

# Agriculture and Natural Resources

July 2023

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Kentucky4H/](http://www.facebook.com/WashingtonCountyKentucky4H/)

## Managing Drought at a Glance

Chris D. Teutsch, UK Research and Education Center at Princeton

✓ Ensure that livestock have access to adequate amounts of clean water.
✓ Set a sustainable stocking rate (2 to 3 acres per cow-calf unit).
✓ Soil test and apply lime and fertilizer as needed.
✓ Implement rotational stocking prior to and during drought.
✓ Incorporate deep-rooted legumes into pastures.
✓ Incorporate warm-season perennials into grazing systems.
✓ Incorporate warm-season annuals into grazing systems.
✓ Feed hay in a sacrifice area BEFORE pastures become overgrazed.
✓ Feed commodities to extend pasture and hay.
✓ Sell calves and in some cases cows before markets are flooded.

Full article available at the office and on our website!



Listen for weekly tips on 100.9



Check out our website!



# UPCOMING EVENTS

## July

- 13th: KATS Spray Clinic
- 17th: Cattlemen's Quarterly Meeting
- 20th: KSU Third Thursday Thing
- 22nd: Southeast Kentucky Sheep Producers First Annual Sale
- 25th: UK Corn, Soybean, & Tobacco Field Day, Princeton

## August

- 17th - 25th: Kentucky State Fair
- 31st: Summer Sausage Making



### Hunter Education Student Course

Saturday August 5th, 2023

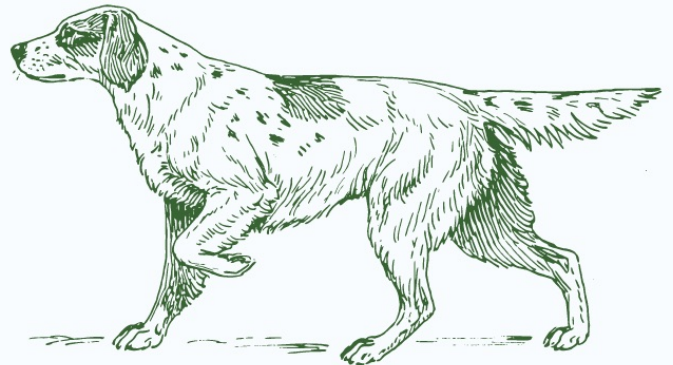
8:00 am - 5:00 pm

Bluegrass Sportsman Club

Wilmore, KY

## Hunting Seasons

- Coyote
- Groundhog
- Turtle
- Bullfrog
- Bear (Chase-Only)



For more information on season dates :  
<https://app.fw.ky.gov/seasondates/>

# HAY PRODUCTION

**Washington County Cattlemen's  
Quarterly Meeting**

**July 17th**

**6:30 PM**

**Washington County Extension Office**

**Dr. Greg Halich will be discussing the  
economics of hay and inputs into hay  
production.**

**A meal will be provided so be sure to  
call the Washington County Extension Office  
to register.**

**859-336-7741**



# 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 Safety

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## 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.

The infographic is split into two vertical panels. The left panel is orange and titled 'Heat Exhaustion'. It lists symptoms: Dizziness, Thirst, Heavy Sweating, Nausea, and Weakness. It includes an 'ACT FAST' box with instructions: Move to a cooler area, Loosen clothing, Sip cool water, and Seek medical help if symptoms don't improve. The right panel is red and titled 'Heat Stroke'. It lists symptoms: Confusion, Dizziness, and Becomes Unconscious. It includes an 'ACT FAST' box with instructions: CALL 911, Move person to a cooler area, Loosen clothing and remove extra layers, and Cool with water or ice. A central figure of a person is split vertically, with the left side orange and the right side red, representing the transition from exhaustion to stroke. A water bottle and a question mark are also shown near the figure. At the bottom, logos for CDC and NIOSH are on the left, the slogan 'Stay Cool, Stay Hydrated, Stay Informed!' is in the center, and a small weather icon is on the right.

Heat Exhaustion	Heat Stroke
<b>ACT FAST</b> <ul style="list-style-type: none"><li>Move to a cooler area</li><li>Loosen clothing</li><li>Sip cool water</li><li>Seek medical help if symptoms don't improve</li></ul>	<b>ACT FAST</b> <b>CALL 911</b> <ul style="list-style-type: none"><li>Move person to a cooler area</li><li>Loosen clothing and remove extra layers</li><li>Cool with water or ice</li></ul>
<i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i>	<i>Confusion</i> <i>Dizziness</i> <i>Becomes Unconscious</i>

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*

**CDC** **NIOSH**

Stay Cool, Stay Hydrated, Stay Informed!

# CHICKEN CAESAR PASTA

## Ingredients

- 1 (8 ounce) package whole wheat pasta
- 1 tablespoon oil
- 2 chicken breasts
- 1 cup croutons
- 4 cups chopped romaine lettuce
- ½ cup Parmesan cheese
- 1 cup homemade Caesar dressing
- Homemade Caesar Dressing
- ¼ teaspoon garlic powder
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 ½ tablespoons lemon juice (or juice of ½ lemon)
- 2 tablespoons olive oil
- ¾ cup low-fat mayonnaise
- ½ cup Parmesan cheese
- ½ teaspoon pepper

## Directions:

### Salad

1. Boil pasta according to package directions. Rinse pasta in cold water and allow to dry.
2. Heat oil in medium sauté pan, add chicken breasts. Cook over medium heat until chicken breasts reach 165 degrees F. Chop into bite-size pieces.
3. In a large bowl, mix pasta, chicken, croutons, lettuce, and parmesan cheese.
4. Toss salad with homemade dressing when ready to serve.

### Homemade Caesar Dressing

1. In small mixing bowl, whisk together garlic powder, Dijon mustard, Worcestershire sauce, and lemon juice.
2. Whisk in olive oil.
3. Add mayonnaise, Parmesan cheese, and pepper. Whisk until well combined.
4. This makes a thick Caesar dressing. Makes 1 ½ cups of dressing you can keep in the refrigerator for 3 to 4 days.



Nutrition Facts per Serving: 170 calories; 8g total fat; 2g saturated fat; 0g trans fat; 25mg cholesterol; 300mg sodium; 15g carbohydrate; 2g fiber; 1g sugar; 0g added sugar; 11g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

**AT THE EXTENSION  
OFFICE**

**Wheelbarrow Series for July  
27th: Petscaping**

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*Taylor Graves*

**Bee Club  
July 3rd: Monthly Meeting**