

AGRICULTURE/HORTICULTURE

WHITLEY COUNTY COOPERATIVE EXTENSION SERVICE



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**Cooperative
Extension Service**










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

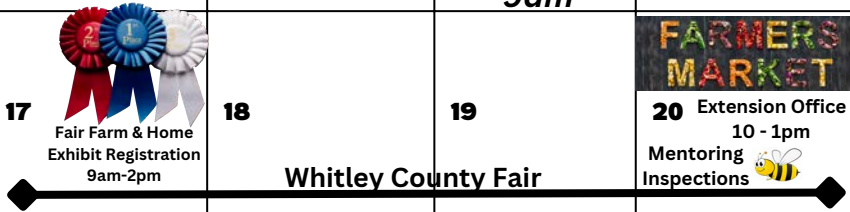
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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July 2024


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  6-8pm	2 FARMERS MARKET Corbin 5-8pm	3	4  INDEPENDENCE DAY OFFICE CLOSED	5	6 FARMERS MARKET Extension Office 10 - 1pm Small Animal Swap 10am
7	8  Beekeepers Meeting 6pm Topic: Varroa Mites and Treatments	9 FARMERS MARKET Corbin 5-8pm	10	11	12  Eagle Falls 9am	13 Extension Office 10 - 1pm
14	15	16 FARMERS MARKET Corbin 5-8pm Small Farms 7pm 	17  Fair Farm & Home Exhibit Registration 9am-2pm	18	19	20 FARMERS MARKET Extension Office 10 - 1pm Mentoring Inspections 
21	22	23 FARMERS MARKET Corbin 5-8pm	24	25  Cattlemen 7pm	26	27 FARMERS MARKET Extension Office 10 - 1pm Honey Festival Williamsburg 
28	29 Rinse and Return Recycling Program till 1200	30 FARMERS MARKET Corbin 5-8pm	31		July 6 & 20th Small Animal Swap 10am	


Whitley County Fair

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	 Extension Office 3 10 - 1pm Small Animal Swap 10am
4	 5 6-8pm	 6 Corbin 5-8pm	7	8	9	 10 Extension Office 10 - 1pm
<i>National Farmers Market Week</i>						
11	 12 Beekeepers Meeting 6pm Topic: Pesticides Dr. Ric Bessin	 13 Corbin 5-8pm	14	15	16	 17 Canning Pickles 10am see below Hunter Ed 
18	19	 20 Corbin 5-8pm Small Farms 7pm 	21	 22 Bark Camp Creek 830am	23	 24 Extension Office 10 - 1pm Field Day w/ Laura Rodgers 
25	26	 27 Corbin 5-8pm	28	 29 Cattlemen 7pm	 30 Farm Field Day Fairgrounds 9-1	 31 Extension Office 10 - 1pm
			Aug 3 & 17th Small Animal Swap 10am	17th Canning Pickles 10am WD Bryants (Corbin) 		

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	FARMERS MARKET Corbin 5-8pm		SEKSPA Dinner	 Garden & Canning Show Reg: 9-10:45am	FARMERS MARKET Extension Office 10 - 1pm Small Animal Swap 10am
1	2	3	4	5	6	7
<i>Old Fashion Trading Days</i>						
8	 6-8pm 9 Beekeepers Meeting 6pm Topic: Small Hive Beetles 	FARMERS MARKET Corbin 5-8pm	11	12	13	FARMERS MARKET Extension Office 10 - 1pm
15	16	17	18	19	20	21
		FARMERS MARKET Corbin 5-8pm Small Farms 7pm 				FARMERS MARKET Extension Office 10 - 1pm Small Animal Swap 10am
22	23	24	25	26	27	28
		FARMERS MARKET Corbin 5-8pm		 26 Cattlemen 7pm		FARMERS MARKET Extension Office 10 - 1pm Vanhook Falls 930am 
29	30					

WHITLEY COUNTY FAIR July 17 - 20th 2024

WHITLEY COUNTY COOPERATIVE EXTENSION (GOLDBUG), 4275 N HWY 25 W, WILLIAMSBURG
FARM AND HOME EXHIBITS RULES, REGULATIONS AND CATEGORIES



REGISTRATION\VIEWING

Wednesday, July 17, 9 AM - 2 PM -- Farm & Home Exhibits Registration -- Whitley County Cooperative Extension (Goldbug)

Thursday, July 18, 8 AM - 4:30 PM -- Exhibit Viewing- Whitley County Cooperative Extension Office (Goldbug)

Friday, July 19, 8 AM - 4:30 PM -- Exhibit Viewing -- Whitley County Cooperative Extension Office (Goldbug)

Monday, July 22, 9 AM - 4 PM -- Exhibit Pick Up -- Whitley County Cooperative Extension Office (Goldbug)

RULES (PLEASE READ CAREFULLY!)

