

# AG Newsletter

## September 2025

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### Agent's Corner

We have almost made it through another growing season. I am not sure how everyone has made it through the hot dry days of August, but I am beat.

Everyday I would think, this must stop at some point; doesn't it?

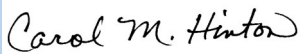
It has been a long time since we have seen any measurable rain. However, a few areas of the county, Union Star area had flooding just a few weeks ago.

We won't know any real numbers on crop yields until it comes in the combine. The past few weeks have been really rough on grain and forages.

In a few weeks, I will be attending sessions for agents on 'Surviving High Cattle Prices'. It will be interesting to see if they are thinking the same that I am. High cattle prices like other commodity prices, when they get high, we all think that they can't go down. They went up a lot slower than they will go down.

Please see the attached meetings and make an effort to attend some of the meetings across the state.

Sincerely,



Carol M. Hinton  
Breckinridge County Extension Agent  
for Agriculture/Natural Resources Education

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | [breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)

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Disabilities  
accommodated  
with prior notification.

# FARMERS' MARKET

**Breckinridge County Extension  
Farmers' Market and Educational Facility  
1377 South Hwy 261, Hardinsburg, KY**

**NOTE: DATES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

**OPEN EVERY SATURDAY  
JUNE 14 TO OCTOBER 25  
6:30 A.M. (CT)  
UNTIL PRODUCTS ARE SOLD**

**OPEN EVERY TUESDAY  
JUNE 24 TO OCTOBER 28  
3 P.M. (CT)  
UNTIL PRODUCTS ARE SOLD**

**Accepting WIC and Senior Citizens' Market Card**



Nothing else comes close



**For more information contact us at  
270-756-2182**

**Funded in part by Kentucky Agricultural Development Funds**

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Lexington, KY 40506



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# Beef Quality Assurance and Care Training

Several dates and times to choose from.

Note: Only need to attend one (1) session.

Training will last approximately two (2) hours.



## Breckinridge County Extension Farmers' Market & Educational Facility

September 4, 2025 ~~ 6 PM CT

September 5, 2025 ~~ 8:30 AM, 10:30 AM or 12:30 PM CT

September 11, 2025 ~~ 6 PM CT

September 12, 2025 ~~ 8:30 AM, 10:30 AM or 12:30 PM CT

September 16, 2025 ~~ 8:30 AM, 10:30 AM, 12:30 PM or 6 PM CT

Please call 270-756-2182 to register

NOTE: If you are participating in the CAIP Large Animal Cost Share program you must have a current certification number.

Training is **Free** during September! NO COST!

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# A soil test is the first important step for updated lime and fertilizer recommendations

*Source: John Grove, research and extension soils specialist; and Edwin Ritchey, extension soils specialist, UK Research and Education Center at Princeton*

To maximize yield and economic return on every acre, begin with a soil test. A current soil test from the University of Kentucky ensures you will receive more accurate fertilizer recommendations, optimized for your crop, field history and production methods.

University of Kentucky [Cooperative Extension Service](#) publication [AGR-1, Lime and Nutrient Recommendations](#), was recently updated for the 2025-2026 crop seasons, and new recommendations are a result of a review of soil fertility research and soil test data collected across the state. It covers nutrient recommendations for grain crops, forages, tobacco and several specialty crops.

To get reliable recommendations, it is important that the submitted soil sample accurately represents the field or area from which it was taken. Analytical results provided on the soil test report form are for the sample submitted, and the listed recommendations are based on those results. All recommendations are made on the assumption that a representative soil sample was taken. If soil sampling procedures are questionable, accurate nutrient and lime rate recommendations for the sampled field or area cannot be assured. Because results can vary between fall and spring sampling, it is better to consistently sample a given field at the same time of the year.

When sampling untilled fields in the fall, an equal number of cores should be collected from both between and close to the rows. For tilled areas, take soil cores to the depth of primary tillage (plow, chisel plow, big disc, etc.), usually six to eight inches. With pastures, lawns, no-tilled areas and turf, take soil cores to a depth of four inches.

With changing fertilizer and commodity prices, each production field should be sampled every two years. Annual sampling is preferable for high-value crops or rotations that remove large amounts of soil nutrients, such as alfalfa, tobacco and double-crop silage. Sampling each year after manure application is also recommended.

