

Marion County Ag Extension Newsletter

May 2023

In This Newsletter:

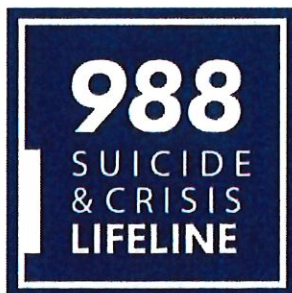
Upcoming Events

CAIP Information Night

Beef Recipes

Kids Section

National Weather Service



A Word From Your County Agent:

May is BEEF month in Kentucky! According to the KY Beef Network, cattle farming in Kentucky can be dated back to the 1700's. Kentuckians have a long standing history of beef production.

Thank you to all beef cattle producers in Marion County for all the hard work and dedication you put into your beef herd.

If you would like to learn more about beef cattle, I encourage you to become a member of the Marion County Cattlemen's Association. For more information, contact our office!

A handwritten signature in black ink that reads 'Chelsea Sapp'.

Agriculture and Natural Resources Agent
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College of Agriculture,
Food and Environment
Cooperative Extension Service

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.

Upcoming Events

May 9th

Sheep and Goat Meeting

7:00pm

Marion County Extension Office

May 31st

CAIP (Cost Share) Information Night

5:30pm

Marion County Extension Office

May 9th

UK Wheat Field Day

UK Research Farm

Princeton, KY

Dr. Darrh Bullock from UK will speak about cattle EPD's.

A Kentucky Office of Ag Policy Rep will also be speaking about the CAIP program and be on site to answer questions.

May 17th

Raised Bed Gardening Class

6:00pm

Marion County Extension Office

Natalie Browning, CAIP Administrator will go over helpful information regarding sign up's and the CAIP application process.

Chelsea Sapp, Ag Agent will talk about education requirement regarding CAIP.

May 18th

Cattlemen Meeting

7:00pm

Marion County Extension Office

June 6th

Beginners Canning Class

5:00pm

Marion County Extension Office



CAIP Information Night

May 31st

6:30pm

Marion County Extension Office

Speakers: Dr. Darrh Bullock from UK Beef Extension will speak about EPD's

Sarah Bryant- Kentucky Office of Ag Policy

Natalie Browning, CAIP Admin- will discuss application process and answer questions

Chelsea Sapp, Ag Agent- will discuss educational requirement



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2023 WHEAT FIELD DAY

TOPICS INCLUDE:

Drone Regulations, Applications, and Economics

Dr. Josh Jackson & Dr. Tim Stombaugh
UK Extension Agriculture Engineers

Wheat Market Outlook

Dr. Grant Gardner
New UK Extension Marketing Specialist

UKY Oat and Rye Breeding

Dr. Lauren Brzozowski
New UK Small Grains Breeder

Wheat vs Weather: A Reoccurring Battle

Kinsey Hamby
UK PSS Graduate Student

Management of Fusarium Head Blight

Dr. Carl Bradley
UK Extension Pathologist

Wheat Agronomics

Conner Raymond
UK Grain Crops Extension Associate

Variety Trial Walk Through

Dr. Dave Van Sanford & Bill Bruening
UK Wheat Breeder & Researcher Specialist

Sustainable Management of Wheat for the Presence of Natural Enemies in Grain & Soybeans

Dr. Raul Villanueva
UK Extension Entomologist

May 9, 2023

UKREC Farm

**1205 Hopkinsville Rd,
Princeton KY 42445**

9am – noon (Central time)

Registration: 8 am



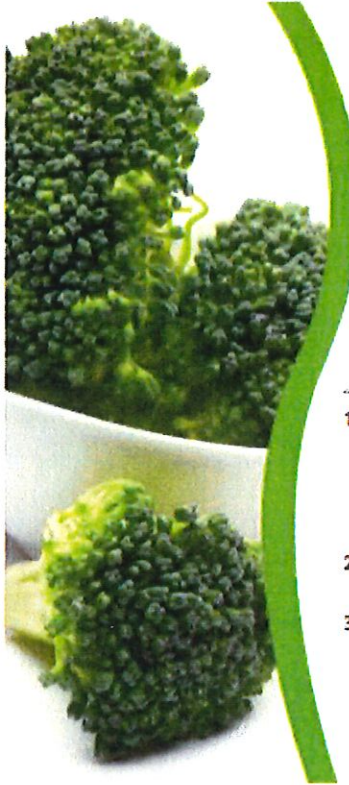
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Wheat Science

Lunch sponsored by:



Beef Month Recipes



Broccoli and Beef Stir-Fry

- | | | |
|---|--|---|
| 1 pound lean beef steak, sliced diagonally across the grain into thin strips | 4 tablespoons canola oil, divided | squash, cut into ¼ inch slices |
| 1 tablespoon plus ½ cup stir-fry sauce | 1 medium red onion, cut into ½ inch dice | 2 cups fresh broccoli florets |
| 1 clove minced garlic | 1 sweet red pepper , cut into ½ inch dice | 1 cup cauliflower florets |
| | 1 medium yellow | ½ teaspoon crushed red pepper flakes |

- Combine** 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.
- Heat** 1 tablespoon canola oil in a large skillet or wok.
- Add** beef and stir fry for one minute. **Remove** beef from skillet.
- Heat** the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.
- Return** beef to skillet.
- Add** the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and stir 1 to 2 minutes longer, until heated through.

