

Extension Edition

Cooperative Extension Service

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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter September 2025



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- Horses and Horsemen
- Hiking for Health
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- Trunk or Treat
- 4-H Garden Club
- 4-H Cooking Club
- 4-H Cloverbuds
- 4-H Homeschool
- 4-H Art Club
- 4-H Chess



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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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Lexington, KY 40506



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with prior notification.

Timely Tips-Managing Heat Stress in Cattle:

Dr. Katie VanValin, Assistant Extension Professor, University of Kentucky-

Consider forage type and fescue toxicosis: Forage type can also impact heat stress in beef cattle, especially in the fescue belt. Cattle grazing toxic endophyte-infected tall fescue, such as KY-31, and experiencing fescue toxicosis suffer from vasoconstriction, or constriction of the blood vessels, which makes it harder to dissipate heat and puts them at greater risk of heat-related complications and performance losses. One strategy to address this issue is pasture renovation—specifically, converting toxic endophyte-infected tall fescue to novel endophyte tall fescue. Novel endophyte varieties do not produce the toxic compounds found in traditional varieties but still contain the endophyte that provides persistence and stress tolerance to the plant. Pasture renovation can be costly, and not all fields are well suited for complete renovation.

However, if renovation is being considered, a novel endophyte variety of tall fescue should be a top choice.

It's important to note that the impacts of ergot alkaloids—the toxic compounds in infected fescue—can linger in cattle for weeks to months after removal from the pasture. For this reason, grazing cattle on novel endophyte tall fescue in the spring can be especially advantageous.

Inter-seeding legumes, such as clover, provides producers with another tool for mitigating fescue toxicosis. This has long been recommended as a tool for managing fescue toxicosis, but newer research highlights an added benefit beyond diluting consumption of toxic tall fescue. Compounds called isoflavones, especially those found in certain red clover varieties, may help alleviate the vasoconstriction caused by toxic fescue.

Producers can also consider incorporating warm-season or summer annuals into a portion of the operation. These forages can be grazed during the hottest months, allowing cool-season pastures time to rest. Take time to plan how these alternative forages can be strategically integrated into your grazing system.

Provide mineral supplementation: Mineral supplementation is important, but especially during heat stress. As cattle consume more water, urination increases, and along with that comes a loss of minerals. Cattle will crave salt, which should be provided in the form of a complete free-choice mineral supplement to cattle on pasture or can also be mixed directly into the feed for cattle in confinement. Avoid using a plain salt block to meet cattle's desire to consume salt, because they are also losing other critical minerals such as potassium or magnesium which will not be replaced through consumption of a salt block alone. Keep a close eye on mineral feeders and ensure adequate consumption. A 50-lb bag of mineral formulated for 4 ounces per head per day should last 40 cows about 5 days, but it is important to remember that calves will also be visiting the feeder, so mineral may run out more quickly.



HORSES AND HORSEMEN

6:00 PM

- ✓ October 30th – Morgan County
General Management -
Dr. Bob Coleman
West Liberty Vet Clinic Guest Speaker
- ✓ November 13th – Breathitt County
Nutrition - Dr. Bob Coleman
- ✓ November 20th – Wolfe County
Facilities and Infrastructure -
Dr. Bob Coleman

Contact Us



Call your Extension Office to register.

Morgan County Extension Office
1002 Prestonsburg St.,
West Liberty, KY 41472
606-743-3292

Meal provided. Attend all 3 sessions and you
will receive a metal farm sign! Space is limited.

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Hiking FOR HEALTH

Join Us for Fall Hiking Adventures!

Discover the beauty of Kentucky's parks and trails this fall! Each week we'll explore a new location—from waterfalls to caves—while enjoying fresh air, exercise, and fellowship. Along the way, you'll also learn about native plants that make our landscapes unique. Bring water, comfortable shoes, and your sense of adventure!

 All hikes start at 10 A.M. 

