

# Extension Edition



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

## **Cooperative Extension Service**

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## **Wolfe County Cooperative Extension Newsletter July 2025**



### ***In This Issue:***

- From KY Beef Cattle News
- A Day At the Farmers' Market
- FCS Activities
- Plate It Up-KY Proud Recipe
- Health Bulletin
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- Cooking Through the Calendar Recipe and Class
- Sit n Sew
- Non-discrimination Policy
- Beekeepers
- 4-H Events



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## **Cooperative Extension Service**

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## How do you select your bulls? *Dr. Darrh Bullock, University of Kentucky, Dr. Matt Sprangler, University of Nebraska*

*Bull selection is one of the most important decisions that a beef producer makes and can have a lasting impact on profitability. Factors such as the market endpoint of calves (e.g., newly weaned or finished cattle), whether replacements will be retained, and the level of nutritional management provided to the cow herd all impact which traits should be selected for and at what level. Understanding this complex relationship can be the difference between buying a “good” bull and buying the right bull.*

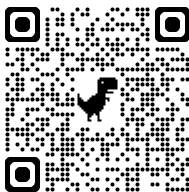
The eBEEF.org team, a group of beef cattle geneticists from across the US, is trying to determine how beef producers are currently selecting their bulls and will use this information to develop educational materials to help improve this process. Knowing which traits to select for is often not the problem, it is the degree to which each should be emphasized that can be highly variable from producer to producer and can often be challenging to determine. Too often this process is more ‘seat of the pants’ rather than by factors affecting profitability. For example, we may give calving ease too much emphasis, which can cause us to lose potential income with lighter sale weights so getting the proper balance is important.

*To assess how beef producers are selecting bulls, within their level of management, we are asking you to fill out a brief [survey](#). This should take approximately 10 minutes of your time and provide a wealth of information for the beef industry! This information will be used to compare the survey results to values generated by iGENDEC, a software package that determines the most profitable level of emphasis that should be placed on each trait within a specific production system.*

Several incentives are being offered to encourage participation in this survey. The first is a random drawing for five \$100 gift cards generously donated by the Beef Improvement Federation ([beefimprovement.org](http://beefimprovement.org)). The second is a special webinar that will be offered to everyone that completes a survey, and provides their email address, to discuss the findings of the survey and resulting bull selection strategies. Lastly, and possibly most importantly, knowledge gained by beef producers by going through this process and the entire beef industry through better bull selection decisions.

The UK Beef Extension Team is a major partner in this national effort and we hope that we will get a good response from our Kentucky beef producers. We will be developing follow-up articles with both national and Kentucky results, so the more responses we get the better the information will be. Thank you for your help!

**Survey Link:** [https://corexmsd9bfbwdhxgbhmw.qualtrics.com/ife/form/SV\\_eFqYgoQpZMJLRLE](https://corexmsd9bfbwdhxgbhmw.qualtrics.com/ife/form/SV_eFqYgoQpZMJLRLE)



# FRIDAY AT THE FARMER'S MARKET

JULY 11, 2024  
11:00 AM - 12:00 PM

- SAMPLES - BUY PRODUCE
- MEET & GREET WITH VENDORS
- RECEIVE A MEAL TICKET AFTER MARKET PURCHASE



Location— KY 15  
S, Campton. KY  
between Dollar  
General and  
Dairy Queen



Kentucky Farm Bureau  
will be giving Farmers  
Market Coupons to their  
members, while supplies  
last. Coupons must spent  
on-site and are only good  
July 11 during event.



# FCS ACTIVITIES

WOLFE  
COUNTY

## 2025 SENIOR GAMES

Extension Agents and staff arrived at the Knott County Sportsplex Senior Games, preparing lunch for seniors and engaging with community.



## RECIPE BOX WORKSHOP

Attendees created wooden recipe boxes at the Robinson Wood Center including assembly, sanding, and custom engravings.

## COME SEW WITH US

Participants attended workshops with Master Clothing Volunteers, learning to sew various projects.





