

Spencer County Agriculture & Horticulture Newsletter

 Cooperative
Extension Service

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Spencer County
PO Box 368
Taylorsville KY 40071-0368
(502) 477-2217
Fax: (502) 477-1343
extension.ca.uky.edu

July 2025

July is here and so is summer. If you've spent any amount of time outside the last few weeks, you know it is here with the heat and humidity that we've had.

As a reminder, always hydrate before you begin any strenuous activity outdoors. Take frequent breaks and hydrate more, wear light, loose fitting clothes, and use those breaks either in air conditioning or shade.

Also, wear a hat that covers your ears and use sunscreen when possible.

A little prevention goes a long way when it comes to protecting ourselves.

As always, feel free to call or email me if you have any questions.

Sincerely,



Bryce Roberts,
Spencer County Extension Agent for
Agriculture and Natural Resources

More Information

As always, if you need more information, feel free to **call me** at 477-2217.

You can also **email me** at broberts@uky.edu or you can **visit my website** to view archived newsletters and news articles. The web address is: www.spencerextension.com



Farmers Market Now Open

The Taylorsville/Spencer County Farmers Market is now open beginning at 8 a.m. until noon or so on Saturdays. Some of the vendors may stay past noon if there is a crowd. The market will be open every Saturday (rain or shine) until October 25. It is located at 751 Taylorsville Road next to Fresh Take Market.

There are several vendors selling a wide variety of products, including meats, cheeses, jams, jellies, honey, breads, goat milk soaps and lotions, candles, and other produce. Make sure you support our local producers...they are the ones that are growing what you're buying.

If you are interested in becoming a vendor (small producers are welcome), please contact me or stop by our office for an application. For more information on the market, feel free to contact Sandi Deutsch at 502-252-1400.



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CAIP Applications Now Accepted

The Spencer County Conservation District is now accepting applications for the 2025 CAIP program..

They will be taking applications through July 28 except for July 18 and weekends until 3:00 p.m. each day.

Bring your drivers license and a matching utility bill and proof of the self-certification water quality plan (signature page only) For information call 502-477-1157 or visit www.spencerccd.com Applications are available on our website and you can bring in a pre-filled application. Approved applicants from 2024 are not eligible for the 2025 program.

Rinse and Return Program

Our office will once again be a drop off location for the Rinse and Return program. It will be held on **August 11 from 10 a.m. until 11:30 a.m.** Please collect and hold onto your containers until then.

The Rinse and Return Program is a voluntary, cooperative program sponsored by the Kentucky Department of Agriculture and the Agri-Business Association of Kentucky (ABAK). Other partners include the University of Kentucky Cooperative Extension Service, which helps coordinate the Program on a county level, Farm Bureau, the U.S. Department of Agriculture's Natural Resources Conservation Service and the local conservation districts, and the Ag Container Recycling Council.

Due to the materials previously held by these pesticide containers they cannot be recycled with your ordinary household plastics. This program allows for the proper recycling of these pesticide containers. This reduces the amount of material entering the landfill or being disposed of by other means. Some of the end products include drainage pipe, highway sign posts, underground utility conduit, and wire/cable spool flanges.

Pressure Rinsing

Remove cover from container. Empty the pesticide into the spray tank and let the container drain for 30 seconds.

Continue holding the container upside down over the sprayer tank opening so rinsate will run into the sprayer tank.

Insert the pressure-rinse nozzle by puncturing through the bottom of the pesticide container.

Rinse for length of time recommended by the manufacturer (generally 30 seconds or more).

Triple Rinsing

Remove cover from container. Empty the pesticide into the spray tank and let the container drain for 30 seconds.

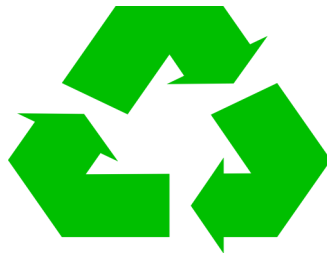
Fill the container 10% to 20% full of water or rinse solution.

Secure the cover on the container.