: Informational Session @

Wolfe Co. Ext. Office: September 4th @ 11 AM

September 12th : Kingdom Come State Park

September 19th : Bad Branch State Nature Preserve

September 26th : Robinson Forest Fire Tower

October 3rd : Natural Bridge State Resort Park

October 10th : Mammoth Cave

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Come and Walk With Us



Wolfe County Extension Office

20 Washington Street
Campton, KY 41301

PARENT HEALTH BULLETIN



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)

THIS MONTH'S TOPIC

HELPING YOUR CHILD FORM MEANINGFUL FRIENDSHIPS



Research shows that friendships are very important for your health, both your body and your mind. When you have good friends, you feel happier and less stressed. Friends give you someone to talk to, laugh with, and share problems with. This can help lower feelings of sadness, worry, or loneliness. Being around friends can also make your brain feel safe and supported, which is good for your mental health. Friendships are also good for your body. Studies show that people with strong friendships often have lower blood pressure, get sick less often, and even live longer. That's because having people who care about you helps your body stay calm and healthy.

Making friends is an important part of growing up. You likely fondly remember some

Continued on the next page →

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**Encourage your child
to join clubs, sports,
or group activities
where they can meet
kids with similar interests.**

➔ Continued from the previous page

of your childhood friends and the memories that you made with them. When children have good friends, they feel happier and more confident. Friends give kids someone to talk to, play with, and share ideas and feelings with. Friendships also help children learn important life skills, such as how to listen, take turns, solve problems, and work in a team. These skills help them in school and life.

Parents play a big role in helping their children make and keep friends. One way to help is by teaching your child how to be kind and respectful. You can also talk to them about how to handle disagreements in a peaceful way. Invite other children over to your home so your child has chances to play and get to know others better. Encourage them to join clubs, sports, or group activities where they can meet kids with similar interests.

Sometimes, children feel shy or unsure about making friends. That's OK. Parents can help by listening, giving advice, and showing support. Let your child know it's normal to feel nervous and that making friends takes time. Praise their efforts, even small ones, such as saying hello or sharing toys, and inviting new kids to play. Over time, these little steps can grow into strong, healthy friendships.

It is also important for parents to prioritize friendship. Many activities require time and investment, such as jobs, school, sports, and community involvement. It is also important, though, for kids to have time to spend with their friends. Consider how allowing your kids to spend time with their friends can be beneficial for everyone's schedules. For instance, you could trade carpool duties with a parent of your child's friends so that they can ride together to events, or you could organize neighborhood playdates where parents can take turns supervising.

Friendships help children feel like they belong. They teach kindness, trust, and how to care for others. With your help and support, your child can build the kind of friendships that will help them grow into a caring and confident person.

REFERENCE:

<https://www.apa.org/monitor/2023/06/cover-story-science-friendship>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Please scan
QR code to
reserve your
spot.



FARM & HOME SAFETY FIELD DAY

**September 18, 2025
at 5:00pm
UK Robinson Center
130 Robinson Road
Jackson, KY 41339**

***Must be
registered by
5:30PM for
door prizes
and dinner**

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe
County Farm Bureau

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Food Safety Guidelines for Potlucks

Planning Ahead

- ## Food Safety Guidelines for Food Service
- ### 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.
- ...ation using soap and water for 20 seconds; repeat after handling surfaces before, during, and after food preparation. Apply... harmful bacteria that can remain on su...

Preparing Food

- Preparing Food**
- Properly wash your hands before food preparation using soap and water.
 - Using hot, soapy water, clean kitchen utensils and surfaces before, during, and after food preparation. Rinse with clean water. Do not allow bacteria that can cause illness to build up on kitchen 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 casseroles.
 - Never thaw food at room temperature. There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave. See the "Big Thaw" fact sheet at www.cdc.gov/foodsafety.
 - Never thaw food at room temperature. There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave. See the "Big Thaw" fact sheet at www.cdc.gov/foodsafety.
 - 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, Veal, Lamb, Steaks, Roasts, and Chops | 145 degrees F |
| Ground Beef, Pork, Veal, Lamb | 160 degrees F |
| Poultry, Fish, Shellfish, and Eggs | 165 degrees F |
| Reheated Leftovers | 165 degrees F |