# Smashed Potatoes

**6** large baking potatoes  
Cooking spray

**1½ cups** sliced, fresh mushrooms

**4** green onions, thinly sliced

**6 ounces** fresh spinach

**1 tablespoon** canola oil

**2 teaspoons** Dijon mustard

**¾ cup** light sour cream

**1 cup** 2% Cheddar cheese,  
shredded

**½ teaspoon** salt

**½ teaspoon** black pepper

**Preheat** oven to 400 degrees F. **Wash** and dry potatoes. **Spray** the skins with cooking spray and **pierce** potatoes in several places with a fork. **Place** on a 13- by-18-inch baking sheet. **Bake** until tender, about 1 hour. **Wash** mushrooms, green onions and spinach. **Heat** oil in a skillet over medium-high heat. **Add** mushrooms and **sauté** for 6 minutes. **Add** the green onions and fresh spinach, **sauté** for 1 minute. **Slice** off the top inch of each potato, leaving a ¼ inch border around the edge. **Scoop** out the flesh into a mixing

bowl and **mash**. **Add** mushroom mixture, Dijon mustard, sour cream and ½ cup cheese. **Mix** well and season with salt and pepper. **Scoop** mixture into potato shells and **sprinkle** with the remaining cheese. **Return** the potatoes to the baking sheet and **bake** until heated through and golden brown on top, about 20-25 minutes.

**Yield:** 6 servings

**Nutritional Analysis:** 410 calories, 9 g fat, 4.5 g saturated fat, 20 mg cholesterol, 400 mg sodium, 70 g carbohydrate, 9 g fiber, 4 g sugars, 15 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

# Kentucky Potatoes

**SEASON:** Late June-October

**NUTRITION FACTS:** Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

**SELECTION:** Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing choose drier varieties such as russet or Yukon Gold.

**STORAGE:** Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

**PREPARATION:** Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

## KENTUCKY POTATOES

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**September 2014**

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.ag/fcs](http://www.uky.ag/fcs)

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

# ADULT HEALTH BULLETIN



**JULY 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

# WHAT IS ALPHA-GAL SYNDROME?



**A**lpha-gal Syndrome (AGS) is a severe allergy that can happen after a tick bite. It causes allergic reactions when people eat red meat or use products derived from animals, such as cows, pigs, or deer.

Ticks carry a sugar molecule called alpha-gal, which is also in red meat. When the tick bites, it can transfer a small amount of alpha-gal into the person. In some people, this causes an immune response. The immune response triggers an allergic reaction each time the person comes into contact with alpha-gal in the future. It can happen when they eat red meat, such as beef, pork, or venison, or come into contact with products made from other parts of those animals, including dairy products, gelatin, or beauty products.

In the United States, Lone Star ticks are the most common transmitters of alpha-

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Lexington, KY 40506





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gal to humans. While it is possible for anyone to be bitten by a tick and have a reaction, adults react more commonly than children.

The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing. If possible, stay out of tall grass and thick woods, and walk in the center of trails.

After coming in from outdoors, check your skin, clothes, and pets for ticks. Take a shower and look for ticks on your body and always remove any ticks right away.

If you develop symptoms of a food allergy after a tick bite, contact your doctor. Make sure to tell them about your tick bite, to help them see if your illness may be related. It is important to get medical treatment for food allergy symptoms, even if the symptoms happen several hours after eating.

Get emergency medical treatment if you have symptoms of a serious allergic reaction. If you have trouble breathing, called anaphylaxis, or a constricted airway, rapid pulse, are feeling dizzy or light-headed, drooling, not able to swallow, or have full-body redness and warmth.

In order to diagnose you, a doctor may ask about your symptoms, medical history, and daily habits, take a blood sample for alpha-gal

antibody testing, or recommend allergy testing to confirm or rule out other potential allergens.

If you are diagnosed with AGS, see an allergy doctor, known as an allergist, for help. They specialize in treating allergic reactions and can help develop a plan to help you cope with your diagnosis. They can also refer you to other health-care specialists, such as a dietitian, mental health therapist, or home health service if needed.