Recommended nitrogen additions are made with an expectation of a yield response as measured for that crop under Kentucky soil and weather conditions. Yield responses to phosphate and potash rate recommendations are more likely when soil test levels “very low,” “low” and “low-medium.” When the soil test value is “medium” or higher, associated phosphate or potash rate recommendations are mostly intended to ‘maintain’ sufficient soil phosphorus and potassium availability.

Field research yield and soil test relationships measured by the Kentucky Agricultural Experiment Station were used to establish the phosphate and potash recommendations contained in AGR-1. Those recommendations strive to enable each soil/field to supply a sufficient level of available plant nutrients, regardless of seasonal weather and assuming good management practices.

Contact the Breckinridge County Cooperative Extension office for additional information, or view AGR-1 at <https://publications.ca.uky.edu/agr-1>.

Also, The Breckinridge County Extension Office has soil probes available for check out to aid you in taking the soil samples for testing.



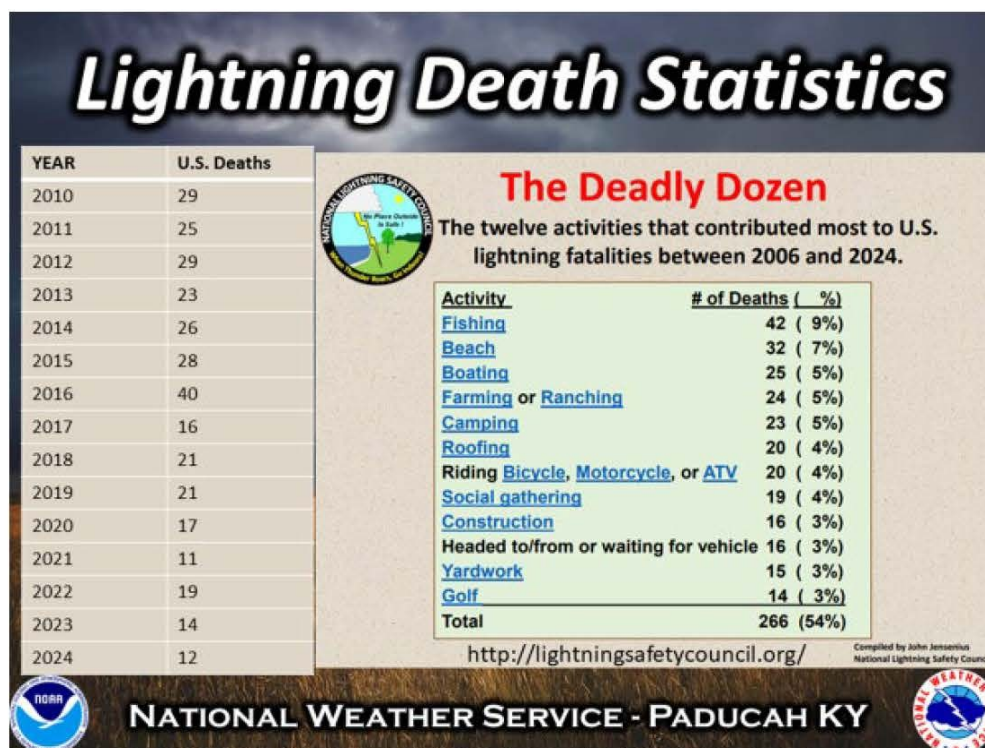


## Lightning Safety

By Derrick Snyder - National Weather Service Paducah, KY



While the risk for severe thunderstorms that produce tornadoes, large hail, and damaging winds is greatest during the spring across most of the country, the dangers of lightning can occur during all times of the year. Every year, hundreds of people are seriously injured from lightning strikes. The good news is that lightning deaths have trended downward in recent years thanks to greater preparedness and education. However, numerous people are still killed every year. Looking at the statistics for lightning fatalities, the majority of lightning deaths occurred while people were doing outdoor activities.



The deadliest activity when it comes to lightning strikes is fishing, followed by beach going, boating, camping, farming/ranching, riding bikes/motorcycles/ATVs, roofing, gathering outside, working construction, walking to a vehicle, yardwork, and playing soccer or golf. If you are caught outside during a thunderstorm, remember that there is *no* safe place outside from lightning. If a thunderstorm is occurring or nearby, seek shelter inside a sturdy enclosed structure. A hard-topped vehicle can also provide good shelter.

