

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter August 2025



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In This Issue:

- Timely Tips for Beef Cattle
- Mountain Cattlemen's Mtg.
- Walking Program
- Health Bulletin
- Quicksand Area Food Preservation Workshop
- Brunch & Learn
- Calendar of Events
- Cooking Through the Calendar Recipe and Class
- Sit n Sew
- Beekeepers
- 4-H Garden Club
- 4-H Cooking Club
- 4-H Cloverbuds
- 4-H Homeschool Club
- 4-H Art Club
- 4-H Chess Club

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



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accommodated
with prior notification.

Timely Tips

Dr. Les Anderson, Beef Extension Professor, University of Kentucky

Fall-Calving Cow Herd

- De-worm calves in mid-July with a product that is effective against inhibited ostertagia.
- Fall-calving cows should be dry and pregnant now. Their nutrient needs are minimal, and they can be maintained on poor pasture to avoid over fattening. Keep a good free-choice mineral mix available at all times. You can use a lower phosphorus mineral supplement now, if you want to save a little money. These cows are regaining body condition after a long winter-feeding period.

Each article is peer-reviewed by UK Beef IRM Team and edited by Dr. Les Anderson, Beef Extension

Specialist, Department of Animal & Food Science, University of Kentucky

Cooperative Extension Service

University of Kentucky

Beef IRM Team

- Get ready for fall calving and plan to have good pasture available at calving and through the breeding season.

Stockers

- Sell heavier grazing cattle before rate of gain decreases or they get into a heavyweight category. **Continued next page**



This will also relieve grazing pressure as pasture growth diminishes. They can be replaced with lightweight calves after pastures recover.

- Lighter cattle which are kept on pasture need to be rotated to grass-legume or warm-season grass pastures to maintain a desirable level of performance. Re-implant these calves and deworm with a product that is effective against inhibited ostertagia.

General

- Check pastures for downed wild cherry trees after storms (wilted wild cherry leaves are toxic to cattle).
- Be sure that clean water is always available, especially in hot weather. Make routine checks of the water supply. Cattle need 13 to 20 gallons of clean water in hot weather. Cattle should have access to shade.
- Maintain a weed control program in permanent pastures and continue to “spot-spray” thistle, honey locust, etc.
- Have forage analyses conducted on spring-cut hay and have large, round bales covered. Begin planning the winter feeding program now. Most of the hay was cut late due to a wet spring.
- Start soil testing pastures to determine fertilization needs for this fall.
- Be aware of the heat when planning your cattle handling. Work cattle early in the morning to avoid excessive heat stress.
- Avoid grazing pastures containing endophyte-infected fescue if possible. The alkaloids (chemicals) produced by the fungus exacerbates heat stress in livestock and can lead to numerous negative outcomes including decreased growth rate and decreased conception rate.





College of Agriculture,
Food and Environment
Cooperative Extension Service



MOUNTAIN
CATTLEMEN'S
ASSOCIATION

SUMMER COOKOUT



**CATTLE MARKET
UPDATE**

DR. KENNY BURDINE



MON AUGUST 11 | 6PM

Wolfe County Extension

****CAIP Education Class**

CALL YOUR COUNTY TO REGISTER!

- Guest Speaker Dr. Kenny Burdine will provide a market update
- Brief Mtn Cattleman's Meeting
- Meal will be provided

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Come and Walk With Us



Wolfe County Extension Office

20 Washington Street
Campton, KY 41301

ADULT HEALTH BULLETIN



AUGUST 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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One of the best things

you can do is drink

plenty of water,

even if you don't feel thirsty.

Wear light-colored,

loose-fitting

clothes and a hat

to protect yourself

from the sun.

→ Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

<https://www.cdc.gov/heat-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Quicksand Area Agents Present Food Preservation Workshop

August 4th and 8th

10 a.m.-2 p.m.

Robinson Center

Jackson, KY

Join us for a two day Food Preservation
Workshop covering:

Water Bath Canning

Dehydrating

Vacuum Sealing

Pressure Canning

Freezing

Jam & Jellies

and more!

If you live in Wolfe County call 606-668-3712 to register
Contact your local Extension Office to sign up!

