

Marion County Ag Extension Newsletter

June 2025

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Information

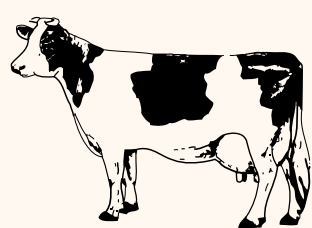
County Extension Council
Field Day

Apple & Chicken Salad Wrap

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Dairy Month in Kentucky



A Word from your County Agent:

The County Agriculture Incentives Program will begin in Marion County soon. Remember, if you applied for CAIP and received funds last year, you are not eligible this program year. CAIP funding is only available every other year to qualified and approved applicants. As the Agriculture Extension Agent I am in charge of the educational portion for the program. Please reach out to our office if you have any questions regarding the educational requirements for CAIP. Thank you!

Chelsea Sapp

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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

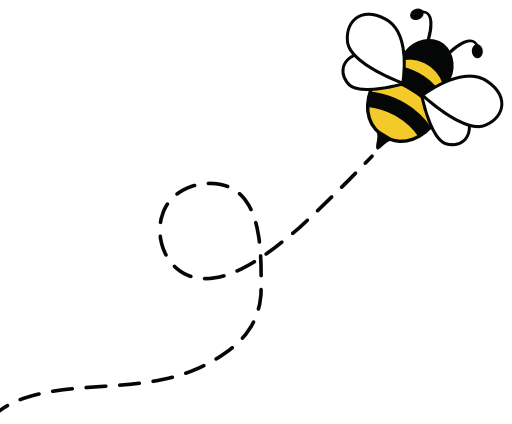
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Events



June 3

Beekeeping

6:00pm

June 10

Sheep & Goat Meeting

6:30pm

June 19

Our office is closed during business hours for Juneteenth.

June 19

Cattlemen Meeting

Guest speaker: Rachel Walker, Corteva

7:00pm

Call 270 692 2421 to RSVP

FAIR

Marion County Fair

July 1st - 5th

Dairy Show- Saturday, June 14

Beef Show - Saturday, July 5

Sheep & Goat Show - Saturday July 12

July 14

Small Ruminant Farming

Guest speaker: Cody Rakes

6:00pm

August 23

CEC Field Day

9am-12pm



Marion County Cooperative Extension

Loretto Motherhouse Farm



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

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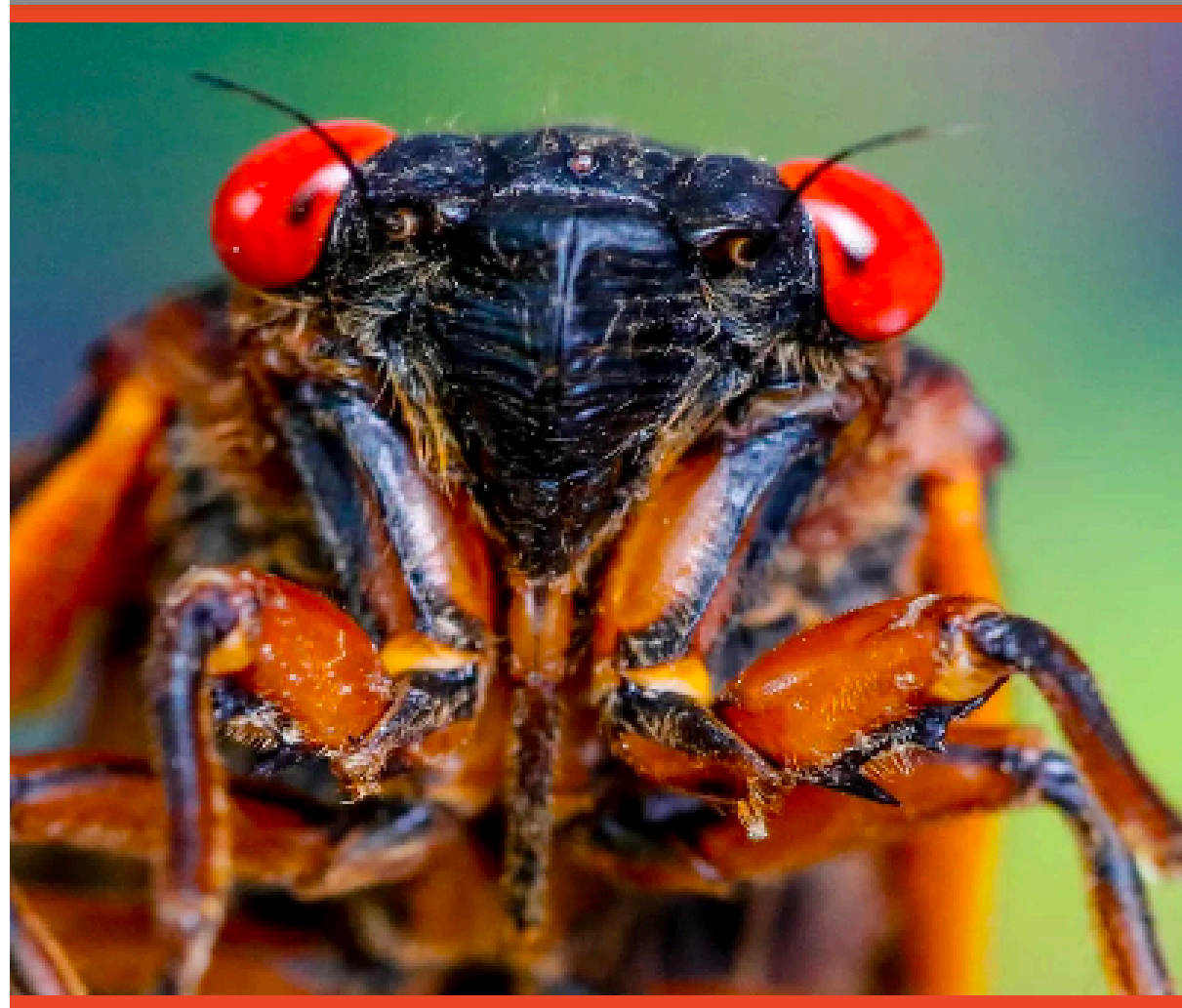
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Kentucky's 2025 Periodical Cicada Emergence

