

# Extension Edition

## Cooperative Extension Service

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## Wolfe County Cooperative Extension Newsletter June 2025



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### In This Issue:

- Timely Tips– Cattle
- A Day At the Farmers' Market
- Health Bulletin
- Healthy Choices
- Calendar of Events
- Sit n Sew
- Beekeepers
- NEP Calendar Recipe-
- Cooking Through the Calendar Workshop
- Email option for newsletters
- 4-H Events
- Plate It Up– KY Proud Recipe – Zunicoti

"My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view." — H. Fred Dale



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with prior notification.

# Timely Tips

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

## Spring-Calving Cow Herd

- Continue supplying a high magnesium mineral until daytime temperatures are consistently above 60 degrees F.
- Improve or maintain body condition (BCS 5) of cows before breeding season starts. If necessary, increase energy intake even on pasture.
- Bulls should have a breeding soundness evaluation (BSE) well before the breeding season (at least 30 days). Contact your local veterinarian to schedule a BSE for your herd sires. They should also receive their annual booster vaccinations and be dewormed. I often get questions regarding deworming and reduced fertility in bulls. Dr. Phil Prater at MSU and I examined this and found no effect of deworming on bull fertility.

Schedule spring “turn-out” working in late-April or early-May, i.e. at the end of calving season and before the start of breeding season. Consult with your veterinarian about vaccines and health products for your herd.

“Turn-out” working for the cow herd *may* include:

Prebreeding vaccinations

Deworming

Replacing lost identification tags

Sort cows into breeding groups, if using more than one bull

Insecticide eartags (best to wait until fly population builds up)

“Turn-out” working of calves may include:

Vaccinate for IBR-PI3, Clostridial diseases and Pinkeye

Dehorn, if needed (can be done with electric dehorner and fly repellent during fly season)

Castrate and implant male feeder calves (if not done at birth)

Deworm

Insecticide eartags

- Consider breeding yearling replacement heifers one heat cycle (about 21 days) earlier than cows for “head-start” calving. Mate to known calving-ease bulls.
- Record identification of all cows and bulls in each breeding group.
- Begin breeding cows no later than mid-May, especially if they are on high endophyte fescue. Cows should be in good condition so that conception occurs prior to periods of extreme heat.
- Consider synchronizing estrus in all cows. Exposing late-calving cows and first-calf heifers to a progestin (MGA feed or CIDR device) for 7 days before bull turn out increases pregnancy rates and shortens the next calving season.
- Choose best pastures for grazing during the breeding season. Select those with the best stand of clover and the lowest level of the fescue endophyte, if known. Keep these pastures vegetative by grazing or clipping. *High quality pastures are important for a successful breeding season.*

If using **artificial insemination**:

Use an experienced inseminator.

Make positive identification of cows and semen used. This will permit accurate records on date bred, return to heat, calving date and sire.

Good handling facilities and gentle working of the cows are essential.

Choose AI sires that will meet your goals and resist the temptation to get your cows bigger. Using sires with higher accuracy EPDs will reduce risk.

Observe breeding pastures often to see if bulls are working. Records cows’ heat dates and then check 18-21 days later, for return to heat.



# 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





# ADULT

# HEALTH BULLETIN



## THIS MONTH'S TOPIC

## TICK PROBLEM PREVENTION



**S**pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

### Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page →

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# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

## → Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
  - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

### Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

### Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

### What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

**For more information** on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** [https://youtu.be/pr2\\_\\_iPdndI?si=z1u72TXK556QQAOL](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



MAY / JUNE 2025

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 **Cooperative  
Extension Service**



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Yogurt's hidden benefits: From digestion to heart health

**N**ational Dairy Month is in June each year. This is the month that highlights the value of dairy. Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- **Gives key nutrients:** Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- **Helps gut health:** Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- **Builds strong bones:** Yogurt is packed with calcium and



vitamin D, which are vital for making your bones strong.

- **Good for your heart:** Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.

- **Easy to digest:** Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- **Helps you feel full:** Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- **Easy to enjoy:** Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt: Health and Probiotic Benefits

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## BASIC BUDGET BITES

### Finding the best buy on food

**F**inding the best deal on food is a skill, and one anyone can learn. You must know what to look for and where to find it. Learn how to find the best deal for your family.

The first step in being a smart shopper starts with the price tag. Each price tag that appears on the front edge of the grocery shelf shows a lot of helpful facts. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart) between two items. Look for the lowest price per unit. You can use the

32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.05</b> per oz	<b>\$1.62</b>
	
846519725548123	

6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.12</b> per oz	<b>\$0.72</b>
	
84651978466659	

unit price to compare brands and sizes. Then, you can figure out which one costs less.