Keep these things in mind when it comes to lightning safety:

1. Your chances of being struck by lightning depend on how you react when storms are in the area.
2. Remember: "When Thunder Roars, Go Indoors!" If you can hear thunder, you are close enough to be struck by lightning!
3. The threat of lightning increases as a storm approaches, peaks when it is overhead, and gradually diminishes as it moves away.
4. Many people wait too long to get to a safe place and then go back outside too soon before the threat is over. Wait about 30 minutes after you hear the last rumble of thunder to return outside.

# High Tunnel Field Day

Join UK Extension  
specialists  
Rachel Rudolph,  
Nicole Gauthier, and  
Jonathan Larson  
to discuss commercial  
high tunnel production  
topics including:



lettuce production | soil solarization | crop rotation |  
disease management & prevention | Integrated Pest Management |  
automating side walls with solar power



**Scan QR code to register or visit**

**<https://bit.ly/ukyhightunnel>**

Questions? Email [rachel.rudolph@uky.edu](mailto:rachel.rudolph@uky.edu)

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
*Department of Horticulture*

# 2025 Horses & Horsemen: Farm & Facilities Expo



**Tuesday, September 16th**

**RSVP to Bourbon County Extension Office: 859-987-1895**

## **Schedule:**

**5:00: Registration and Trade Fair**

**6:00: Dinner**

**6:15: Welcome & Farm Overview**

**Arena footing and maintenance - Dr. Coleman, UK Equine Extension Specialist**

**Pasture Walk —Central KY ANR Agents**

**Heavy Use Areas & Farm Infrastructure— Dr. Bob Coleman**

**Horsemanship Demo - Mike & Chris Stokley**

**Location:  
Mike & Chris Stokley**

**Big Creek Livestock  
1310 Thatchers Mill Rd  
Paris, KY 40361**



**College of Agriculture,  
Food and Environment  
Cooperative Extension Service**



**University of  
Kentucky  
Ag Equine Programs  
College of Agriculture, Food and Environment**

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# University of Kentucky Mechanical Weed Control Field Day

Hosted by the Martin-Gatton College of Agriculture, Food and Environment, this field day provides growers with necessary resources to protect their crops.



By Grace Sowards  
Published on 8-1-2025

[The University of Kentucky Center for Crop Diversification \(CCD\)](#), housed in the Martin-Gatton College of Agriculture, Food and Environment, the Organic Association of Kentucky and Glacial Drift Enterprises are proud to host the 2025 [Kentucky Mechanical Weed Control Field Day](#) on Tuesday, September 23, from 8:00 a.m. to 4:00 p.m. at the UK Horticulture Research Farm, 4321 Emmert Farm Lane, Lexington, KY 40514.

This full-day, hands-on event offers farmers, agriculture professionals and students focused on specialty crops, the opportunity to:

- Test a range of weed-control and cultivation equipment, from walk-behind models to four-wheel tractor-mounted tools;
- Learn best practices for making cultivator and tool adjustments in real-time;
- Discover the latest mechanical weed-control innovations suitable for small, medium and large-scale production; and
- Network with peers, expert practitioners and equipment manufacturers.

[Registration is open now](#), with tickets priced at \$55 per person, including lunch. Group registration for up to five attendees can be purchased via credit card; larger groups or registrants who want to purchase via check can contact CCD co-director Alexis Sheffield at [alexis.sheffield@uky.edu](mailto:alexis.sheffield@uky.edu).

The deadline to register is September 9, and space is limited.

The event is sponsored by the USDA Midwest Transition to Organic Program Partnership and Southern Sustainable Agriculture Research and Education (SSARE). Several equipment manufacturers, including Tilmor, Garford, Treffler and Earth Tools, will demonstrate the latest in mechanical weed control—including camera-guided systems, electric cultivators, stale seed bedders and more.

“This field day is an excellent opportunity for growers of all sizes to find practical solutions for weed control while comparing tools side-by-side before investing,” Sheffield said.

For more information—and to secure your place—visit <https://ccd.uky.edu/mwcfld>. Join to stay ahead with sustainable, efficient weed-control practices tailored for Kentucky growers.