1. Fair Management reserves the right to combine classes with fewer than three (3) entries and/or two (2) exhibitors.
2. There can be **only 1 entry per class per person**. All entries must be prepared, crafted or grown by the exhibitor.
3. Fair Management reserves the right to interpret and resolve all matters connected with, or incident to, the Fair.
4. Food, fruit and vegetable entries **must be brought and entered on paper plates**.
5. All canned items must be in standard canning jars, sealed and labeled (exhibitor's name, item name, date canned).
6. Some Divisions have a miscellaneous class for items which cannot be entered in the listed classes.
6. Only ribbons will be awarded.
7. After judging perishable items and viewing, Fair Management reserves the right to donate excess items to needy families throughout the county.

Division 1 -- Food and Food Preservation

(Canned items must have been processed since July 2020.)

- 101 - Plate of 5 biscuits
- 102 - Plate of 5 yeast rolls
- 103 - Plate of 5 muffins
- 104 - 1/2 loaf yeast bread
- 105 - 1/2 loaf any quick bread
- 106 - Decorated cake, judging on decorating skill only (foam or Cardboard may be substituted for cake)
- 107 - Plate of 5 sugar cookies
- 108 - Plate of 5 pieces of chocolate fudge
- 109 - 1 jar applesauce
- 110 - 1 jar tomatoes (whole, quartered or crushed)
- 111 - 1 jar tomato juice
- 112 - 1 jar green beans
- 113 - 1 jar corn
- 114 - 1 jar sauerkraut
- 115 - 1 jar sweet cucumber pickles
- 116 - 1 jar dill cucumber pickles
- 117 - 1 jar bread and butter pickles
- 118 - 1 jar pickled beets
- 119 - 1 jar pickle relish
- 120 - 1 jar apple jelly
- 121 - 1 jar grape jelly
- 122 - 1 jar blackberry jelly
- 123 - 1 jar strawberry jam
- 124 - 1 jar blackberry jam
- 125 - 1 jar peach preserves
- 126 - 1 jar strawberry preserves
- 127 - 1 jar apple butter
- 128 - 1 jar miscellaneous -- jam, jelly
- 129 - 1 jar fruit salsa
- 130 - 1 jar vegetable salsa
- 131 - 1 jar miscellaneous



- 203 - Large crocheted article -- Thread or Yarn
- 204 - Crocheted afghan - Yarn
- 205 - Small knitted article
- 206 - Large knitted article
- 207 - Knitted afghan
- 208 - Embroidered article
- 209 - Decorative pillow
- 210 - Quilt -- hand applique, hand quilted
- 211 - Quilt -- hand applique, machine quilted
- 212 - Quilt -- machine applique, hand quilted
- 213 - Quilt -- machine applique, machine quilted
- 214 - Quilt -- hand pieced, hand quilted
- 215 - Quilt -- machine pieced, hand quilted
- 216 - Quilt -- machine pieced, machine quilted
- 217 - Quilt, Novelty -- memory, stenciled, embroidered, miniature, etc., hand quilted
- 218 - Quilt, Novelty -- memory, stenciled, embroidered, miniature, etc., machine quilted
- 219 - Quilt, Baby or Lap -- hand pieced, hand quilted
- 220 - Quilt, Baby or Lap -- machine pieced, machine quilted
- 221 - Quilt, Technology Based -- hand or machine quilted
- 222 - Other quilted item -- clothing, pillow, table runner, table topper, Mug rug, etc.
- 223 - Quilt, Miscellaneous -- hand or machine pieced or quilted -- Item does not qualify in other quilt or quilted item categories
- 224 - Needlepoint on plastic canvas
- 225 - Needlepoint on cloth canvas
- 226 - Cross Stitch on Aida cloth -- count 14 and under
- 227 - Cross Stitch on Aida cloth -- count 18-22
- 228 - Cross Stitch on specialty cloth (linen, etc.)