Source: NEP/PEM



## SMART TIPS

### Using Greek yogurt in recipes

**Y**ou can use Greek yogurt in both sweet and savory dishes. It is thicker and creamier than regular yogurt. This makes it a good choice in recipes instead of items like sour cream, mayonnaise, heavy cream, cream cheese, and buttermilk. These items are often higher in fat and calories. Check out the Loaded Beef Stroganoff recipe on page 3 using Greek yogurt to replace sour cream.

## COOKING WITH KIDS

### Whole-Grain Strawberry Pancakes

- Cooking spray
- 1 1/2 cups whole-wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 6-ounce container low-fat vanilla yogurt
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups strawberries, diced
- 1 6-ounce container strawberry low-fat yogurt

1. Heat griddle to 375 degrees F or heat a 12-inch skillet over medium heat. Spray with cooking spray before heating.

2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.
3. In a separate medium bowl, beat eggs, vanilla yogurt, water, and oil with a wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir just until moistened.
5. For each pancake, pour slightly less than a 1/4 cup of batter from a cup or pitcher onto the hot griddle. Cook pancakes for 1 to 2 minutes or until bubbly on top, puffed, and dry around edges. Turn and cook the other side 1 to 2 minutes or until golden brown.

6. Mix strawberries and strawberry yogurt together in a small bowl. Top each serving (2 pancakes) with approximately 1/2 a cup of the fruit and yogurt mixture.

**Servings:** 7

**Serving size:** 2 pancakes


**Recipe cost:** \$3.76

**Cost per serving:** \$0.54

Nutrition Facts per serving: 250 calories; 9g total fat; 1.5 saturated fat; 0g trans fat; 80mg cholesterol; 380mg sodium; 36g total carbohydrate; 4g fiber; 13g sugar; 5g added sugar; 8g protein; 6% Daily Value vitamin D; 10% Daily value calcium; 10% Daily Value iron; 6% Daily Value potassium



Source: NEP/PEM

# JUNE

Sun	Mon	Tue	Wed
1	2	3	4
8	9	10	11
15	16 Wolfe Co Beekeepers 	17 Commodity Day for <u>pre-approved</u> Wolfe Co. applicants over the age Of 60	18
22	23 4-H Cloverbuds	24 4-H Cooking Club	25
29	30 Chess Club		



**\*All classes are held at the Wolfe County Cooperative Extension Service Office unless otherwise noted**

	Thu	Fri	Sat
	5	6	7
	12 Cooking Through the Calendar- 11:00 AM 4-H Art Club Sit & Sew 	13	14
		20	21
	26 Sit & Sew  4-H Garden Club	27 Home School club	28
		Looking ahead to next month:  July 12—Lunch at the Farmers' Market	

# SIT & SEW

June 12th & 26th  
2:00 PM to 5:00 PM

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







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

**June 16, 2025 at 5:30**



## Rice and Bean Salad



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

**Prep time: 10-15 minutes**

**Cook time: 20 minutes**

### Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

### Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings  
Serving size: 1 1/2 cup  
Cost per recipe: \$14.01  
Cost per serving: \$2.00

### Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
Extension Service

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# COOKING THROUGH THE Calendar