2024 was famous for the Double Brood Emergence, but Kentucky will see more cicada action in 2025. Nearly every county east of Ohio County in western Kentucky will see some periodical cicada activity. These amazing insects have been below-ground for 17 years, what can we expect when they start to emerge?

Things will start around mid-May...

Periodical cicada nymphs start moving out of the ground when soil temperatures reach about 64 degrees. This matches up with the spring bloom of irises. Then, Brood XIV will arrive!



May
Nymphs
emerge from
the ground



June
Adults sing,
mate, and lay
eggs



July
Periodical cicadas die
out for the year, and
will be gone for the
next 17 years



Periodical cicada fast facts



There are three
different species
that will emerge in
2025

The cicadas that
emerge next year were
born in the year 2008

Cicadas "count" the
seasons below
ground to know
when to emerge



Brood XIV is mostly concentrated in
Kentucky, call them the "bourbon brood"!

Snakes,
turkeys, foxes, and
lots of wildlife
devour them

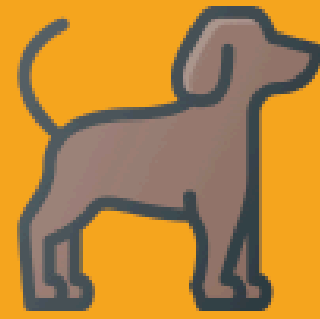
Common questions and concerns about periodical cicadas

When millions or billions of bugs come out of the ground, people have questions! Luckily, there is very little to worry about with these insects but let's cover some specific FAQs.

17

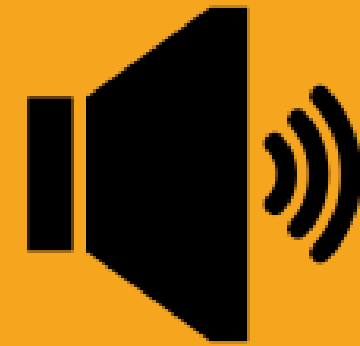
Why seventeen years?

The long period between emergences means nothing only eats these cicadas.



Safe for pets?

Dogs and cats can safely consume cicadas in moderation.



Why so loud?!

Male cicadas sing together to attract females, the noise is a bug concert.



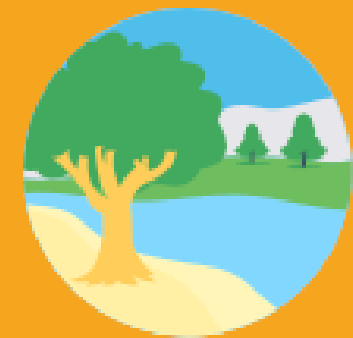
Managing dead cicadas?

Usually they can mulched or mowed into landscape.



Safe for people to eat?