Division 3 -- Arts and Crafts -- Adult and Youth (17 and under)

(Items must have been completed since July 2020.)

- 301 - Nature craft
- 302 - Painted/decorated shirt
- 303 - Handmade jewelry
- 304 - Woodcraft
- 305 - Holiday decorations
- 306 - Handmade doll

Division 2 -- Handicraft Department -- Adult and Youth (17 and under) Divisions

(Items must have been completed since July 2020.)

- 201 - Crocheted/craft item -- Thread or Yarn
- 202 - Small crocheted article -- Thread or Yarn

- 307 – Stuffed animal
- 308 – Painting – oil on canvas
- 309 – Painting – acrylic on canvas
- 310 – Painting – watercolor on paper
- 311 – Drawing – black and white
- 312 – Drawing – color
- 313 – Recycled article
- 314 – Basketry (woven)
- 315 – Weaving
- 316 – Ceramics – hand formed
- 317 – Ceramics – molded
- 318 – Ceramics – decorative
- 319 – Photography – color
- 320 – Photography – black and white
- 321 – Miscellaneous

Division 4 – Crops and Horticulture

- 401 – Alfalfa with grass (10 lb. bale)
- 402 – Red clover with grass (10 lb. bale)
- 403 – Mixed grass hay (10 lb. bale)
- 404 – Best 3 white potatoes
- 405 – Best 12 pods green beans
- 406 – Best 3 red tomatoes
- 407 – Best 3 ears sweet corn
- 408 – Best 3 beets
- 409 – Best 3 cucumbers
- 410 – Best head cabbage
- 411 – Best head red cabbage
- 412 – Best 3 zucchini squash
- 413 – Best 3 summer squash
- 414 – Best head broccoli
- 415 – Best head cauliflower
- 416 – Best 1 cantaloupe
- 417 – Best 3 carrots
- 418 – Best 12 pods peas
- 419 – Best 3 green bell peppers
- 420 – Best 3 banana peppers
- 421 – Best 3 jalapeno peppers
- 422 – Best 3 other hot peppers
- 423 – Best 5 pods okra
- 424 – Best 3 onions
- 425 – Best 12 radishes
- 426 – Best 3 garlic bulbs
- 427 – Best 3 apples
- 428 – Blooming potted plant
- 429 – Foliage potted plant
- 430 – Flower arrangement – fresh
- 431 – Flower arrangement – silk
- 432 – Flower arrangement – dried
- 433 – Terrarium
- 434 – Hanging basket

Division 5 – Honey

(Open to any honey producer in Kentucky)

- 501 – 1 – 1-quart jar light honey – extracted
- 502 – 1 – 1-quart jar light honey – with comb
- 503 – 1 – 1-quart jar dark honey – extracted
- 504 – 1 – 1-quart jar dark honey – with comb
- 505 – 1 – 1-quart jar heirloom honey – with comb
- 506 – 1 – 1-quart jar organic honey – with comb
- 507 – Miscellaneous - 1 – 1-quart jar

Division 6 – 4-H Club Youth

(Junior: 9-13 years old. Senior: 14-19 years old.)

Arts and Crafts Categories

- 727 – Acrylic Painting
- 728 – Water Color
- 729 – Abstract
- 733 – Oil Painting
- 744 – Computer Drawing
- 751 – Cartooning
- 757 – Clay Sculpting

Photography Categories

- Natural Resources
- Agriculture
- Leadership
- Family and Consumer Sciences
- Science, Engineering and Technology
- Health
- Communication and Expressive Arts

Seniors must submit an artist statement. Please write a paragraph minimum about your piece of art.

Please include the following information typed and attached to your piece of art.

- Name
- Class
- Title of Work
- Medium (What is it made of?)
- Explanation of where you got your inspiration or ideas from in creating this work
- Explanation of elements and principles of design that pertain to your work
- What kind of message were you trying to communicate to the viewer (mood, feeling, emotion, etc.)?
- How does this represent you as an artist?

Class details and entry information is available at the Whitley County Cooperative Extension Service or can be found on [www.facebook.com/whitley 4-H](http://www.facebook.com/whitley4-H) or the Whitley County Cooperative Extension website <http://whitley.ca.uky.edu>.

