



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

Hart County Agriculture

Summer 2023

Hart County Extension Office
505 A.A. Whitman Lane
P.O. Box 367
Munfordville, KY 42765
270-524-2451

I hope this newsletter finds everyone safe and healthy. Overall, we have had a good start to the summer growing season. Some areas of the county have been drier than others, which has created some issues. However, recent rainfall appears to have helped alleviate anything that was struggling from drier weather.

For anyone that does not already know, the Hart County Extension Office is now offering free soil testing. We are excited to offer this to the producers of Hart County, and hope that you can take advantage of this program.

As the summer progresses, as well as the crop season, I want to encourage you all to take advantage of the services that we offer. Some of those services include soil testing, tissue sampling, water sampling, and pest ID (insect, weed, etc.). We also have specialists at UK in nearly every aspect of Agriculture Production that are available to help with any issues that may arise. Please don't hesitate to call if you have any questions.

I hope that everyone continues to have a safe and healthy summer. If you need anything give us a call at the Extension Office, we would be glad to help you. Have a great day!

Adam Este



In this Issue

- FSA Text Alerts
- Heat Safety
- Spray Clinic
- Corn, Soybean, and Tobacco Field Day
- Sheep and Goat Production Meeting



Sign Up for FSA Office Text Alerts
 Stay up to date on program and sign-up opportunities with FSA office text alerts. In addition to email alerts, you can also subscribe to receive text messages on your cell phone from the Hart County USDA Service Center. To subscribe to text message alerts, text KYHart to 372-669. Standard text messaging rates apply, and you can unsubscribe at any time. On average, we will send you no more than two text messages each month.



**Crop reporting deadline
 is July 15, 2023**



Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	



Stay Cool, Stay Hydrated, Stay Informed!



Just a reminder that the Hart County Cattlemen's Association has the following equipment available to rent for the producers of Hart County

Boomless Pasture Sprayer

Hay Wrapper

Cattle Scales

No-Till Seed Drill

Pull type Lime Spreader



Contact the Extension Office and we can put you in touch with the people responsible for the equipment.



Heat Safety



By Tony Edwards - National Weather Service Charleston, WV

While it's been a relatively cool start to summer across the Bluegrass State, heat and humidity more typical of summer are bound to arrive sooner rather than later. Heat is one of the leading weather-related killers in the U.S., resulting in hundreds of fatalities each year. During extremely hot and humid weather, your body's ability to cool itself is challenged. A body heating too rapidly, or losing too much fluid or salt through dehydration or sweating, can result in death or permanent injury. While everyone can be vulnerable to heat, some are more vulnerable than others. Infants, children, the elderly, chronically ill, and pregnant women are especially vulnerable.

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.

The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps.

Heat Cramps

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Symptoms include painful muscle cramps and spasms, usually in legs and abdomen, and heavy sweating. First aid for someone experiencing heat cramps includes applying firm pressure on cramping muscles or gently massage to relieve the spasms. Give sips of water unless the person complains of nausea. Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

Symptoms include heavy sweating; weakness or tiredness; cool, pale, clammy skin; fast, weak pulse; muscle cramps; dizziness; nausea or vomiting; headache; and fainting. If you suspect someone is suffering from heat exhaustion, move the person to a cooler location, preferably an air conditioned room. Loosen clothing. Apply cool, wet cloths or have the person sit in a cool bath. Offer sips of water. Seek immediate medical attention if the person vomits, symptoms worsen, or last longer than 1 hour.

Heat Stroke

Symptoms include a throbbing headache; confusion; nausea; dizziness; body temperature above 103°F; hot, red, dry or damp skin; rapid and strong pulse; fainting; and loss of consciousness. **Call 911 or get the victim to a hospital immediately** as heat stroke is a severe medical emergency. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or a cool bath. Use a fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.

2023 Spray Clinic

July 13, 2023

8:30 am to 12:00 pm
(sign in @ 7:30)



University of Kentucky
Research and Education
Center
Princeton, KY 42445

Pre-registration is required at:

<https://2023KATSSprayclinic.eventbrite.com>

\$65 Registration fee
Lunch will be provided



Pesticide and Certified
Crop Advisor Credits
have been applied for

Topics and Demonstrations:

- The importance of spray droplet size for herbicide application
- Weather conditions during spray application
- Tank mixing and adjuvants
- Fungicide spray application efficacy
- Fungicide application with drones
- Kentucky regulations for spray drones

For more information contact
Travis Legleiter (Travis.Legleiter@uky.edu)
or Lori Rogers (lori.rogers@uky.edu)



2023

UK Corn, Soybean & Tobacco Field Day

July 25, 2023

UKEC

1205 Hopkinsville St.

Talks begin: 8 am (CT)

Pre-register:

[2023 C,S&T Field Day](#)



 **Martin-Gatton**
College of Agriculture,
Food and Environment

EDUCATIONAL CREDITS:

GC IPM Stop

CCA: 1 PM

Pesticide: 1hr Cat 4

GC Management stop

CCA: 1 CM

Pesticide: 1hr Cat 10

Tobacco Stop

CCA: 0.5 CM, 0.5 PM

Pesticide: 1hr Cat 1A

TOPICS INCLUDE:

- Corn Disease Concerns for 2023
- Red Crown Rot of Soybean: A New Disease to Kentucky
- The New “Non-certified Pesticide Applicator’s” Category
- UKREC Tobacco Barn Construction Update
- Evaluating Biological N Fixation for Corn
- Tobacco Types Grown in Kentucky: Old vs. New Varieties
- Do We Need to Spray for Caterpillars in Soybeans?
- Comparing Wheat, Barley, and Rye Cover Crops Before Corn
- Flea Beetle Management in Tobacco
- The Continuing Battle Against Problematic Weeds!
- Corn & Soybean Outlook
- Potassium Chloride Use in Tobacco
- Effect of Fungicides on Cigar Wrapper Leaf Production



Thanks to our lunch sponsors!



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SHEEP AND GOAT PRODUCTION MEETING

Tuesday August 22nd, 2023

5 pm CST @ the Hart County Extension Office

TOPIC

*PARASITES

HANDS ON/DEMONSTRATION ON
FECAL EGG COUNTS
YOU MAY BRING A SAMPLE IN TO
PRACTICE ON

Presentation by Dr. Lay
KSU

Please call the office if you plan to
attend 270-524-2451



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

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Murfreesboro, TN
P. O. Box 367
Hart County

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Creamy Cucumber and Chicken Salad

½ pound chicken breast
1 tablespoon fresh lemon juice
1 cup slivered almonds
½ cup nonfat plain Greek yogurt
3 ounces reduced fat cream cheese
2 tablespoons Dijon mustard

½ teaspoon sea salt
1 tablespoon ground black pepper
2 tablespoons fresh chopped dill
2 medium cucumbers, chopped
1 cup dried cranberries
8 lettuce leaves

Marinate chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

