

Crock Pot Cookery

By: Hazel Jackson
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Putting a nutritious, quick dinner on the table has become a challenge for everyone. Especially for families where both husband and wife work and kids are involved in lots of activities.

A crock pot can get good food on the table in a short time. Food cooks at a low heat for long periods of time and you just need to add a vegetable, salad or bread for your meal.

Some need to know tips:
* When you cook on low, the setting is 200-240 degrees F. Low usually takes 2 times as long as high; high 300-400 degrees F. High may caramelize some foods and dry them out.

* Temperature initially should be as high as possible.
* Temperature must be maintained at 158 degrees F for one hour to kill bacteria.
* Vegetables cook slowly in pot and

recipes suggest that you put them in the pot first.
Try this recipe for a crock pot dessert:

Judy's Triple Chocolate Surprise
1 package chocolate cake mix
8 oz. sour cream
1 small pkg. chocolate pudding mix
1 cup chocolate chips
3/4 cup oil
4 eggs
1/2 cup water
Spray 2 1/2 quart crock pot with non-stick cooking spray. Mix cake mix, sour cream, pudding mix, chocolate chips, oil, eggs and water by hand. Pour into crock pot. Cover and cook on low for 6-8 hours or high for 3-4 hours. Serve warm with ice cream, whipped cream or chocolate syrup.

For more tips and recipes, contact the Extension Office at 256-2403.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Using Urea Nitrogen as a Fertilizer

Solid granular or prilled Urea (45-46% N) has become the dominant nitrogen fertilizer in Kentucky. Even bagged or blended fertilizer, such as 19-19-19 and 5-20-20 are mixed with Nitrogen as the Urea form. When applied to a field, Urea is transformed to ammonium N soon after application. The rate of transformation is greatly increased by urease, the enzyme found in varying degrees in soil and on plants and plant residues. Due to the chemical reactions involved as urea nitrogen undergoes transformation, there is some degree of likelihood for volatilization loss of some N. Weather such a loss will occur, and how much N will be lost if it does occur, relates to temperature, moisture, degree of contact with soil and pH of the soil.

* **Effect of Temperature** - Enzymes which convert Urea to ammonium are not very active until the weather warms. Research in Kentucky indicates that it will usually be early April before this rate of transformation will be great enough that risk of volatilization is economically important.

* **Effect of Moisture** - there are two thoughts to keep in mind about moisture. (1) If soil, plants or residue onto which Urea is applied are moist, enzymatic activity will be increased and Urea will rapidly convert to ammonium, assuming the temperature is warm enough and (2) If applied onto soil, plants or residues and enough rain occurs within 1-2 days to soak the Urea into the soil, volatilization loss will be minimal.

* **Degree of Contact with the Soil** - As Urea converts to ammonium, the ammonium will react strongly enough with soil to minimize volatilization. The less soil contact

with Urea when the N is applied, the greater the risk for volatilization loss of N. When surface applied to bare soil, Urea will volatilize at a rate unless soil pH is above 6.5. When surface applied to no-till corn, the risk can vary from great where there are enough residues to prevent much soil contact, to slight where residues are thin enough that most of the N contact the soil. When top-dressed onto grass seed where there is little initial contact with soil, risk is great after mid-spring.

* **Effect of Soil pH** - This has little effect on N loss except where Urea is spread onto bare soil and not worked in. Under such conditions, risk of volatilization can be great if surface pH of soil is above 6.5.

If using starter fertilizers which have been blended using Urea, do not place the fertilizer in contact with seed since concentration of ammonia resulting from urea breakdown can be toxic to germination seeds. Solid Urea (46% N) contains 920 pounds of actual N per ton of material; ammonium nitrate (33.5%) contains 667 pounds actual N per ton of material. Carefully consider the price per pound of actual N together with convenience in application and the relative risk of N loss for the particular crop when deciding which source of N is best for you.

Keep in mind that Urea is the best buy at this time. Also keep in mind that most fertilizer like 19-19-19 is mixed with Urea as nitrogen source. **Pesticide Training:** Farmers using restricted use pesticides such as methyl bromide, granomone, etc. are required to receive safety and application training. A Certification Training session is scheduled for Thursday,

March 9 at 7:00 p.m. at the Rockcastle County Extension Service. Anyone needing certification for the first time or recertification due to expired cards should attend. Anyone who having a certification number with the last two digits of '99 will need to be recertified. Call the Extension Office at 256-2403 for more information.

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SPECIALS

#2 Painted 12'x24' 12'x30' 12'x36' 12'x42' 12'x48' 12'x54' 12'x60' 12'x66' 12'x72' 12'x78' 12'x84' 12'x90' 12'x96' 12'x102' 12'x108' 12'x114' 12'x120' 12'x126' 12'x132' 12'x138' 12'x144' 12'x150' 12'x156' 12'x162' 12'x168' 12'x174' 12'x180' 12'x186' 12'x192' 12'x198' 12'x204' 12'x210' 12'x216' 12'x222' 12'x228' 12'x234' 12'x240' 12'x246' 12'x252' 12'x258' 12'x264' 12'x270' 12'x276' 12'x282' 12'x288' 12'x294' 12'x300' 12'x306' 12'x312' 12'x318' 12'x324' 12'x330' 12'x336' 12'x342' 12'x348' 12'x354' 12'x360' 12'x366' 12'x372' 12'x378' 12'x384' 12'x390' 12'x396' 12'x402' 12'x408' 12'x414' 12'x420' 12'x426' 12'x432' 12'x438' 12'x444' 12'x450' 12'x456' 12'x462' 12'x468' 12'x474' 12'x480' 12'x486' 12'x492' 12'x498' 12'x504' 12'x510' 12'x516' 12'x522' 12'x528' 12'x534' 12'x540' 12'x546' 12'x552' 12'x558' 12'x564' 12'x570' 12'x576' 12'x582' 12'x588' 12'x594' 12'x600' 12'x606' 12'x612' 12'x618' 12'x624' 12'x630' 12'x636' 12'x642' 12'x648' 12'x654' 12'x660' 12'x666' 12'x672' 12'x678' 12'x684' 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