If there are any questions concerning the County Fair Farm and Home Exhibits, contact the Whitley County Cooperative Extension Service at 549-1430; visit the office; or email at whitleycountyextension@gmail.com

Rev. 06/21



4-H COUNTY FAIR CATEGORIES



ARTS AND CRAFTS

Painting

- 727 - Acrylic Painting
- 728 - Water Color
- 729 - Abstract Painting
- 730 - Sand Painting
- 731 - Self Portrait
- 732 - Human Action
- 733 - Oil Painting
- 734 - Oil Pastel

Printing

- 735 - Intaglio Collagraphy
- 736 - Blue Print Paper
- 737 - Etched Plexiglass
- 738 - Wax Resist Print
- 739 - Tire Stamp Print
- 740 - Linoleum Print
- 741 - Hand Drawn
Negative Photograph

Graphic Design

- 743 - 5 Color Design
- 744 - Computer Drawing

Drawing

- 745 - Contour Drawing
- 746 - Two Point Perspective
- 747 - Circular Shape Object
- 748 - Sketch w/ Color or
Black Pencil
- 749 - Sketch with Pen and Ink
- 750 - Calligraphy
- 751 - Cartooning

Fiber Arts

- 752 - Felted Wool Applique Mat
- 753 - Cotton Linter Bowl
- 754 - Batik Fabric
- 755 - Lap Loom Woven Place
Mat
- 756 - Inkle Loom Basket

Trends

763 - Art Trends using Mixed Media. Examples include decoupage and paint; pencil & water colors; fabric, paint & paper.
Canvas size is open to artist.

Sculpting

- 757 - Item Sculpted from Clay
- 758 - Clay Bust
- 759 - Mask Sculpted from Clay
- 760 - Cardboard Sculpture
- 761 - Wire Sculpture
- 762 - Plaster of Paris Carving

Heritage Arts

- 764 - Heritage Arts
(additional writing
required, contact
the Extension Office for
a copy.)
 - Basket Making
 - Jewelry Making
 - Leather Craft
- * Kits allowed only for Juniors.*

764 - Natural Resources

- Forest photograph (large area dominated by trees).
- Water photograph showing still or moving water in a natural water system.
- Wildlife photograph showing unrestrained and live wildlife in natural habitats.
- Natural Scenic photograph showing natural scene.
- Native Plants: 1-5 photographs of native flora that occur naturally (not in a garden)
- Insect photograph in natural habitat

765 - Agriculture

- Livestock: as the main subject
- Crops: crops as main focus
- Life Cycle: 1-5 photos showing the life cycle as part of a story: crops or livestock
- Agriculture Scenic: agriculture as subject
- Farm Equipment/Implement as subject
- Modern or Historic Practices: 1-5 photos that show a singular, Comparison, or advancement in an agriculture practice.

PHOTOGRAPHY

766 - Leadership

- Formal/Candid Portrait of a person
- Urban Scenic Photograph
- Event: 1-5 photos of a community event
- Service: photo of service learning
- 4-H Event: 1-5 photos of a 4H event
- National/International: 1-5 photos that focus on a national or international experience.

676 - Family & Consumer Sciences

- Family: Portrait or candid of family members
- Food Preparation: 1-5 Photos
- Culture: showing unique perspective of local/global culture

768 - SET

- Mechanics: 1-5 photos
- Architecture
- Energy: 1-5 photos
- Movement: 1-5 photos
- Construction: 1-5 photos
- Machinery/Equipment

769 - Health

- Physical Activity
- Competitive Sports
- Healthy Lifestyle
- Healthy Foods
- Careers in Health
- Dealing with Stress

770 - Com. & Expressive Arts

- Music
- Instrument/Art Utensils
- Cultural Arts Event
- Arts Creation
- Created Art in Your Community
- Word - single spelled out within the community
- Fashion Portrait
- Patterns/Design: natural or manmade
- Residential: 1-5 photos showing residence area from inside and outside.

SEWING

Sewing Categories

790-810: Contact the extension office for a list of all classes in this category.

NEEDLEWORK

Crochet Category

813 - Small Crochet Items made of medium weight yarn (4).

814 - Large Crochet Items made of medium weight yarn (4).

815 - Crochet Item made with novelty yarn.

816 - Crocheted Item made using the Granny Square Technique.

817 - Crocheted Item(s) made using intermediate skills/pattern crochet stitches.