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Brunch & Learn

New topics each month
with Area Family & Consumer
Science Agents

Food Safety Guidelines for Potlucks

Planning Ahead

- By sending out an invitation or survey, you can find out if there are any food allergies and/or special diet needs.
- Be mindful of how far you are traveling without heat or refrigeration. Consider bringing nonperishable food or items that do not require temperature control, such as whole fresh fruits, nuts, dried fruits, and certain baked goods.
- Before making hot or cold foods, make sure you have a way to keep hot foods hot and cold foods cold during transport and at the potluck site.
- Provide a way for guests to clean their hands before filling their plates. Soap and water is best.

Preparing Food

- Properly wash your hands before food preparation using soap and water for 20 seconds; repeat after handling food.
- Using hot, soapy water, clean kitchen utensils and surfaces before, during, and after food preparation. Apply a diluted bleach solution (one tablespoon bleaching of water) to kill harmful bacteria that can remain on surfaces.
- Use clean aprons, potholders, dish-cloths, and towels. Launder daily if used.
- Use utensils, not your bare hands, to mix foods such as mixed salads.
- Never thaw food at room temperature. There are five safe ways to thaw food: in the refrigerator, in cold water, and in the microwave. See the "Big Thaw" fact sheet at www.fda.gov.
- Cook food to the proper internal temperature. Check for doneness by using a food thermometer. Refer to the internal cooking chart below for the recommended safe internal temperature of foods:

| | |
|---|--|
| Beef, Pork, Veal, Lamb, Steaks, Roasts, and Chops | 145 degrees F. with 3-minute rest time |
| Fish | 145 degrees F. |
| Ground Beef, Pork, Veal, Lamb | 160 degrees F. |
| Egg Dishes | 160 degrees F. |
| Turkey, Chicken, and Duck (whole, pieces, ground) | 165 degrees F. |

For turkey, chicken, and duck, make sure the meat is cooked to 165 degrees F. throughout. That way, guests with allergies and food preferences will know what is in your dish.

Serving Food

- If you brought a dish from home, make a label for your food dish and list the ingredients. That way, guests with allergies and food preferences will know what is in your dish.
- Assign one or two people to be in charge of receiving the food to ensure it stays at a safe temperature until time to serve.
- When serving at the potluck, make sure there is room in the refrigerator or oven there is a place to plug in your slow cooker. Hot food can be stored in an oven at 200 to 250 degrees F or a warming cabinet at 140 degrees F or higher.
- Assign one or two people to monitor the food table to keep people from opening containers and touching food.
- When serving at the potluck, make sure there is room in the refrigerator or oven there is a place to plug in your slow cooker. Hot food can be stored in an oven at 200 to 250 degrees F or a warming cabinet at 140 degrees F or higher.
- Keep surfaces clean and use clean utensils and dishes (if food needs to be transferred to another dish) until it is time to eat.
- Provide plenty of long-handled utensils for each item so that people can avoid touching the food or in case a dish is dropped.
- If food needs to be reheated, use a food thermometer to check the internal temperature reaches 165 degrees F.
- Serve food on clean, small plates, and do not refill them; use new clean plates.
- When grating, separate raw foods from cooked and ready-to-eat foods.
- Keep hot foods at 140 degrees F or higher. Use slow cookers and warming trays. (NOTE: Do not use this equipment to reheat the food; reheat food to 165 degrees F on stovetop, or in a microwave or oven and replace them often.)
- Keep cold foods at 40 degrees F or lower. Place dishes in bowls of ice, or use small serving dishes and replace them often.
- Keep foods such as cheesecake, cream pies, and cakes with whipped cream or cream cheese frosting refrigerated or in a shallow container on ice to keep them cool. If not refrigerated, throw out these food items after two hours.
- Use a food thermometer to check food temperatures frequently. After the meal, discard any perishable food that was left in the temperature danger zone (40 degrees to 140 degrees F) for more than two hours (1 hour if temperatures above 90 degrees F).