Yield: 8, 1 cup servings
Nutrition Analysis: 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.
 90% recommended allowance for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



EAT BEEF



Beefy Stuffed Peppers

- | | | |
|---|---|---|
| 1 cup uncooked, whole wheat couscous | ¼ teaspoon ground black pepper | 4 large bell peppers |
| 1 small tomato, diced | 1 teaspoon salt | ½ pound lean ground beef |
| ½ cup garbanzo beans | ½ cup low fat shredded mozzarella cheese | 1 tablespoon chopped green onion |
| 1 teaspoon dried Italian seasoning | | 1 tablespoon minced garlic |

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.
Yield: 4 servings
Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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 LEXINGTON, KY 40546



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May is Beef Month!

Did you know?

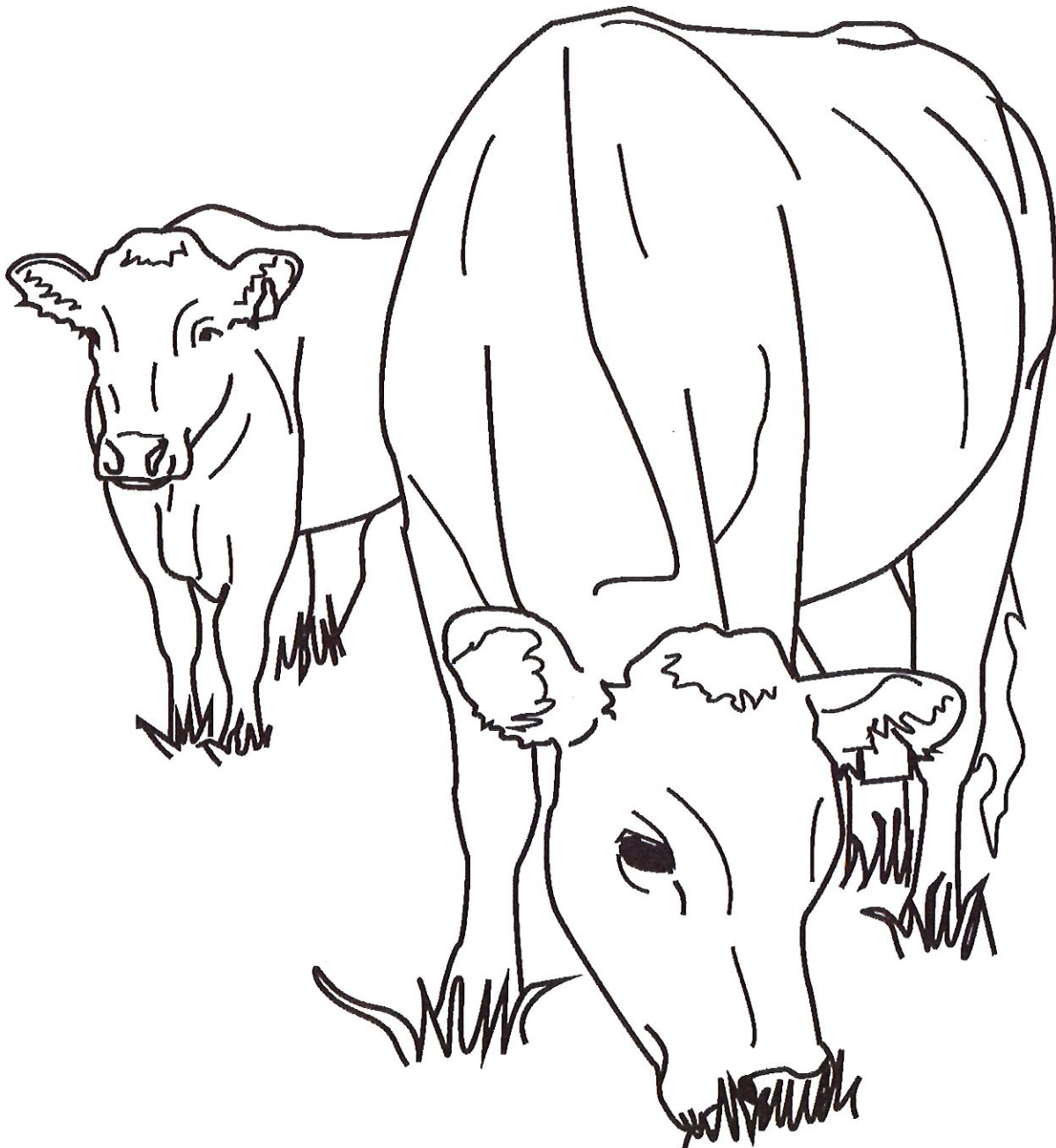
Worldwide there are nearly 250 breeds of beef cattle.