818 - Crochet Item using intermediate skills for shaping and fitting multiple pieces together.

819 - Item or pair of items using advanced crochet skills

820 - Item or pair of items using advanced crochet skills to create your own design.

Hand Embroidery Category

821 - 836: Contact the extension office for a list of all classes in this category.

Knitting

837 - Small/simple knitted item(s):

838 - Knitted Item created using Self-stripping or Variegated Yarn(s)

839 - Larger/simple knitted item or pair of items

849 - Knitted project focused on Shape—Garment or Fashion Accessory

841 - Knitted project focused on Shape—Stuffed Toy

843 - Knitted project focused on Color Design

844 - Knitted project focused on Textural Design

Quilting Category

845 - 857: Contact the extension office for a list of all classes in this category.

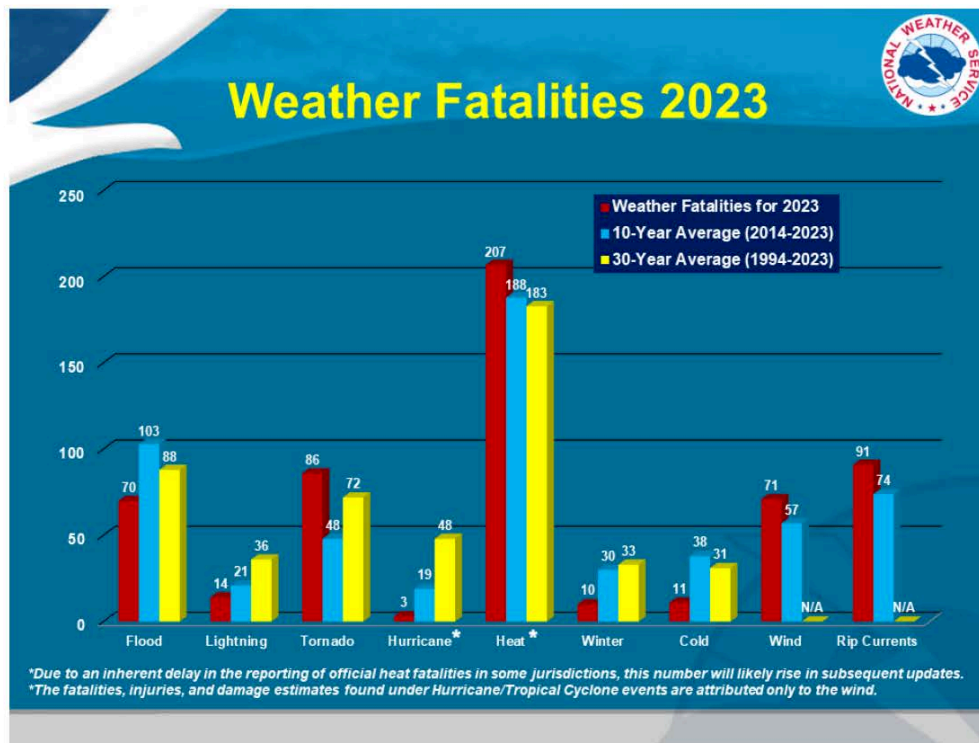


Summer Heat Safety

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.

