

Marion County Ag Extension Newsletter

August 2024

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CAIP Education Trainings

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Day at Makers Mark

Family Farm Field Day

National Weather Service

A Word From Your County Agent:

Tips on how to protect yourself
from heat related illnesses:

- Drink fluids regularly and frequently.
- Take regular rest breaks in shaded or cooled areas.

source:UK Environmental Health & Safety

Livestock should also be closely monitored during excessive heat waves. Make sure animals have access to plenty of water and have a shaded area.

As always, our office is open
Monday-Friday 8:00am-4:30pm.

Chelsea Sapp

Agriculture and Natural Resources Agent
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Lebanon, KY 40033
Email: chelsea.sapp@uky.edu
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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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Events

August 3

Loretto Motherhouse Ag Bash
see flyer in this newsletter

August 7

BQCA Training
9am-11am

Marion County Extension Office
call to register.

August 13

Forage & Grasslands Council
Forage Field Day

Makers Mark

August 14

BQCA Training
5pm-7pm

Marion County Extension Office
call to register.

August 15

Cattlemen Meeting
7:00pm

Marion County Extension Office
call to RSVP.

August 15-25

KY State Fair

Louisville, KY

September 10

Family Farm Field Day
The Russell Barn at St. Joe

4:00pm-7:00pm

September 21

BQCA Field Day

9am-12pm

Marion County Fairgrounds
Livestock Barn

*Please call (270)-692-8920
if you have questions
regarding CAIP Education.*



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!

Awesome Watermelon Salad



Servings: Makes 8 servings
Serving Size: 1/2 cup
watermelon

Ingredients:

- 1 tablespoon balsamic vinegar
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped garlic
- 1/2 teaspoon fresh diced cilantro
- 1/4 teaspoon fresh ground pepper
- 1/4 cup olive oil
- 3 cups, 2-inch, cubed watermelon
- 3/4 cup crumbled, low-fat feta cheese
- 1/2 red onion, sliced very thin
- Course ground black pepper
- Cilantro for garnish

Directions:

In a small bowl, mix vinegar, lemon juice and Dijon mustard.

Stir in garlic, cilantro and black pepper.

Slowly pour olive oil into the mixture while whisking vigorously.

Cover and refrigerate until ready to use.

Combine the watermelon, low-fat feta cheese and red onion in a large bowl; toss lightly to mix and season with coarse ground black pepper.

Pour half of dressing over salad mixture; gently toss to coat.

Refrigerate for least 30 minutes.

Drizzle remaining dressing over salad and garnish with cilantro just before serving.

Source: Plate it up! Kentucky Proud Project.

110 calories; 9g fat; 2g saturated fat; 5mg cholesterol; 190mg sodium; 6g carbohydrate; 1g fiber; 4g sugar; 3g protein.

UPCOMING CAIP EDUCATION

AUGUST 7

BQCA Training
9am-11am
MC Ext. Office

AUGUST 13

Forage Field Day
@ Makers Mark
\$20 per person

AUGUST 14

BQCA Training
5pm-7pm
MC Ext. Office

AUGUST 15

Cattlemen
Meeting
7pm
MC Ext. Office

SEPT. 10

Family Farm Field Day
4pm-7pm
Russell Barn @ St. Joe

SEPT. 21

BQCA Chute Side
Field Day
9am-12pm
MC Fairgrounds

To be informed about CAIP Educational opportunities, sign up for the AG Extension newsletter by calling our office, follow our Marion County Cooperative Extension Facebook page OR visit our website at www.marion.ca.uky.edu

Please, call our office if you have any questions (270)-692-2421.

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



Kentucky Forage & Grasslands Council Field Day



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.

Will count for CAIP Education



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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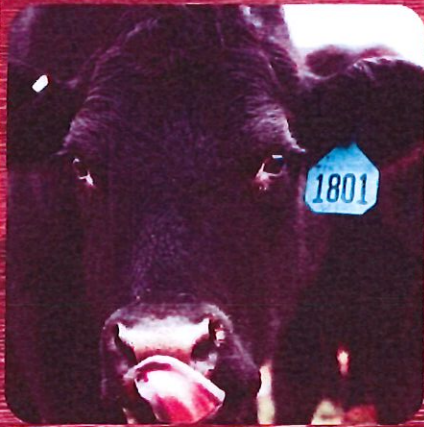
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Tri-County BQCA Field Day

Marion, Nelson & Washington Counties



September 21st

9am-12pm

lunch provided

Counts for CAIP
Education

Marion County Fairgrounds

420 Fairgrounds Road

Lebanon, KY 40033



Call your county office to sign up.

Marion - 270-692-2421 Nelson - 502-348-9204

Washington - 859-336-7741

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Be Safe During Lightning



By Brandon Peloquin - National Weather Service Wilmington, OH

According to The National Oceanic and Atmospheric Administration (NOAA), in the last ten years (2013-2023), five lightning fatalities have been reported in Kentucky, along with 25 injuries. One of those fatalities occurred just last year, when a 39-year old male was struck and killed by lightning just south of Sherburne in Bath County while bailing hay. Also in 2023, two boys sustained injuries from a lightning strike on a golf course in Lexington.

During the summer months, thunderstorms are much more common across the Commonwealth and this makes lightning awareness and preparedness much more important. There are two catchy phrases that can help you remember the most important message in lightning safety: "When Thunder Roars, Go Indoors!" and "See A Flash, Dash Inside!" You do *not* want to be outside during a thunderstorm. Rather, you want to be inside in a sturdy building or hard-topped vehicle. Stay in your safe place until 30 minutes after the storm has passed.

Here are additional tips if you find yourself caught in the outdoors when a thunderstorm is near and you can't immediately seek shelter:

- Avoid open fields, the top of a hill or ridge top.
- Stay away from tall objects such as tall trees.
- If you are in a group, spread out to avoid the electric current traveling between group members.
- If camping, set up camp in a valley or other low area. Remember that a tent does not provide protection from lightning.
- Avoid water, wet items and metal items. Water and metal are good conductors of electricity.

Ultimately, seeking shelter is the best course of action as the safest place to be is inside!

**See a Flash,
Dash Inside!**

STOP all activities

Seek shelter in a building or
hard-topped vehicle

Wait 30 minutes after the storm to
resume activities

 
weather.gov/lightning