Swirl the container to rinse all inside surfaces.

Remove cover from the container. Add the rinsate from the container to sprayer tank and let drain for 30 seconds or more.

Repeat steps 2 through 5 two more times. Puncture container.



ANNUAL READIFEST

Monday, July 28th, 2025
Spencer County High School
5:00 - 7:00 p.m.

FREE School Supplies for Spencer County Students, Health Screenings & Information for All Ages!

For details, contact your FRC at 477-3202 (SCES)/ 477-0199 (TES and Early Learning Center) or your YSC at 477-3222 (SCHS and Hillview)/477-6934 (SCMS).

Please allow at least 1 hour to participate in this event.

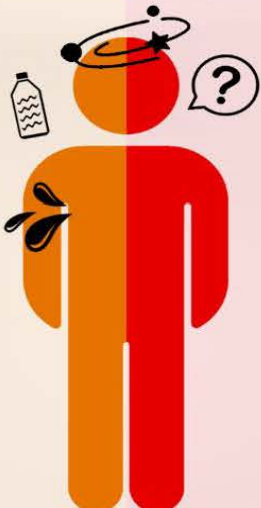
PLEASE USE THIS QR CODE TO REGISTER FOR THIS EVENT!







Summer Heat Safety

By Derrick Snyder - National Weather Service Paducah, KY

As summertime ramps up across the Commonwealth, so do the dangers of prolonged exposure to excessive heat. Heat is one of the deadliest forms of weather across the country. What makes it particularly dangerous is that the effects of heat are accumulative. Impacts on the body become progressively worse with similar levels of heat exposure several days in the row. For those who work outdoors during the summer, knowing the signs of heat exhaustion and heat stroke can prevent serious injuries, or even death.

Heat Exhaustion		Heat Stroke
ACT FAST <ul style="list-style-type: none">• Move to a cooler area• Loosen clothing• Sip cool water• Seek medical help if symptoms don't improve	 <p><i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i></p>	ACT FAST CALL 911 <ul style="list-style-type: none">• Move person to a cooler area• Loosen clothing and remove extra layers• Cool with water or ice
<i>Heat exhaustion can lead to heat stroke.</i>		<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

Stay Cool, Stay Hydrated, Stay Informed!

Know these signs:

- **Heat Exhaustion:** Becoming faint or dizzy, excessive sweating, cool/clammy skin, nausea, rapid/weak pulse, muscle cramps. Act fast and move the person experiencing heat exhaustion to a cooler area, loosen their clothing, sip cool water, and seek medical help if symptoms do not improve.
- **Heat Stroke:** Acting confused, dizziness, loss of consciousness/passing out. If someone has these symptoms, CALL 9-1-1 IMMEDIATELY, as this condition could become deadly or cause permanent disability!

Follow these tips to practice heat safety:

- Avoid heavy activity and direct sunlight.
- Do the most intensive outdoor work early in the morning or late in the evening to avoid exposure to the greatest heat and humidity levels.
- Stay hydrated, find a cool indoor place, and check on children, the elderly, and pets.
- Protect yourself outside by wearing light, loose-fitting clothes, and spend time in the shade.
- **Never** leave anyone (or pets) alone in a locked car, even in the winter, as death from heat stroke can occur in as little as 10 minutes!



Summertime Sensation Casserole

4 strips turkey bacon
1/3 cup minced onion
3 tablespoons diced
green pepper
4 ears fresh sweet corn

1/2 teaspoon salt
1/8 teaspoon black
pepper
1 teaspoon dried
sweet basil

2 cups tomatoes,
chopped
1/3 cup reduced fat
shredded cheddar
cheese

1. In a large skillet, **cook** turkey bacon until crisp.
2. **Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
3. **Cut** corn from cob and add to onion and green pepper mixture in skillet.

Add salt, black pepper, basil and tomatoes.

Cook 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.

4. **Pour** skillet contents into a greased 1-1/2 quart casserole dish.

5. **Top** with shredded cheddar cheese.

6. **Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, 1/2 cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

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

