

Ag and Natural Resources News

August 2023

Cooperative Extension Service
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Mark your calendars now!

► **Boone County Fair**

August 7-12, 2023

- Pre-Fair Free Day, August 5
- Open Entries, Sunday, August 6
- 4-H Entries, Monday, August 7

► **Backyard Poultry, Sanitation & Disease Control**

August 22, 2023 6:00pm

Boone County Extension Office

Visit Our Farmers Market

Open 7 days a week

9:00 am-5:00 pm

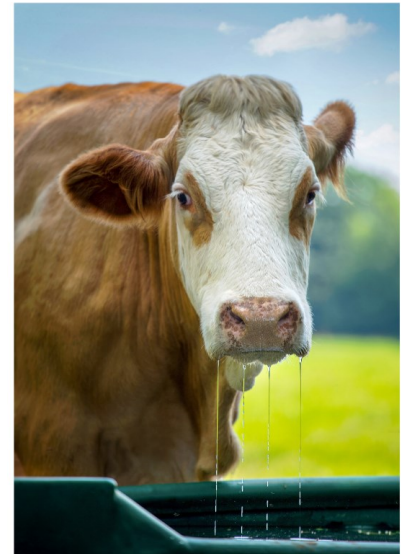


Helping your Cattle thrive in Extreme Summer Heat

Extreme summer heat can be challenging for cattle, as they are particularly sensitive to high temperatures. Heat stress can negatively impact their well-being, productivity, and overall health. As responsible livestock owners, it is crucial to take proactive measures to help our cattle cope with the heat and minimize the risks associated with it. In this article, we will discuss various strategies and practices to assist cattle in dealing with extreme summer heat effectively.

Access to shade is essential for cattle during hot summer days. The provision of natural or artificial shade helps protect them from direct sunlight and reduces heat accumulation. Natural shade can be provided by strategically planting trees in pastures or positioning the grazing areas near existing tree lines. This offers a cool and shaded environment for the animals to rest and minimize heat exposure.

Alternatively, man-made structures such as shades, barns, or sheds can be constructed to offer shade. These structures should be well-ventilated to allow for air circulation and prevent heat buildup. Additionally, it is crucial to ensure that the shade structures are large enough to accommodate the entire herd, allowing all animals to seek refuge from the sun simultaneously.



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Baked Egg Cups

Servings: 6

Serving Size: 1 egg cup

Recipe Cost: \$3.00

Cost per Serving: \$.50

Who says you can only eat these at breakfast? They're so good, you may find yourself craving them for dinner.

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk



Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

Tips

Cut calories by drinking water or unsweetened drinks. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

Water is vital for maintaining the health and well-being of cattle, especially during hot weather. It is essential to provide a constant supply of clean and fresh water to prevent dehydration. Water troughs should be strategically placed throughout the pasture to ensure easy access for all animals.

Regularly monitor the water sources to ensure they are clean and functioning properly. Clean the troughs regularly to prevent the growth of algae and the accumulation of dirt or debris. Consider using larger water troughs or installing additional water sources if the herd size or grazing area is extensive. This will prevent overcrowding at the watering points and ensure that each animal has sufficient access to water.

Cattle tend to increase their water intake during hot weather to regulate their body temperature and stay hydrated. Encourage water consumption by providing cool, clean water at all times. Monitoring the water troughs throughout the day and refilling them with fresh, cool water will help stimulate water intake.

In addition to providing cool water, implementing cooling techniques can further encourage cattle to drink. Installing misters or sprinklers in the shaded areas can create a refreshing environment, attracting cattle to seek relief from the heat and drink more water.



Modifying the feeding routine during extreme summer heat can help alleviate heat stress in cattle. Feeding during the cooler parts of the day, such as early morning or late evening, reduces the heat load on the animals and minimizes their metabolic heat production.

Consider adjusting the diet to include more easily digestible feeds and reducing the amount of heat-generating feeds like grains. High-fiber forages such as hay or grass can be prioritized, as they produce less heat during digestion compared to concentrates.

Additionally, providing mineral supplements specifically formulated for hot weather can help replenish essential nutrients lost through sweating.

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Proper airflow and ventilation in barns or shelters are crucial for preventing heat buildup. Good ventilation allows for the dissipation of heat and promotes air circulation, keeping the cattle more comfortable. Inspect barns or shelters for any obstructions or areas with poor ventilation, and address them promptly.

Consider using fans or opening windows and doors to improve airflow. Ceiling fans can be particularly effective in barns, as they help circulate the air and provide relief to the cattle. Ensure that the fans are positioned at a safe height to prevent accidents or injuries to the animals.

Handling cattle during the hottest parts of the day can increase their stress levels and exacerbate heat stress. Minimize handling and working with the cattle during peak heat to reduce their exposure to extreme temperatures. Plan activities such as vaccinations, hoof trimming, or herding for cooler periods, such as early morning or late evening when temperatures are lower.

When handling the cattle, it is important to do so calmly and efficiently to minimize stress. Excessive handling or rough treatment can cause the animals to become agitated, leading to increased body temperature and discomfort. Utilize low-stress handling techniques and ensure that the animals have adequate time to rest and recover after any handling procedures.