# How do you select your bulls?

By: Darrh Bullock, University of Kentucky and Matt Spangler, University of Nebraska

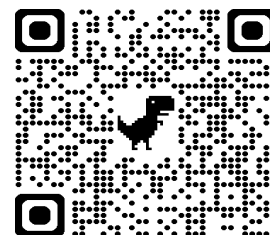
Bull selection is one of the most important decisions that a beef producer makes and can have a lasting impact on profitability. Factors such as the market endpoint of calves (e.g., newly weaned or finished cattle), whether replacements will be retained, and the level of nutritional management provided 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, trying to find the optimal level of calving ease without sacrificing profit by not emphasizing traits like sale weight of the calves enough.

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](#)). 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.

[https://corexmsd9bfwdhxbhbmw.qualtrics.com/jfe/form/SV\\_eFqYgoQpZMJLRLE](https://corexmsd9bfwdhxbhbmw.qualtrics.com/jfe/form/SV_eFqYgoQpZMJLRLE)



## Breckinridge County Cattleman's Association Meetings

The next BCCA monthly meetings will be held at 6 p.m. (ct)

in the Breckinridge County Extension Community Building

Thursday, September 18, 2025—Speaker: TBA

**DATE CHANGE:** Thursday, October 23, 2025—This October meeting will be CAIP approved

Speaker: Matt Morgan, Nutritionist—Pepper's Hardin County Milling Co.

Topic: Nutrition

Thursday, November 20, 2025—Kentucky Cattleman's Association Speaker

*Call 270-756-2182 to register for these meetings.*

## **Timely Tips**

**Source: KY Beef Cattle Newsletter 8-1-2025**

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

### **Spring-Calving Cow Herd**

- Fescue pastures don't generally produce much this month. Rain has been spotty but the heat persisted throughout July and may become an issue in August. Most of you may have some forage going into the usually dry months. Keep rotating pastures to permit calves to continue gaining weight. Always keep minerals available.
- Bulls should have been removed from the cow herd by the end of the month. They should be pastured away from the cow herd with a good fence and allowed to regain lost weight and condition. It is a good time to evaluate physical condition, especially feet and legs. Bulls can be given medical attention and still have plenty of time to recover, e.g., corns, abscesses, split hooves, etc. If removing the bull is not practical for you then call your herd veterinarian and schedule a pregnancy diagnosis. Market your "late-bred" cows and keep those that conceived early in the breeding season. If you market feeder calves, establishing and maintaining a controlled calving season is paramount to profitability. The University of Kentucky has several publications to help establish and maintain a controlled calving season.
- Repair and improve corrals for fall working and weaning. Consider having an area to wean calves and retain ownership for postweaning feeding rather than selling "green", lightweight calves. Plan to participate in CPH-45 feeder calf sales in your area.

### **Fall-Calving Cow Herd**

- Dry cows should be moved to better pastures as calving time approaches. Cows should start calving next month. Yearling heifers may begin "headstart" calving later this month. Plan to move cows to stockpiled fescue for the breeding season, so it will soon be time to apply nitrogen fertilizer. If hot, dry weather persists through August and grass gets short, consider feeding good quality hay to take some pressure off pastures.
- Prepare for the fall-calving season (usually September). Get ready, be sure you have the following:
  - record book
  - ear tags for identification
  - calf puller
  - castration equipment
- Communicate with your herd veterinarian as calving season approaches. Maintaining a great relationship with your herd veterinarian is crucial for optimal production.

### **General**

- Perhaps the most tedious aspect of agriculture is keeping records, generating reports, and using data to make management decisions. Consider using one of the many electronic data collection and management systems available on the market. We recommend Stocket.us for a simple, inexpensive web/app platform.
- Provide shade and water! Cattle will need shade during the hot part of the day. Check water supply frequently – as much as 20 gallons may be required by high producing cows in very hot weather.
- Select pastures for stockpiling. Remove cattle and apply nitrogen when moisture conditions are favorable. Stockpiled fescue can be especially beneficial for fall-calving cows after calving. Reproductive rates are highest in fall-calving cows grazing stockpiled fescue.
- Avoid working cattle when temperatures are extremely high – especially those grazing high-endophyte fescue. If cattle must be handled, do so in the early morning.
- Do not give up on fly control in late summer, especially if fly numbers are greater than about 50 flies per animal. You can use a different "type" of spray or pour-on to kill any resistant flies at the end of fly season.
- Keep a good mineral mix available at all times. The UK Beef IRM Basic Cow-Calf mineral is a good choice.
- Cattle may also be more prone to eat poisonous plants during periods of extreme temperature stress. They will stay in "wooded" areas and browse on plants that they would not normally consume. Consider putting a roll of hay in these areas and/or spraying plants like purple (perilla) mint that can be toxic.
- Take soil samples to determine pasture fertility needs. Fertilize as needed, this fall.