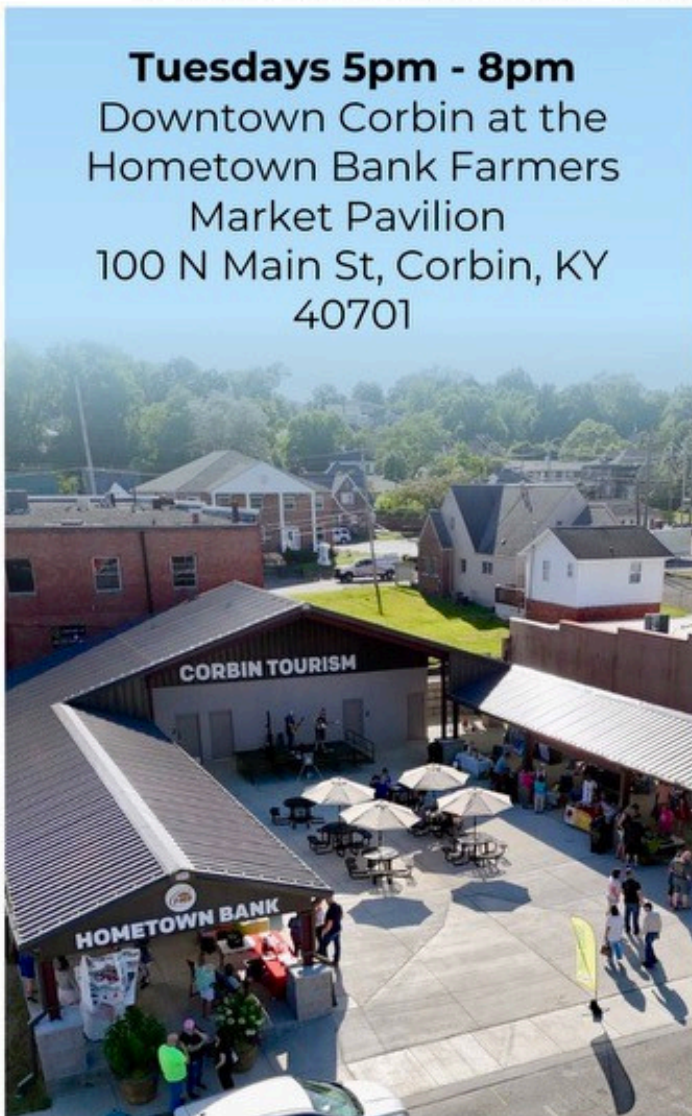
Know the signs:

- **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.



Two locations for one grand time.



Research Participants are Needed to Improve Sleep and Health in Kentucky Communities!



Kentucky ranks 48th in the nation in terms of healthy sleep. Researchers at the University of Kentucky are interested in learning more about factors that contribute to sleep and overall health in Kentucky adults.

Participants will share information about their sleep and several aspects of their health every six months for two years. Participants will be asked to: take surveys, wear a Fitbit watch, track sleep and health on a free Smartphone app, provide a few drops of blood via fingerstick.

You may be eligible to participate if you:

- Are 18 years of age or older.
- Live in one of 12 Kentucky Counties: Adair, Bell, Estill, Jackson, Knott, Letcher, Lincoln, Perry, Pike, Rockcastle, Russell, or Whitley.

Participants will be compensated up to \$685 for their time.

For more information or to take part in this research study, please contact: (859) 562-0112

restky@uky.edu

<https://www.restkystudy.com> or scan QR code.



Whitley County Beekeepers Association

Who We Are: Beekeepers sharing successes, learning, knowledge, wisdom, ideas, tips, excitement, honey, recipes, and encouragement.

What We Do: Enthusiastically help new beekeepers get started, expand the knowledge of experienced beekeepers, share our passion for beekeeping, collect swarms, process and sell honey through local contacts and farmers markets

When We Meet: 2nd Monday of every month at 6 p.m.

Where We Meet: Whitley County Extension Office, 4275 N. Hwy 25 W, Williamsburg, KY 40769

Facebook Page: Whitley County Beekeepers Association

E-mail Address: whitleycountykybeekeepers@gmail.com



**For more information contact:
Whitley County Extension
606-549-1430**

Follow the Whitley County Beekeepers Association on Facebook



Mon. Jul 8–Varroa Mites and IPM: Theresa Martin

Sat. Jul 20–Mentoring Inspections

Mon. Aug 12–Pesticides: Dr. Ric Bessin, University of Kentucky

Sat. Aug 24–Field Day with Laura Rogers

Mon. Sep 9–Small Hive Beetles: Speaker TBD

Mon. Oct 14–Business Meeting and 2025 Planning

Mon. Dec 9–Holiday Party and Beekeeper of the Year

Subject to Change. See Whitley County Beekeepers Association Facebook for updates



SEKSPA June / July 2024



- June 22 - Sheep EWE-Niversity, Salvisa, KY
- June 24 - graded sale Richmond, KY
- June 27 - graded sale Bowling Green, KY
- July 2 - graded sale Paris, KY
- July 4 - Independence Day
- July 7 - Islamic New Year
- July 8 - graded sale Richmond, KY
- July 11 - graded sale Bowling Green, KY
- July 16 - graded sale Paris, KY
- July 20 - graded sale Springfield, KY
- July 22 - graded sale Richmond, KY
- July 25 - graded sale Bowling Green, KY
- July 27 - SEKSPA's Breeding Sheep Sale, Wilderness Trail Facility, London, KY