August 7th at 10:00 AM

Please call to register: 606-668-3712

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August

| Sun | Mon | Tue | Wed |
|---|--|---|-----------|
| | | | |
| 3 | 4 Quicksand Canning | 5 | 6 |
| 10 | 11 Mt. Cattlemen's 6:00 PM | 12 | 13 |
| 17 4-H Cooking 3:00 to 5:00 PM <i>Wolfe Co. Beekeepers 5:30 to 7:00 PM</i> | 18 | 19 Commodities for pre-approved Wolfe County Citizens over age 65 | 20 |
| 24 | 25 4-H Chess Club 3:00 PM to 5:00 PM | 26 4-H Garden Club 3 to 5:00 PM <i>Walking Club 11:00 AM</i> | 27 |
| 31 | | | |

2025

| Thu | Fri | Sat |
|---|-----------------------|-----|
| | 1 | 2 |
| 7 10 AM FCS Brunch & Learn <i>Homeschool Club 1:00 PM</i> | 8 Canning Workshop | 9 |
| 14 Sit n Sew 2:00 to 5:00 PM | 15 | 16 |
| 21 4-H Art Club 3:00 to 5:00 PM <i>Cooking Through the Calendar 11:00</i> | 22 | 23 |
| 28 4-H Cloverbuds 3:00 to 5:00 <i>Sit n Sew 2:00 to 5:00</i> | 29 | 30 |
| | | |



Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
 - 2 tablespoons white vinegar
 - 1 tablespoon honey
 - 1 tablespoon low-sodium soy sauce
 - 1 bag (12 ounces) coleslaw or broccoli slaw
 - 1/2 cup dry roasted unsalted peanuts, chopped (optional)
 - 2 green onions, chopped
 - 1 cup cilantro, chopped
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
 3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



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

4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings
Serving Size: 1 taco
(1/3 cup pork on tortilla with 1/3 cup slaw)
Cost per recipe: \$10.44
Cost per serving: \$0.87

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension

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COOKING THROUGH THE Calendar

August 21, 2025

11:00 AM

Wolfe County Extension Office

**For more information on how you can attend
these FREE cooking classes, please contact
your local Cooperative Extension office:**

Wolfe County Extension Office
20 N Washington St.
Campton, KY 41301
(606) 668-3712



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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SIT & SEW

August 14th & 28th from 2:00 to 5:00 PM

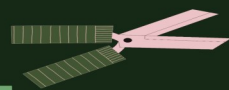
Join Master Clothing Volunteers
Rita Rogers
& Carole Dunhuber
to work on your projects



EST. 2024
BEE KEEPER
Wolfe
ASSOCIATION

WE USUALLY MEET THE 3RD MONDAY OF
EACH MONTH, OUR NEXT MEETING WILL BE:

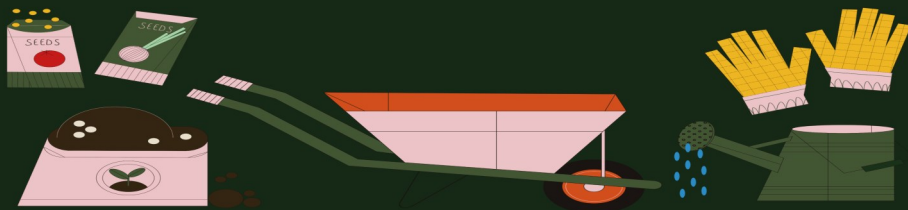
August 18, 2025 at 5:30



4-H Garden Club

August 26, 2025

3-5pm
Wolfe County
Extension Office



4-H Cooking Club

August 18, 2025



Learn how to make food
from all around the world!

From 3 o'clock to 5 o'clock PM

Register by calling
606-668-3712





Wolfe County 4-H Cloverbud Club



**For Wolfe County kids ages 3-8 to socialize
and explore the world through play and
interactive lessons. Guardians must attend
with children under 6.**



August 28th ,

3:00pm-5:00pm

Completely FREE!
Please text 6065604480 or email
bethany.kirby@uky.edu to register your child.

4-H Homeschool Club

August 7 at 1 PM

Register by calling or texting 6065604480



UK Martin-Gatton
College of Agriculture,
Food and Environment



4-H Art Club

August 21, 2025

3:00 to 5:00 PM

Doors open after school

Wolfe County
Extension Office

REGISTER BY CALLING 606-668-3712

4-H CHESS CLUB

For all skill levels! Ages 9+



August 25 at 3:00 to 5:00
Wolfe County Extension Office
Call 606-668-3712 to Register



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Wolfe County

20 N Washington Street

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