# Fall Garden Gardening

Article from UK Publication ID 128 Home Vegetable Gardening in Kentucky

## The Fall Garden

Gardening doesn't have to end with your summer-grown crops since some vegetables are suitable for late summer planting. Plan to follow your spring and summer gardens with a fall garden so that you can have fresh produce well into the winter.

Plant crops according to your planting plan, grouping plants to be sure short ones are not shaded by tall ones. To encourage good germination, fill each seed furrow with water and let it soak in. Keep the soil moist until seeds have germinated.

Fall vegetables are harvested after early September. They consist of two types:

1. the last succession plantings of warm-season crops, such as corn and bush beans,
2. cool-season crops which grow well during the cool fall days and withstand frost.

Note that cool nights slow growth, so crops take longer to mature in the fall (and spring) than in the summer. Keep this slower pace in mind when you check seed catalogs for the average days to maturity. Some of the best quality vegetables are produced during fall's warm days and cool nights. These environmental conditions add sugar to sweet corn and cole crops, and crispness to carrots.

The vegetables in Table 20.13 can be successfully seeded or transplanted for fall harvest. Often, you will want several seeding dates to extend the harvest over a longer time. This table gives the latest dates for either seeding or transplanting as indicated.

## Extending the Growing Season

Typical planting dates for vegetables in Kentucky (Table 20.14), as well as, season production times (earliest and latest planting dates, Table 20.15) provide a guide for conventional production, however; there are methods for extending production beyond the traditional season. Polyethylene row covers have been used for a long time to help vegetables grow and ripen early in the spring. However, Kentucky's springs are often too warm to benefit much from early season row covers. During the fall, on the other hand, these covers might prove useful to gardeners wishing to extend the harvest of frost-sensitive crops (tomatoes, peppers, cucumbers). The objective of using a row cover is to trap heat from the soil and protect the crop from cold night temperatures which might deform fruit or kill the plant. Many times in Kentucky, a period of mild weather will follow the first killing frost. If you protect frost-sensitive vegetables at critical times in the fall you could extend the harvest season by several weeks. However, the tall stature of some of these crops (tomatoes) makes it more difficult to protect them using row covers. A second use of season extension might be to grow certain frost tolerant vegetables during the winter months. Vegetables like carrots, turnips, leeks, cabbage, lettuce, spinach, kale, and other leafy greens, are generally planted in the spring garden where they tolerate frost and freezing conditions. These vegetable are fairly low growing which would allow them to mature under row covers and their proximity to the ground helps protect them during extremely cold weather. Using solid plastic covering (low tunnels, see below), these greens may grow well into winter or even all winter long when temperature are not extreme (subzero F). But the nature of the low tunnel will require the growing beds to be ventilated during sunny conditions.

**Table 20.13.** Crops for the fall garden.

Vegetable	Date of Planting	Seeds	Transplants	Days to Maturity <sup>1</sup>	Date of Harvest
Beets	Jul - mid-Aug	x		70 - 75	Oct
Bibb lettuce	Jul - Aug	x	x	50 - 60	Sep - Oct
Broccoli	Jul - Aug		x	60 - 80	Sep - Nov
Brussels sprouts	Jun - Jul		x	70 - 80	Oct - Nov
Cabbage	late Jun - early Aug		x	60 - 70	Sep - Nov
Carrots	Jul - Aug	x		80 - 90	Nov
Cauliflower	late Jun - early Aug		x	70 - 80	Sep - Nov
Chinese cabbage	Jul - Aug	x	x	50 - 70	Sep - Nov
Collards	Jul - Aug	x		80 - 90	Oct - Nov
Endive	Jul - Aug	x	x	70 - 80	Sep - Nov
Green beans, bush	Jul - mid-Aug	x		60 - 65	Sep
Kale	Jul - Aug	x	x	70 - 80	Sep - Nov
Kohlrabi	Jul - Aug	x		60 - 70	Sep - Nov
Leaf lettuce	Jul - Aug - Sep	x	x	40 - 60	Sep - Oct
Mustard greens	Jul - Aug	x		50 - 60	Sep - Oct
Parsnips	June	x		90 - 100	Nov
Potatoes	mid-Jun	x		90 - 100	Oct
Radishes	Sep	x		30 - 40	Oct
Rutabaga	July - mid-Aug	x		80 - 90	Oct - Nov
Snow Peas	Aug	x		50 - 70	Oct
Spinach	Aug - Sep	x		50 - 60	Aug - Sep
Sweet corn	Jul	x		70 - 80	Sep
Turnips	Jul - Aug	x		50 - 60	Sep - Nov
Turnip greens	Jul - Aug	x		50 - 60	Sep - Nov

<sup>1</sup> Due to cool temperatures in the fall, a long time will be needed for certain crops to mature.