SEKSPA Board Members & Officers

- President - Patrick Angel
- Vice-President - Lester Brashear
- Secretary - Jessica Madison
- Treasurer - Emily Merritt
- Director - Daniel Bell
- Director - Janelle Miller
- Director - Chris Pierce
- Director - Brenda Richardson
- Director - Guy Taylor

Wayne County Sheep and Goat Association Chapter of SEKSPA

- President - Tracy McCarty
- Vice-President - Alison Harner
- Secretary - Theresa Slagle

Wool and Fiber Arts Chapter of SEKSPA

- President pro tem - Brenda Richardson
- Vice President pro tem - Oliver Gibbon
- Secretary pro tem - Emily Merritt

Perry County Sheep and Goat Chapter of SEKSPA

- President - Lester Brashear
- Vice-President - Daniel Sumner
- Secretary - Bill Combs

For more information about the above events call or text:

606-312-5264

or click here to send an email:

pangel9491@gmail.com

4275 North highway 25W,
Williamsburg, Ky, 40769

**FIRST AND THIRD
SATURDAY OF EVERY
MONTH!**



**START: 11AM-4:00PM/ \$15 ENTRY
FEE!**

FEEL FREE TO CONTACT US

Dakota Childers: (606) 428-0229
Malachi Hersey: (606) 765-3216

Canning Pickles

Saturday, August 17th | 10 AM

Water bath canning is the food preservation process used to can high acid foods such as pickles and jams. In this demonstration class we will be making Hamburger Dill pickles while discussing the importance of following an approved recipe and learning the basics of water bath canning. This class is part of the Whitley County Homesteading series and is free of charge. Registration is appreciated.

Cooperative
Extension Service

**FOOD PRESERVATION
CLASSES**

WD BRYANT
1405 S MAIN ST
CORBIN, KY

For Info or to Register



Call: 606-549-1430

Go To:

www.tinyurl.com/WCPACE

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Water is nutrient no. 1 for horses



Source: Bob Coleman, UK extension horse specialist

Horses rely on many nutrients to thrive including protein, fat, carbohydrates, vitamins and minerals. However, water is the most important nutrient. Water accounts for nearly 75% of a horse's body weight. Most horses need at least 6-8 gallons every day, but the amount required will vary based on weather or diet. In hot weather, horses will need more water, and a horse eating hay requires more than one on pasture. Lactating broodmares always require more water.

Always prioritize fresh, clean water for your animals for many reasons. Adequate hydration reduces the risk of colic and plays a vital role in digestion. Water helps horses regulate their body temperature, lubricates joints, assists in muscle contraction strength and get rid of waste.

Most horse managers easily prioritize clean, fresh water in the barn. They have a daily routine of checking, cleaning and filling water buckets. But outside water may end up being more accidental than routine. You can't rely on streams and ponds for your water source. Horse traffic can break down stream banks, contaminate the water source and even cause animal injuries. Regularly check stock tanks and troughs, frequently change the water and clean the container.

Stock tank water may get a bit warmer than what some horses prefer, so watching the capacity of the watering device can help. Keep water cooler by changing it more often or having the water refreshed in the waterer more often. This can help provide water horses want to drink. Carefully consider where to dump dirty water in the field so you don't create muddy areas.

Forages contain moisture and grazing horses will get some daily hydration while munching on pasture. However, still offer free-choice water sources for horses to visit throughout the day.

Learn to recognize dehydration signs in your horses. By the time you see the signs, your horse may have already lost 5% of its body weight. Dehydrated horses appear weak, have sunken eyeballs, dry mucous membranes, slow capillary refill time and an increased heart rate. Pinch the horse's skin near the base of their neck for two seconds. If the skin stays pinched, your horse most likely needs water and possibly electrolytes.

For more information about horse management, contact the
Whitley County Cooperative Extension Service
606-549-1430



Effective strategies to prevent plant diseases in your garden

Source: Rick Durham, extension professor, Department of Horticulture

In the unseen sphere of our vegetable gardens, plant pathogens including fungi, bacteria, nematodes and viruses are ever-present threats. However, with proactive measures, gardeners can successfully manage these threats and maintain healthy vegetable gardens.