**June 12, 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



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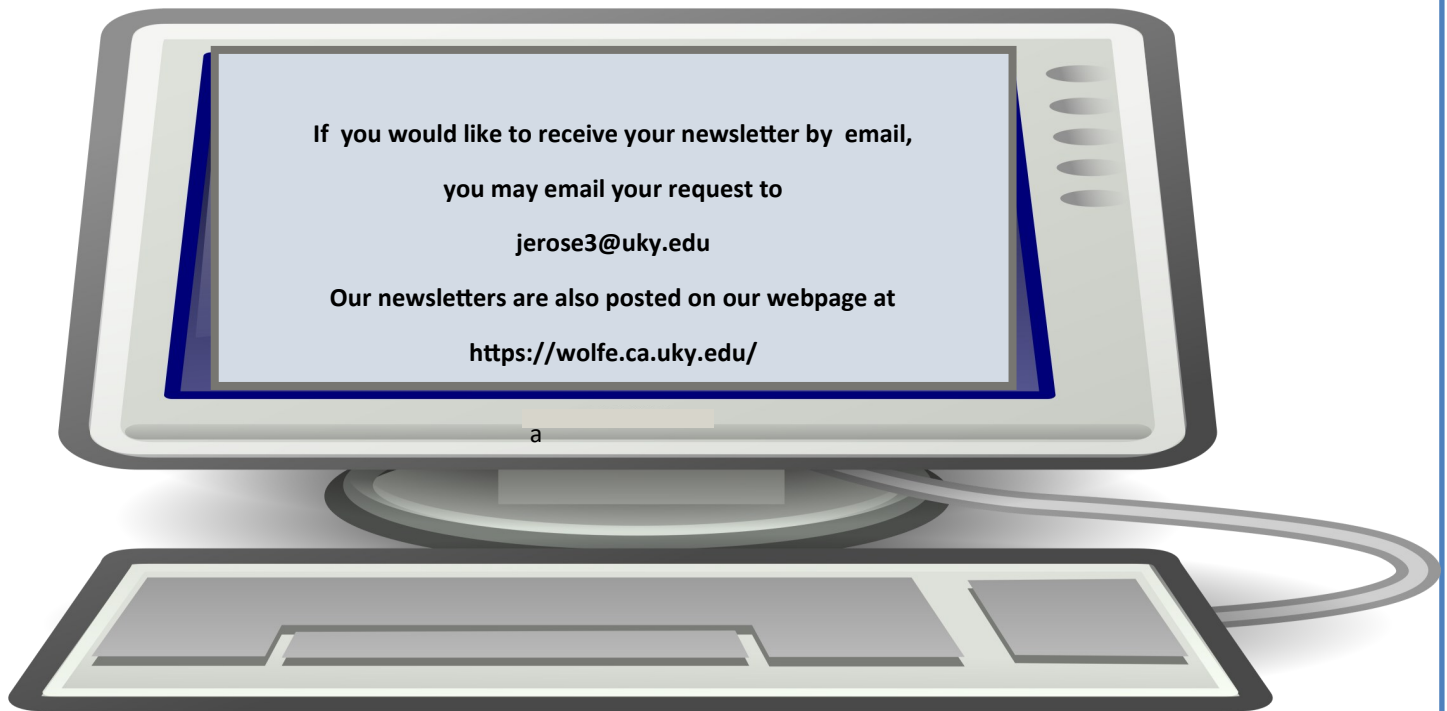
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# Email Option for Newsletters



## 4-H Homeschool Club

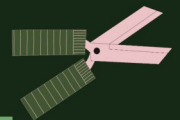
Wolfe County Extension Office

June 27 | 1pm

Register by calling or texting 6065604480



**UK** Martin-Gatton  
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Food and Environment



## 4-H Garden Club

June 26

3-5pm

Wolfe County  
Extension Office







# 4-H Art Club

June 12  
3-5pm

\*Doors open after school\*

Wolfe County  
Extension Office

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.

June 23  
3:00pm-5:00pm

Completely FREE!

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

## 4-H Cooking Club

June 24  
3-5pm



Learn how to make food  
from all around the world!

\*Doors open after school\*

Register by calling  
606-668-3712

## 4-H CHESS CLUB

For all skill levels! Ages 9+



June 30; 3-5  
Wolfe County Extension Office  
Call 606-668-3712 to Register



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## Zunicotti

**1 cup** ricotta cheese  
**1 cup** finely grated  
Parmesan cheese,  
divided  
**1** large egg, lightly beaten  
**1** clove garlic, minced

**2 cups** whole  
spinach,  
roughly torn  
**½ teaspoon**  
Italian seasoning  
Salt to taste

Freshly ground black pepper  
to taste  
**4** medium zucchini  
**1 cup** marinara sauce  
**¾ cup** shredded mozzarella  
cheese

**Preheat** oven to 350 degrees Fahrenheit.  
**Spray** 13-by-9-inch baking dish with  
cooking spray. In a medium bowl,  
**combine** ricotta, ½ cup Parmesan  
cheese, egg, garlic, spinach, and Italian  
seasoning. **Add** salt and pepper to taste,  
and **mix** until well combined. **Set** aside.  
**Wash** zucchini and **cut** off ends. Use a  
mandolin or sharp knife to **slice** zucchini  
thinly lengthwise. To reduce water, **place**  
zucchini on a microwave-safe plate lined  
with paper towels and **cover** with a paper  
towel. **Microwave** 1 minute. **Pat** excess  
moisture away with paper towels. On a  
clean work surface, **place** three slices of

zucchini so they are slightly overlapping  
and place a spoonful of ricotta mixture  
on top. **Roll up** and **place** in baking dish.  
**Repeat** with remaining zucchini and  
ricotta mixture. **Spoon** marinara on top  
of zucchini. **Sprinkle** with remaining  
Parmesan and mozzarella cheese. **Bake**  
until zucchini is tender and cheese has  
melted, about 30 minutes.

**Yield:** 10 servings

**Nutritional Analysis:** 130 calories, 7 g fat,  
4 g saturated fat, 40 mg cholesterol,  
410 mg sodium, 8 g carbohydrate, 1 g fiber,  
3 g sugars, 0 g added sugars, 9 g protein