## Fall Garden Gardening-cont'd

**Table 20.14.** Vegetable gardener's calendar with planting dates for Western, Central, and Eastern Kentucky<sup>1</sup>

Western Ky	Central Ky	Eastern Ky	Planting Method <sup>2</sup>	Crop
Aug. 1	Aug. 8	Aug. 15	M	Transplant fall cole crops to permanent location between now and Aug. 15
			O	Peas, edible podded peas, bush beans, radishes, beets, mustard. Divide old rhubarb or plant crowns if not done in spring.
Aug. 15	Aug. 22	Aug. 29	O	Radishes, spinach, turnips, turnip greens, beets, mustard, lettuce, endive
Sept. 1	Sept. 8	Sept. 15	O	Radishes, spinach, mustard
Sept. 15	Sept. 22	Sept. 29	O	Radishes, mustard, turnips, turnip greens
Oct. 1	Oct. 8	Oct. 15	O	Radishes
Oct. 15	Oct. 22	Oct. 29	O	Sow sets of Egyptian tree or multiplier onions. Harvest carrots before heavy freeze.
Nov. 1	Nov. 8	Nov. 15	O	Dig parsnips and store at 32-40°F, or mulch parsnips heavily in the ground

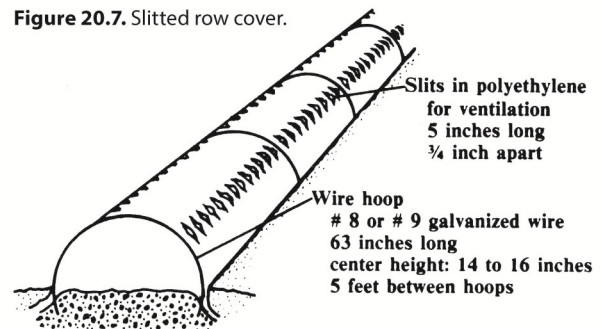
<sup>1</sup> Planting dates are approximate, consult you local weather conditions and adjust planting dates accordingly.

<sup>2</sup> I: Start seeds indoors; M: Move transplants to garden; O: Start seeds outdoors

Gardeners have a choice of self-ventilating covers (slitted or perforated), low tunnel covers, or floating row covers. The slitted and perforated types, as well as, the plastic used for low tunnels are available in clear and opaque polyethylene and require wire hoops or PVC pipe for support. To construct such tunnels after planting, push hoops (made from no. 9 galvanized wire or PVC pipe) into the ground, and spaced 5 feet apart over the row (Figure 20.7). Then when frost or freeze is predicted, cover them with clear polyethylene. Bury the edges of the plastic in the ground. For floating row covers, simply place the fabric directly over the crop and secure at the edges. The slitted sides of perforated covers and the loose nature of floating row covers allow needed ventilation on sunny days to prevent overheating. However these season extension devices provide less protection from cold at night. Low tunnels made with solid plastic offers the best protection at night but must be ventilated by loosening the sides or ends during sunny days. Without ventilation, temperatures under the cover may quickly reach crop damaging levels on sunny days. Raised bed gardens are generally easily adapted to low tunnel culture.



**Figure 20.7.** Slitted row cover.



## Orphan Well Project:

**The Orphan Well Program was presented on August 13, 2025 by Geologist Deron Zierer, KY Geological Survey, University of KY**

Websites of interest:

-Division of Oil and Gas Orphan Well webpage: <https://eec.ky.gov/Natural-Resources/Oil-and-Gas/Pages/BIL-Federal-Orphan-Well-Plugging-Program.aspx>

Division of Oil and Gas Plugging Dashboard: <https://kygis.maps.arcgis.com/apps/dashboards/d0cd68389c3f494bafecede7f1c76ddd> - this interactive map shows what wells have been plugged, and where wells proposed for plugging are located.