If you don't have a shellfish allergy, eat them after cooking and in moderation



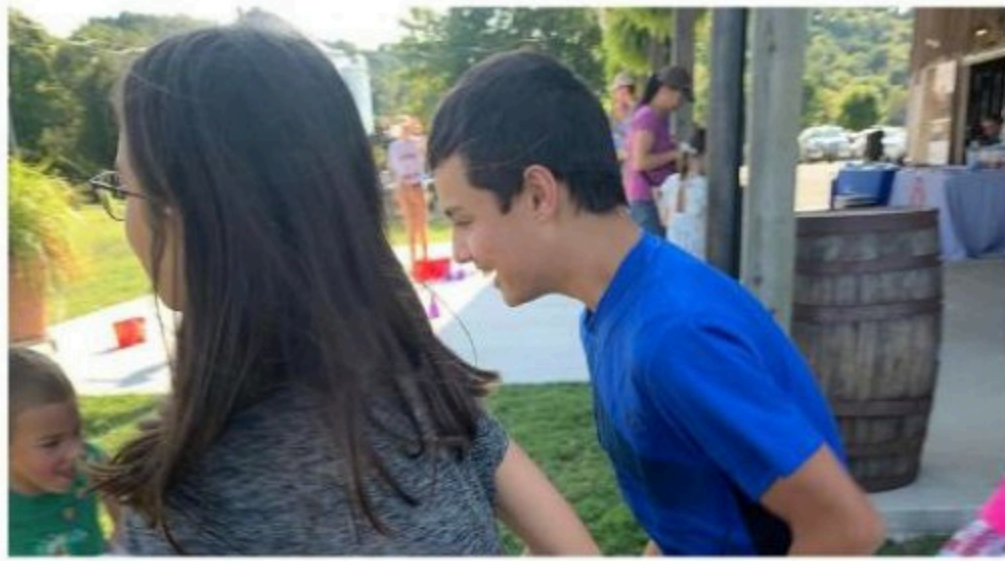
Where to find?

Most commonly found near oaks by streams, creeks, and rivers. Also by fruit trees.

Cicadas and new trees

Periodical cicadas lay their eggs in tree branches by cutting slits in the bark. Big, mature trees can handle this. New trees or fruit trees should be protected though. The best option is to purchase "cicada netting" which is gauged to exclude females from trees. Secure excess netting to the tree around the trunk where there are no branches. It will look a bit like a lollipop when finished.





FAMILY FARM FIELD DAY



 Cooperative
Extension Service

AUGUST 23
9 AM - 12 NOON



Open your smartphone camera
and scan the QR Code

Registration is FREE. This
helps us have an accurate
headcount for food.

EAT SMART TO PLAY HARD



RECIPE APPLE AND CHICKEN SALAD WRAP

- 1 medium apple, diced
 - 1 rib celery, diced
 - 1 cup cooked chicken, diced or shredded
 - 1/4 cup raisins
 - 1/4 cup plain nonfat Greek yogurt
 - 2 tablespoons light mayonnaise
 - Dash of salt
 - Dash of ground black pepper
 - 3 whole-wheat tortilla wraps
 - 3 romaine lettuce leaves, or shredded lettuce of choice
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.

3. In a medium-sized bowl, add apple, celery, chicken, raisins, mayonnaise, salt, and pepper. Use a spatula to combine everything evenly.
4. Divide the mixture among 3 tortilla wraps, top each with lettuce and roll up. Enjoy!
5. Store leftovers in a bowl with a lid in the refrigerator for 3 to 4 days.

Makes 3 servings

Serving size: 1 chicken salad wrap

Nutrition facts per serving: 320 calories; 8 g fat; 2.5 g saturated fat; 0 g trans fat; 45 mg cholesterol; 430 mg sodium; 40 g carbohydrate; 6 g fiber; 19 g sugar; 1 g added sugar; 21 g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Adapted from NEP's Apple and Chicken Salad recipe

IT'S A SNAP!

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program, provides food assistance to eligible households to cover a portion of a household's food budget. If you have difficulty buying the nutritious food that your family needs, consider SNAP.

For assistance, call toll-free:
1-855-306-8959 (8 a.m.-4:30 p.m.)

For more information, please visit:
benefind.ky.gov



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



PlanEatMove.com



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Spring Tornado Safety

By Christine Aiena- National Weather Service, Wilmington, Ohio

Did you know that the United States experiences more tornadoes annually than any other country in the world? On average, 1,200 tornadoes occur each year in the United States. Additionally, tornadoes can occur and have been reported in all 50 states!

