

Marion County Ag Extension Newsletter

July 2024

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Loretto Motherhouse Ag Bash

Forage & Grasslands Council Field
Day at Makers Mark

Family Farm Field Day

National Weather Service

A Word From Your County Agent:



We just wrapped up the 2024 Marion County Fair! Thank you to all volunteers for donating your time to help make it a success! Our office had several beautiful 4-H and open class fair exhibits on display during fair week. Exhibits ranged from quilts, photography and field crops to cakes, cookies and biscuits!

County fair livestock shows concluded on Saturday, June 29th. If you were not able to attend the fair this year, we encourage you to make plans to attend in 2025! There are lots of talented individuals in our county that put a lot of time and effort into their exhibits and livestock shows!

Agriculture and Natural Resources Agent
Marion County Extension Office
416 Fairgrounds Road
Lebanon, KY 40033
Email: chelsea.sapp@uky.edu
Phone: 270-692-2421

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Upcoming Events

July 4

Office is CLOSED

July 10

Sheep and Goat Meeting

7:00pm

Washington County Livestock, Guest Speaker.

Meal is provided. Please call to RSVP.

Please notice the DATE CHANGE

Marion County Extension Office

****NO JULY Cattlemen
Meeting****

August 3

Loretto Motherhouse Ag Bash

see flyer in this newsletter

August 13

Forage & Grasslands Council

Forage Field Day

Makers Mark

August 15-25

KY State Fair

Louisville, KY

September 10

Family Farm Field Day
The Russell Barn at St. Joe

4:00pm-7:00pm

Upcoming Events:

BQCA Field Day

More information to come.



Thanks to everyone who
helped with the 2024
Marion County Fair!



Marion County Cooperative Extension



Tune in Wednesday mornings at 8:30am on
100.9 WLSK Radio Station to hear live
updates and tips from our office!

Banana “Ice Cream”

Servings:4 Serving Size:1 scoop (1/4 cup)



Ingredients:

2 bananas, sliced and frozen
2 tablespoons milk
Toppings (optional)

Directions:

Peel and slice bananas, place in freezer bag and freeze overnight. Blend banana pieces and milk in blender until smooth and creamy. (Turn blender off and shake or stir periodically if pieces aren't blending). It might take a few minutes for it to become the consistency of soft serve ice cream. Enjoy!

Notes:

You can mix in a handful of sliced strawberries, a tablespoon of peanut butter, or a teaspoon of coconut flakes for a different flavor.

Source: University of Kentucky Cooperative Extension Service: Nutrition Education

Program: Eat Smart to Play Hard: Chop Chop Summer 2019

Nutrition Facts Per Serving (banana ice cream only); 60 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 14g carbohydrate; 2g fiber; 8g sugar; 0g added sugar; 1g protein; 0% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

KFGC Field Day-Makers Mark Farm-August 13th

The Kentucky Forage and Grassland Council Field Day will be held Tuesday August 13 at Star Hill Farm from 4:30-7:30EDT in Loretto, Kentucky. Participants will see and learn about grazing warm season cover crops, rotational grazing, native warm season grasses and pollinator production as well as sorghum production for syrup and silage.

UK Extension Specialists highlight forage production innovations at the farm at multiple tour stops.

Star Hill Farm is the home of Maker's Mark Distillery. Star Hill consists of approximately 1200 acres near Loretto in Marion County Kentucky. Approximately 300 acres of the farm is utilized to grow wheat and barley for use in Maker's Mark innovation products. Additionally, the farm is home to production of vegetables, fruit, lamb, Wagyu beef, sorghum, honey, mushrooms and truffles for use at the Distillery's restaurant.

Makers Mark has a strong commitment to the environment and sustainability. An important part of this is practicing regenerative agriculture to improve and restore soil and capture carbon. The principles of regenerative agriculture includes utilization of no-till planting, planting cover crops on fields after harvest, and grazing the cover crops to cycle nutrients back into the soil. Star Hill Farm has been certified by "Regenified," an international organization that conducts on-site audits to determine that an entity is meeting all of the standards for Regenerative Agriculture.

Come learn more about grazing strategies and regenerative agriculture! A meal prepared by the Makers Mark restaurant will be provided for participants at the end of the field day. For those interested, an opportunity for a tour of the distillery and bourbon tasting will be available prior to the field day (limited number). Registration is \$20. To sign-up for the field day go to "UK Forages" under Events or phone the Marion County extension office at 270-692-2421.