Beef, Pork, Veal, Lamb, Steaks, Roasts, and Chops	145 degrees F
Fish	145 degrees F
Ground Beef, Pork, Veal, Lamb	160 degrees F
Egg Dishes	160 degrees F
Salads, Sandwiches, Soups, and Snacks	160 degrees F

Turkey, Chicken, and Duck (whole, pieces, ground) 160 deg

Serving Food

- [illegible]

UK
Fund and En
Cooperative Extension Service

Please call to register: 606-668-3712

September

Sun	Mon	Tue	Wed
	1 Closed	2	3 Cooking Through the Calendar at 11 AM
7	8	9 4-H Art Club 3 PM	10
14	15 Beekeepers 5:30	16 Cloverbuds 3 PM Commodities for pre- approved over age 60	17
21	22	23 4-H Cooking Club 3 PM	24
28	29 Chess Club 3 PM	30 Horses & Horse- men at Morgan CES at 6 PM	

2025

Thu	Fri	Sat
4 Hiking for Health-Info session 11 AM	5	6
11 4-H Garden Club Sit & Sew	12	13
18 Farm & Home Safety Field Day-Robinson Ctr. 5 PM	19 Homeschool Club at 1	20
25 Brunch & Learn at 10 AM Sit & Sew	26 Come Walk with Us	27
		Looking Forward Trunk or Treat- Oct. 24th Horses at Morgan-Oct.30



Cauliflower Bites

Prep Time: 15 minutes

Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

Nutrition facts

per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension

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COOKING THROUGH THE Calendar

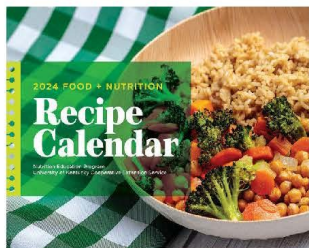
September 03 , 2025

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

September 11th & 25th- from 2:00 to 5:00 PM



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

The logo for the Bee Keeper Wolfe Association is centered within a decorative, scalloped border. It features a central illustration of a bee. The text "EST. 2024" is on either side of the bee. Below the bee, the words "BEE KEEPER" are written in large, bold, serif capital letters. Underneath that, "Wolfe" is written in a cursive script, and "ASSOCIATION" is written in smaller, bold, sans-serif capital letters at the bottom of the logo.

EST. 2024

BEE KEEPER

Wolfe

ASSOCIATION

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

September 15 , at 5:30 PM



TRUNK OR TREAT CAR CRUISE-IN

LOOK AT CARS | KIDS PLAY GAMES | TRUNK OR TREAT

WOLFE COUNTY EXTENSION OFFICE

October 24, 2025

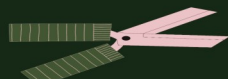


CONTACT

606-668-3712

6:00PM - 7:30PM



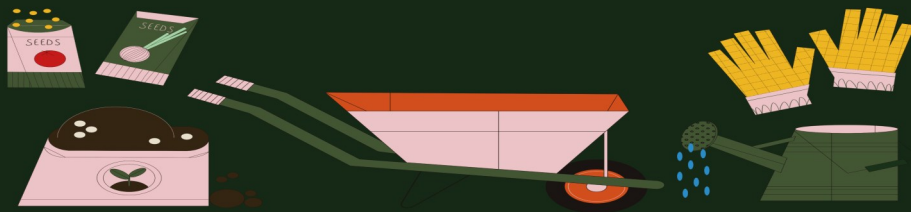


4-H Garden Club

September 11, 2025

Time Pending -Register with Bethany for time

Wolfe County
Extension Office



4-H Cooking Club

September 23rd



Learn how to make food
from all around the world!

From 3 o'clock to 4:30hhh



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.**

September 16, 2025 3:00 to 4:30 PM

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

4-H Homeschool Club

September 19 at 1 PM

Register by calling or texting 6065604480



UK Martin-Gatton
College of Agriculture,
Food and Environment



4-H Art Club

September 9, 2025

3:00 to 4:30 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+



September 29 at 3:00 to 4:30 PM

Wolfe County Extension Office

Call 606-668-3712 to Register



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Wolfe County

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