Did you know?

baby cows are called calves.

Did you know?

Beef is an excellent source of protein.



Lightning Safety

For Rural Communities

DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside of a substantial building as soon as you hear thunder. **When Thunder Roars Go Indoors!**

If you can't get to a safe building:

- ◆ **Avoid open areas.** Don't be the tallest object in the area. If you are caught outside without shelter, and you feel the hair start to raise on your neck, crouch down low, with only the balls of your feet touching the ground if possible. Do NOT lie on the ground! Lightning can travel through the ground, so minimize your contact with it.
- ◆ **Stay away from isolated tall trees, towers or utility poles.** Lightning tends to strike the taller objects in an area.
- ◆ **Stay away from conductors such as water and metal wires or fences.** Water and metal do not attract lightning, but lightning can travel long distances through it.
- ◆ **If you are with a group of people, spread out.** While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

IF SOMEONE IS STRUCK

It could lead to death, with cardiac arrest being the immediate cause. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ◆ **Call 9-1-1 for help if possible.**
- ◆ **Don't become a victim too.** If possible, move the victim to a safer place. Lightning can strike the same location twice.
- ◆ **Give first aid.** Begin CPR if you are trained.
- ◆ **Use an Automatic External Defibrillator if one is available and you are trained to use it.** These units are lifesavers!

WHEN THUNDER ROARS, GO INDOORS!

Each year in the United States, there are about 25 million cloud-to-ground lightning flashes and about 300 people struck by lightning. Of those struck, about 30 people are killed and others suffer lifelong disabilities. Most of these tragedies can be prevented. When thunderstorms threaten, get inside a sturdy enclosed building!

Many lightning victims say they were "caught" outside in the storm and couldn't get to a safe place. Other victims simply waited too long before seeking shelter. With proper planning, similar tragedies can be avoided.

Some people were struck because they went back outside too soon. **Stay inside a safe building for at least 30 minutes after you hear the last thunder.** While 30 minutes may seem like a long time, it is necessary to be safe.

Finally, some victims were struck inside homes or buildings while they were using corded phones. Others were in contact with plumbing, outside doors, or window frames. Avoid contact with these electrical conductors when a thunderstorm is nearby!



Lightning Safety

For Rural Communities

WHAT YOU MIGHT NOT KNOW ABOUT LIGHTNING

- ◆ **All thunderstorms produce lightning and are dangerous.** Thunder is caused by lightning, therefore if you hear thunder, lightning is present. Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.
- ◆ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.
- ◆ **If you can hear thunder, you are in danger.** Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.
- ◆ **Those who work outdoors in open spaces, near tall objects, or near conductive materials such as water and metal have significant exposure to lightning risk.** Some work activities at higher risk for lightning hazards include:

- Farming and field labor
- Logging
- Roofing
- Construction
- Building maintenance

- ◆ **Lightning leaves many victims with permanent disabilities.** While only about 10% of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression, and other health problems.
- ◆ **Lightning is hotter than the surface of the sun and can reach temperatures around 50,000°F**

AVOID THE LIGHTNING THREAT

- ◆ **Have a lightning safety plan.** Know where you'll go for safety and ensure you'll have enough time to get there.
- ◆ **Monitor the weather.** Once outside, look for signs of

a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning.

- ◆ **Get to a safe place.** If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings are best. **Stay inside until 30 minutes after the last rumble of thunder.** Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- ◆ **If you hear thunder, don't use a corded phone except in an emergency.**
- ◆ **Keep away from electrical equipment and plumbing.** Lightning will travel through any wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.

ESTIMATING Your Distance from Lightning:

The speed of light is faster than the speed of sound. Therefore, you will see lightning before you hear the associated thunder. To estimate your distance from lightning, count the number of seconds between the flash of lightning and the sound of thunder, then divide by 5 to get the approximate distance in miles. See the table below for examples:

Seconds between seeing lightning hearing thunder	Estimated distance between you and lightning
20	4
15	3
5	1
0	Near 0 (very close)