Kentucky Geological Survey's Oil and Gas database. <https://kgs.uky.edu/kygeode/services/oilgas/> - This database contains records of all Oil and Gas wells in the state.

# 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)

Breckinridge County  
Extension Office  
1377 S. Highway 261  
Hardinsburg, KY 40143  
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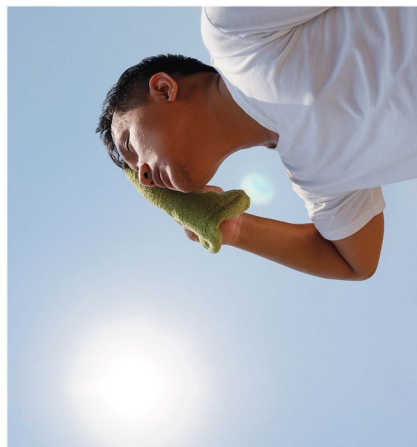


## THIS MONTH'S TOPIC

## 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.

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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>

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**Stock images:** Adobe Stock



# ADULT

# HEALTH BULLETIN

SEPTEMBER 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>

Breckinridge County Extension Office  
1377 S. Hwy 261  
Hardinsburg, KY 40143  
(270)-756-2182



## THIS MONTH'S TOPIC

## LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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Disabilities  
accommodated  
with prior notification



**During QPR training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.**

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someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhsc.org](http://kyqpr.ukhsc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

**REFERENCES:**  
• <https://988.ky.gov>  
• <https://kyqpr.ukhsc.org>

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

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



## EQUIPMENT FOR RENT

The Extension Office has a No-Till Seed Drill, an in-line silage Hay Wrapper and Boomless Pasture Sprayers available for rent.

*For more information on renting or to schedule a date to use call:*

No-Till Seed Drill —

GreenPoint AG LLC at 270-756-2311

Inline Silage Hay Wrapper —

Wright Implement 1 LLC at 270-756-5152

Two (2) –Boomless Pasture Sprayers —

Carol Hinton at 270-617-3417



## Almanac Tidbits for: September

Plant above ground crops—— 4-8, 11-13, 16

Plant Below ground crops —— 17, 20, 21, 24, 25

Seed Beds—— 7, 8, 24, 25

Kill plant pests:—— 1-3, 9, 10, 14, 15, 18, 19, 22, 23, 26-30

Aries		♈
Taurus		♉
Gemini		♊
Cancer		♋
Leo		♌
Virgo		♍
Libra		♎
Scorpio		♏
Sagittarius		♐
Capricorn		♑
Aquarius		♒
Pisces		♓

## RINSE AND RETURN PLASTIC PESTICIDE CONTAINER PROGRAM



**Breckinridge County Extension Pavilion**  
**1377 S. Hwy 261, Hardinsburg, KY 40143**

**Tuesday, September 2, 2025**

**Time: 12:30 p.m. to 2 p.m. (ct)**

**Jugs must be triple rinsed, hole punched in bottom or side and  
 free from paper label and most dirt.**



## Breckinridge County Recycling Program



**All recycling sites are  
accessible 24 hours a day,  
seven days a week.**

### **Stop by one of the following recycling centers near you:**

Breckinridge County High School  
Cloverport Fire Department  
Auggie Doggie's, Garfield  
St. Romuald Gym, Hardinsburg  
McQuady Firehouse  
Breckinridge County Extension Office  
Rough River Corp of Engineers Office  
McDaniels Fire Department  
Frederick Fraize High School, Cloverport  
Hardinsburg Elementary School  
Union Star

## **Mark Your Calendar!**

- September 2, 2025—Rinse & Return Program, Breckinridge County Extension Service Pavilion
- September 16, 2025— High Tunnel Field Day, UK Horticulture Research Farm, Lexington, KY
- September 16, 2025— Horses & Horsemen: Farm & Facilities Expo, Big Creek Livestock, Paris, KY
- September 23, 2025—KY Mechanical Weed Control—UK Horticulture Research Farm, Lexington
- September 24, 2025—2025 Intermediate Grazing School—Woodford County Extension Service, Versailles, KY
- October 29, 2025—KY Grazing Conference—Grayson County Extension Service, Leitchfield, KY
- November 27-28, 2025—Office Closed for Thanksgiving Holiday
- December 24, 2025 thru January 2, 2026—Office Closed for Holidays



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