lea, MS, research analyst in the University of Kentucky's Department of Plant and Soil Sciences and coordinator for the UK Horse Pasture Evaluation Program. "The problem is that most fescue naturally occurring in Kentucky, and throughout the Southeastern United States, is infected with an endophyte which can produce compounds toxic to horses and other livestock. The most common of these is ergovaline."

The grass is a cool-season, perennial bunchgrass brought to North America in the late 1800s from Europe. Since the detection of a field in Eastern Kentucky in 1931, and the ensuing release of the Kentucky-31 variety 12 years later, fescue has become the predominant cool-season perennial grass in the Southeast

Studies have shown toxicity symptoms appear in pregnant mares at ergovaline levels greater than 300 parts per billion. However, most UK extension publications suggest a more conservative level of 150 to 200 ppb. During the last trimester of pregnancy, researchers generally advise managers remove mares from endophyte-infected pastures to prevent serious difficulties. Fortunately, fescue toxicity in other classes of horses (such as geldings and stallions) has been negligible.

Continued.....

### Avoid Tall Fescue Toxicity This Spring Continued ....

Clinical signs of tall fescue toxicity in pregnant mares include increased gestation length; agalactia (absence of milk production); foal and mare mortality; tough, thickened or retained placentas; weak and immature foals; reduced serum prolactin levels; and reduced progesterone levels. Other signs include abortions, decreased conception, early embryonic mortality and dystocia.

"Getting rid of it on a wide scale is difficult because it's so well adapted," said Lea. "Fescue with the endophyte is much tougher and resistant to grazing, drought and pests. Infected tall fescue is really tough and durable in pastures. The best way is to mitigate it or just remove it from individual pastures one at a time. There are some herbicides you can use which will kill the fescue without killing other grasses."

Another alternative is to dilute concentrations of toxic tall fescue in pastures by overseeding other grasses and legumes. Since horses do not prefer tall fescue, having other grasses available significantly lowers the chances for toxicity.

Ergovaline concentrations are the highest within the seedheads of the endophyte-infected tall fescue. Strategic mowing of the infected pastures to prevent seed development can lessen the possibility of a spike in toxicity levels. Ergovaline dissipates from the plant after several winter freezes.

Ergovaline levels in endoyphyte-infected tall fescue are the highest in the spring. As summertime approaches, grasses slow their rate of growth and ergovaline concentration. On Thoroughbred farms, broodmares are usually in their last trimester during the winter months, therefore the risk for toxicity is much lower in early foaling mares.

Lea says that one thing she encourages mare owners to

consider is planting novel endophyte tall fescues, such as the Lacefield MaxQ II variety developed by UK College of Agriculture, Food and Environment plant breeder Tim Phillips, PhD, associate professor in Plant and Soil Sciences. Novel endophyte varieties contain special endophytes that enhance persistence, but do not produce or produce lower levels of ergot alkaloids, making them safe for grazing. Endophyte-free varieties are also safe for grazing, but have poor persistence, especially when forage is overgrazed and under drought conditions.

To learn more about the UK Horse Pasture Evaluation Program, visit <u>https://equine.ca.uky.edu/horsepastures</u>. To learn more about fescue toxicity in livestock and how to combat it, visit <u>https://grasslandrenewal.org/workshops/</u> to participate in several virtual workshops put on by the Alliance for Grassland Renewal.

Jordan Strickler is an agricultural communications specialist within UK's College of Agriculture, Food and Environment.





# **Slow Cooker Asian Pork Tacos**

Pork prep time: 10 minutes Pork cook time: 3-7 hours (depending on temperature of slow cooker) Slaw prep time: 20 minutes

#### Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

#### Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
- Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



- Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
- While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
- To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
- Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings Serving Size: 1 taco (1/3 cup pork on tortilla with 1/3 cup slaw) Cost per recipe: \$10.44 Cost per serving: \$0.87



Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP

#### Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; Og trans fat; 50mg cholesterol: 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium: 6% Daily Value of iron: 10% Daily Value of potassium

#### Source:

Rosie Allen, NEP Special Projects, University of Kentucky Cooperative Extension

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