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Lexington, KY 40506



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Marion County Extension Council Presents: Family Farm Field Day 2024

When: Tuesday, September 10th

Time: 4pm-7pm

Where: The Russell Barn at St. Joe

- FREE to Attend
- Activities for kids
- Marion County Cattlemen will be cooking!

- UK Ag Specialists will give informative talks about a variety of different topics.
- Door Prizes
- On-site cooking demonstrations

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Loretto Motherhouse Back to School Ag. Bash



**August 3rd
10am-3pm**

515 Nerinx Rd Nerinx Ky 40049

FREE:

Petting Zoo

Kid's Activities & Games

Farm Equipment Displays



Plus:

Food Trucks

Craft Vendor Area

Self-Serve Farmer's Market



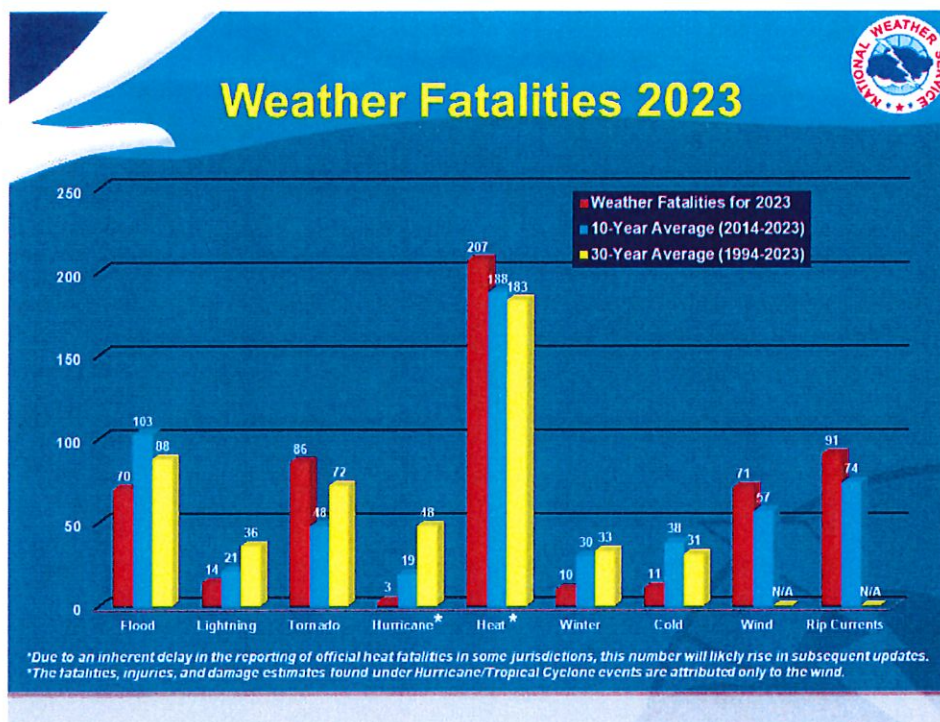


Summer Heat Safety

By Jane Marie Wix - National Weather Service Jackson, KY

Summer heat arrived with a bang in mid-June across Kentucky! Unfortunately, we are only getting started with the summer season - there will most certainly be several months of hot weather ahead. Summer is also the season when everyone wants to be outside, either working or having fun. As much as we love this time of year, it is also a very dangerous season.

Heat continues to be the deadliest form of weather across the country. Higher than flooding, tornadoes, and hurricanes. Sadly, statistics for last year showed a higher-than-average fatality rate. Heat related deaths have been creeping up every year for the last few years.



During excessive heat, avoid heavy activity and direct sunlight. Stay hydrated, find a cool indoor place, and check on children, the elderly, and pets. Protect yourself outside by wearing light, loose-fitting clothes, stay hydrated, and spend time in the shade. Also, never leave anyone (or pets) alone in a locked car, even in the winter, as death can occur in as little as 10 minutes.

Know the signs:

- **Heat Exhaustion:** Becoming faint or dizzy, excessive sweating, cool/clammy skin, nausea, rapid/weak pulse, muscle cramps.
- **Heat Stroke:** Throbbing headache, no sweating, red/hot/dry skin, nausea, rapid/strong pulse, possible loss of consciousness.

If someone experiences these symptoms, get them to a cooler place and try to cool the body (loosen clothing, drink cool water, etc.). If it's a heat stroke, call 911 IMMEDIATELY.