Most tornadoes have damage paths under one mile in length and wind speeds less than 100 MPH, however, sometimes tornadoes do become large and especially violent, with wind speeds approaching 200 MPH and damage paths tens of miles. The Tri-State tornado in March of 1925 holds the record not only for longest path (roughly 243 miles), but also for most deaths, with 695 fatalities. This tornado moved through Missouri, Illinois, and Indiana producing extreme damage.

Springtime is typically considered “peak tornado season.” And while the majority of tornadoes are reported between 3PM and 10PM, it is important to remember that tornadoes can occur at any time of year, and any time of the day, daytime or night! Nighttime tornadoes are particularly dangerous, as they are difficult to see and most people are sleeping.

What can you do to plan for a tornado in your area? How can you stay safe?

Before a Tornado:

- Talk about severe weather and tornadoes with your family. Develop and practice a family emergency plan that includes a predetermined place to take shelter during a tornado (basements are the best option, followed by interior rooms with no windows) as well as a location to meet after a disaster, if your family happens to get separated. Don't forget pets!
- When a Tornado Watch is issued, practice your emergency plan and check your safety supplies.
- Increase your situational awareness by monitoring the weather, including listening to a NOAA Weather Radio.
- Learn the signs of a tornado: a rotating, funnel-shaped cloud, debris falling, large hail, or a loud roar like a freight train.
- Flying debris can pose a great danger during tornadoes, so store protective coverings like helmets, sleeping bags, or thick blankets in or near your shelter space.
- **If you are in a mobile/manufactured home: GET OUT!** Go to a neighbor's house, underground shelter, or a nearby permanent structure. Most tornadoes can destroy even tied-down mobile/manufactured homes.

During a Tornado:

- If a Tornado Warning is issued for your area or you see a tornado, get to your safe space immediately!!!! If you have a bicycle helmet, put it on to protect your head and neck.
 - **In a building with a basement:** Avoid windows and try to get under some type of sturdy object, like a heavy table or workbench. Bathtubs can also offer partial protection. Cover yourself with a thick blanket, sleeping bag, or mattress. Crouch as low to the floor as possible, facing down. Know where heavy objects typically rest on the floor above you

- (refrigerators, dressers etc) as these may fall through a weakened floor and crush you.
- **In a building without a basement:** Avoid windows, go to the lowest floor available, and get into a small interior room (like a bathroom or closet), under a stairwell, or an interior hallway. Cover yourself with a thick blanket, sleeping bag, or mattress to protect yourself against falling or flying debris.
 - **In a vehicle:** Vehicles can be easily tossed and destroyed, so the best course of action is to either leave the vehicle for a sturdy shelter or, if the tornado is still distant, drive out of the tornado's path. However, if you're in a traffic jam and/or the tornado is bearing down on you at close range, park your vehicle on the side of the road, keep your seatbelt on, put your head down below the winds and cover your head with a blanket, coat, or cushion. If you can safely get to an area notably lower than the level of the roadway, leave your vehicle and lie in that area. **AVOID** going under bridges or overpasses.
 - **In the open outdoors or in a buggy:** Find the lowest ground possible, then lie flat and facedown in that area, protecting the back of your head with your arms. Get as far away from trees, cars, or other large objects as possible.

After a Tornado:

- Remain calm, alert, and keep your family together while waiting for instructions from authorities.
- Render what aid you can to anyone that is injured.
- Watch your step! Broken nails, glass, and other sharp objects may be on the ground.
- Do not enter heavily damaged homes or buildings, as they may not be structurally sound.
- Do not use matches or lighters, as there might be leaking natural gas pipes or fuel tanks nearby.



An interior room left standing in Miami County, OH after an EF3 tornado. Image courtesy from a National Weather Service Damage Survey.

June is National Pollinator Month!



1

Create a pollinator garden! Choose native flowers that will provide a food source for pollinators.

2

Educate yourself about pollinators by taking a class from your local county extension office.

3

Create a bee hotel as a safe spot for bees or make seed bombs with wildflower seeds!

4

Participate in citizen science by tracking pollinator populations in your area!

#ukyextension

An Equal Opportunity Organization.



DAIRY MONTH

DID YOU KNOW?

Kentucky Dairy



Home to 45,000 milk cows
and 70,000 heifers



926 million pounds of milk
produced annually



Over 360 licensed dairy farms



2% growth in total milk production -
more than the national average!



11 fluid milk and dairy product
processors and 10 value-added
farms processing dairy products

Infographic from KDDC Website