Selecting the right location for your garden is the first step in prevention. Opt for a sunny area with well-drained soil to discourage the growth of pathogens. Raised beds can be an effective solution for improving drainage and air circulation around plants. It's also crucial to clear out old plant debris, which can harbor diseases from the previous season.

When choosing plants, prioritize disease-resistant varieties and inspect any transplants for signs of disease before introducing them to your garden. For seeds, consider those that have been treated with fungicide to give them a better chance of thriving. Planting in warm soil and ensuring proper spacing between plants are additional measures that can minimize stress and disease susceptibility.

Crop rotation is an invaluable strategy, especially in smaller gardens. Changing what's planted in a specific area every few years can prevent the buildup of soil-borne diseases. For crops that are particularly disease-prone, consider skipping their cultivation for a few years or growing them in containers separate from the garden.

Maintaining a weed-free garden throughout the growing season is essential. Weeds can serve as hosts for pests and diseases, transferring them to your vegetable plants. Proper watering techniques can also make a significant difference; water at the base of plants to avoid wetting foliage, and if overhead watering is necessary, do so early in the day to allow leaves to dry.

Avoiding mechanical injury to plants, such as from gardening tools or rough handling, can prevent openings for pathogens. Furthermore, refraining from working in the garden when plants are wet can reduce the spread of diseases.

By taking these steps gardeners can effectively manage plant diseases. This approach not only protects the garden from the myriad of pathogens waiting to attack but also leads to a bountiful and healthy harvest.

For more information on keeping a health garden, contact the
Whitley County Cooperative Extension Service
606-549-1430

Cook Wild Kentucky



Catfish Fillets in Ginger and Soy

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

USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

Catfish Fillets in Ginger and Soy

- 1.5 lbs. catfish steaks, about 1-inch thick
- ¼ cup olive oil
- 1 garlic clove, minced
- 8 ounces fresh white mushrooms
- 3 tablespoons low-sodium soy sauce
- ¼ cup white wine vinegar
- ½ teaspoon ground ginger
- 1 green onion, thinly sliced

Preheat oven to 350 degrees Fahrenheit. Mix olive oil, garlic, mushrooms, soy sauce, vinegar, and ginger in a bowl. Place fish in a shallow, greased baking dish. Pour mushroom mixture evenly over fish. Pull foil around baking pan and seal tightly. Bake for 30 to 35 minutes or until fish flakes easily. Add thinly sliced green onions on top of fish before serving.

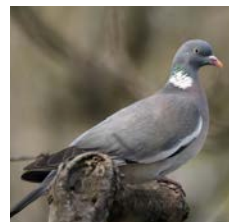
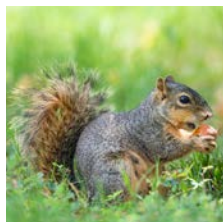
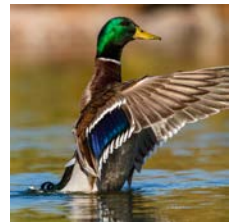
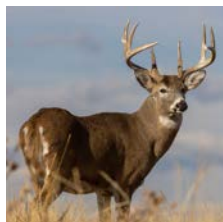
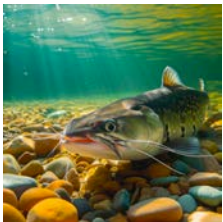
Yield: 6 servings

Adapted from "Pride of Kentucky" Published by Kentucky Extension Association of Family and Consumer Sciences, Copyright 2003 by Kentucky Association of Family and Consumer Sciences P.O. Box 446 Franklin, Kentucky 42135-0446

Nutrition Facts	
6 servings per container	
Serving size 4 ounces (181g)	
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 340mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 10mcg	50%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 442mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan QR code for more recipes on Fish, Deer, Rabbit, Frog, Duck, Turkey, Squirrel, Beaver, Turtle and Dove



Available Equipment

Please Call to reserve Equipment 606-549-1430



Manure Spreader



Tiller



Raised Bed Tiller



Chicken Plucker



Scalder



Small Mulch Layer



Mini Layer w/ Mulch Lift & Trailer (KSU)



Large Mulch Layer w/ Trailer



Seeder



Potato Planter



Potato Hiller & Sprayer



Potato Harvester



Vegetable Planter



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Mulch Lift

*Lessee pays a refundable deposit of \$100, which will be refunded when equipment is returned clean



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