

# Marion County Ag Extension Newsletter

## January 2025

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### A Word From Your County Agent:

Happy New Year! I am looking forward to serving the citizens of Marion County again this year. Please remember to like and follow our office on Facebook and tune in to 100.9 WLSK on Wednesday mornings to learn about what's happening at our office.

Our office is open Monday-Friday 8:00am-4:30pm.

*Chelsea Sapp*

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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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Disabilities  
accommodated  
with prior notification.

# Upcoming Events

**January 14**

Sheep and Goat Meeting  
6:30pm

**January 15**

Lunch & Learn  
11:30am-meal

12:00-1:00pm - presentation  
Topic: Carbon Markets

RSVP- Call 270-692-4411

**January 17**

Kentucky Cattlemen Convention  
Owensboro, KY

**January 20**

Office Closed in observance  
of MLK Holiday

**January 21**

**Commercial Applicator  
Pesticide Training**

9:00am - Registration

9:30am- Training Begins

Training will end at 1:50pm

**\*\*Commercial applicators only\*\***

Please call 270-692-2421 to Register

**January 30**

**Private Pesticide Applicator  
Training**

9:00am-11:00am

**\*\*PRIVATE APPLICATORS\*\***

Register : 270-692-2421



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!

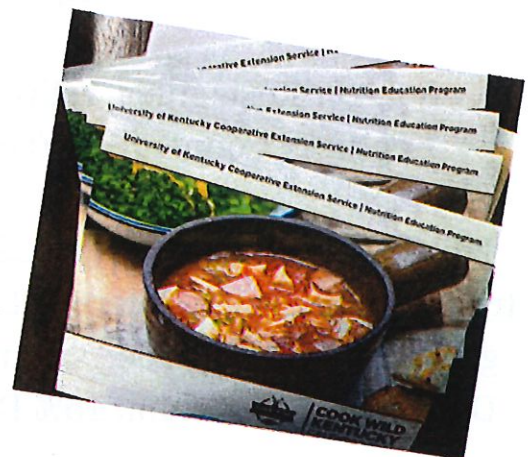
# Marion County Cattlemen Association Dead Animal Removal Program

One of the benefits of being a paid member of Marion County Cattlemen Association for 2024 was that the Association paid for the removal of 3 dead cattle to Marion County Fiscal Court if you signed up for the program. This program will continue for 2025 calendar year. If you are a paid member and signed up for the program in 2024, you will automatically be eligible as of 1/1/25 and will not have to do any paperwork for the program. (Must be a paid cattlemen member) If you are not signed up for the program and are interested, you can stop by the Marion County Extension office and sign up for the program.

## NEP Recipe Calendars

Our office now has NEP Recipe Calendars in! Stop by to check out the new recipes for 2025!

Do you or someone you know hunt? Need ideas on what to do with wild game meat? Check out the Cook Wild Calendar!





## **Beef-A-Roni**

Servings:2 Serving Size:1 cup Recipe Cost:\$2.19 Cost per Serving:\$1.10

This recipe uses the Make Ahead Beef Mix

### **Ingredients:**

1 cup Make Ahead Beef Mix, thawed

1/2 cup dry whole-wheat macaroni

1 1/2 cups water

2 tablespoons ketchup or barbecue sauce

### **Directions:**

Wash hands with warm water and soap, scrubbing for 20 seconds.

Combine water, macaroni, and beef mix in a medium saucepan and bring to a boil.

Cook over medium heat for 10 to 15 minutes or until macaroni is tender.

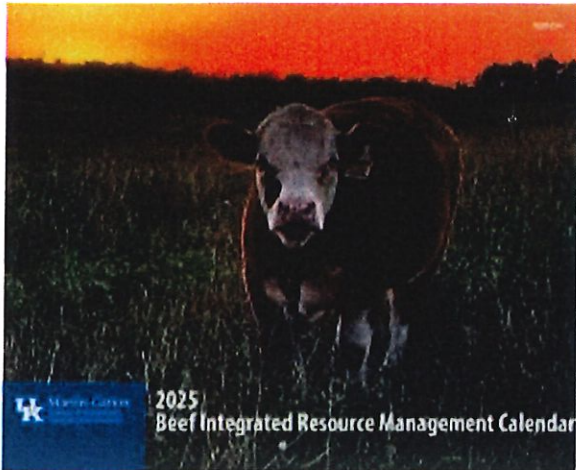
Stir in ketchup or barbecue sauce. Serve.

Refrigerate leftovers within 2 hours.

Source: Rosie Allen, retired Area Nutrition Agent with the University of Kentucky Cooperative Extension Service Nutrition Education Program

Nutrition facts per serving: 220 calories; 3.5 g total fat; 1.5 g saturated fat; 0 g trans fat; 35 mg cholesterol; 250 mg sodium; 30 g total carbohydrate; 3 g fiber; 7 g total sugars; 0 g added sugars; 17 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium

# 2025 Beef IRM Calendars Now Available



These calendars are FREE! They offer great tips throughout the year. Come by our office and pick one up today!

## Winter Safety

**Brandon Peloquin - National Weather Service Wilmington, OH**

**Jane Marie Wix – National Weather Service Jackson, KY**

### **Here are some tips to remember when winter turns especially harsh:**

- Stay dry to stay warm! Wet clothes result in much faster heat loss.
- Wear multiple layers. Wool keeps you warmer than cotton because wool fibers trap air pockets and when wool is exposed to damp conditions, it wicks moisture away from your skin and helps keep you dry.
- Cover everything you can! At least half your body heat can be lost if your head isn't covered.
- Avoid overexertion, such as shoveling heavy snow, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.
- Remember the animals! - make sure they have access to melted water, plenty of food, and shelter to keep them protected.
- Stay informed on the latest weather forecast. All Kentucky National Weather Service offices have a phone line the public can call to get a weather forecast for their areas. Also, NOAA Weather Radios are specially built radios that only play a recorded forecast and other weather information. These can be purchased in many stores.