Other recommendations for people living with AGS include avoiding eating red meat (beef, pork, lamb, deer, rabbit), and avoiding other potential sources of alpha-gal from animal products such as dairy products, gelatin, and certain beauty products. Read labels carefully to avoid trigger products. Talk to a doctor before taking any new medicine or vaccines. It is also important to avoid new tick bites, as they can make the allergy worse.

**REFERENCE:**

<https://www.cdc.gov/alpha-gal-syndrome/about>

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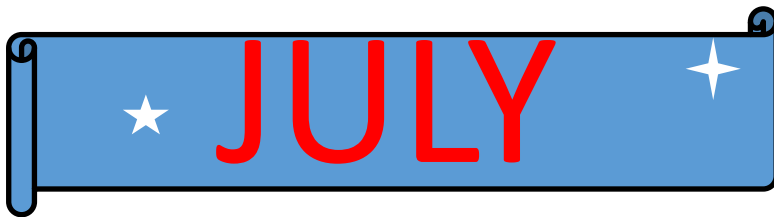
**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





Sun

Mon

Tue

Wed

1

2

6

7

8

9

13

14

Cooking Through  
the Calendar 11:00  
AM

15

Commodities for pre-  
approved Wolfe Countians  
over age 60

16

20

21

4-H Cooking 3-5  
PM

***Beekeepers***

22

4-H Garden Club 3-  
5 PM

23

27

28

Chess Club 3-5 PM

29

30

Thu	Fri	Sat
3	4 Office closed	5
10 Sit & Sew	11	12
17 4-H Art Club 3-5 PM	18 Homeschool 4-H Club 1:00 PM	19
24 Cloverbuds 3 to 5 PM Sit & Sew	25	26
31		



Recipes from the 2025 Food and Nutrition

# Recipe Calendar

**UK** Cooperative  
Extension Service

## Chicken Burgers



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

**Prep time: 10 minutes**

**Cook time: 10 minutes**

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

*Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings  
Serving size: 1 burger on bun with toppings  
Cost per recipe: \$8.36  
Cost per serving: \$2.09

### Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

### Source:

Andrea Wilde,  
NEP Area Nutrition  
Agent, University of  
Kentucky Cooperative  
Extension Service

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# COOKING THROUGH THE Calendar

**July 14, 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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July 10th and July 24th 2:00 to 5:00 PM



Cooperative  
Extension Service

Program and  
Staff Development

## Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

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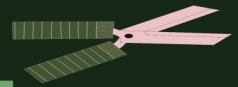
Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



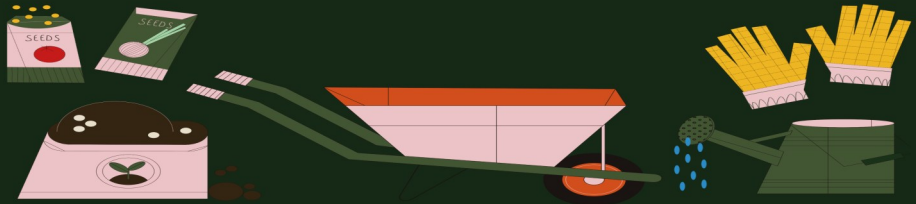


# 4-H Garden Club

July 22, 2025

3-5pm

Wolfe County  
Extension Office



# 4-H Cooking Club

July 21, 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.**

**July 24, 2025**

**3:00pm-5:00pm**

**Completely FREE!**

**Please text 6065604480 or email  
bethany.kirby@uky.edu to register your child.**



## **4-H Art Club**

**July 17th, 2025**

**3:00 to 5:00 PM**

**Wolfe County  
Extension Office**

**REGISTER BY CALLING 606-668-3712**



# 4-H Homeschool Club

July 18th at 1'clock PM

Register by calling or texting 6065604480



**UK** Martin-Gatton  
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# 4-H CHESS CLUB

For all skill levels! Ages 9+



**July 28, 3:00 to 5:00 PM**  
**Wolfe County Extension Office**  
**Call 606-668-3712 to Register**



Cooperative  
Extension Service



Wolfe County

20 N Washington Street

PO Box 146

Campton, KY 41301-0146

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