Flies and other pests can worsen heat stress in cattle. Implementing effective fly control measures is important to reduce the annoyance and stress caused by these insects. Use fly repellents, sprays, or dusts approved for use on cattle to minimize fly populations.

Fly traps or baits can be strategically placed around the grazing areas to help control the fly population. Regularly clean the cattle's resting areas to remove manure and decaying organic matter, as these provide breeding grounds for flies. Additionally, consider using fly sheets or blankets specifically designed for cattle to provide some protection from flies and other biting insects.

Regular monitoring of cattle for signs of heat stress is crucial to intervene promptly and provide necessary assistance. Keep an eye out for symptoms such as excessive panting, drooling, restlessness, reduced feed intake, and lethargy. If you notice any of these signs, take immediate action to cool down the animals and provide them with extra shade and water.

Consult with a veterinarian if you suspect severe heat stress or if the symptoms persist despite your efforts. Veterinarians can provide specific advice tailored to your herd's needs and may recommend additional interventions or treatments to ensure the well-being of your cattle.

Extreme summer heat poses significant challenges for cattle, but by implementing these strategies, you can help them cope with the heat and minimize the associated risks. Providing ample shade, ensuring a constant supply of clean water, encouraging water intake, adjusting feeding routines, maintaining good ventilation, minimizing handling during peak heat, implementing fly control measures, and monitoring for heat stress signs are all crucial steps in supporting your cattle's well-being during hot weather. By prioritizing their comfort and health, you can help your cattle thrive even in extreme summer conditions.



Helping Your Chicken Handle the Heat: Essential Tips for a Cool and Happy Flock

As temperatures rise during the scorching summer months, it's crucial to ensure the well-being of your backyard chickens. Heat stress can be a significant concern for poultry, as they are more susceptible to overheating than other animals. In this article, we will discuss essential tips to help your chickens handle the heat and maintain their health and happiness.



Just like humans, chickens need a shaded area to escape the direct heat of the sun. Ensure that your coop or chicken run has sufficient shade to keep your flock cool. You can plant trees around the coop or use tarps or umbrellas to create shaded areas. This will give the chickens a comfortable space to rest and protect them from overheating.

Proper ventilation is crucial for maintaining a comfortable environment for your chickens. Good airflow will help remove heat and humidity from the coop. Ensure that your coop has enough openings, such as windows, vents, or screened areas, to allow for cross-ventilation. Avoid using heavy insulation materials that may trap heat inside the coop.

Hydration is essential for chickens to regulate their body temperature. Provide your flock with clean, cool water at all times, especially during hot weather. Consider adding ice cubes to the water or using shallow containers to make it easier for the chickens to drink and cool off. Regularly check and refill the water to ensure it remains fresh.

On extremely hot days, misting or spraying water in the chicken run can help lower the ambient temperature. This technique mimics the natural behavior of chickens dust bathing and can be a refreshing way for them to cool down. Avoid spraying water directly on the chickens, as this can cause stress or health issues.

During hot weather, it's essential to adjust your chickens' diet to keep them healthy. Feeding them high-quality, balanced poultry feed is crucial. Avoid giving them excess protein, as it can increase their metabolic heat production. Instead, provide fresh fruits and vegetables with high water content, such as watermelon or cucumber, to help keep them hydrated.

Encourage your chickens to limit their physical activity during the hottest parts of the day. The heat can be especially stressful for them when they are engaged in vigorous activities like foraging or scratching. Try to provide enrichment activities and feed them during cooler morning or evening hours to reduce the risk of heat stress.

Dust baths are essential for chickens to keep their feathers clean and healthy, but they also serve another purpose during hot weather. Chickens instinctively dust bath to cool themselves down by fluffing up their feathers and exposing their skin to the cooling effects of the dust. Ensure that your chickens have access to a dust bath area filled with fine dust or sand.

Offering frozen treats to your chickens can provide them with relief from the heat. Freeze fruits, vegetables, or herbs in ice cube trays or molds and give them to your flock as an icy treat. This not only helps cool them down but also provides additional hydration and nutrition.

It's crucial to closely monitor your chickens for any signs of heat stress. Symptoms include panting, droopy wings, increased water consumption, reduced appetite, and decreased activity. If you notice any of these signs, take immediate action to cool down your chickens by providing shade, misting water, or moving them to a cooler area.

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In extreme cases of heatwaves, it's essential to have a plan in place to protect your chickens. Consider having a backup power source for fans or misting systems in case of power outages. Prepare a designated cool area, such as a basement or garage, where you can temporarily move your chickens if the heat becomes unbearable. Keep emergency contact numbers for a veterinarian who specializes in poultry in case of severe heat-related health issues.

Helping your chickens handle the heat is crucial for their well-being and overall health during the hot summer months. By providing ample shade, proper ventilation, fresh water, and nutritious food, you can create a comfortable environment for your flock. Additionally, encouraging dust baths, limiting activity during peak heat, and offering frozen treats can further help them stay cool. Remember to monitor your chickens closely for signs of heat stress and take immediate action to prevent any health issues. With these essential tips, you can ensure your chickens are happy and healthy, even in scorching temperatures.



Backyard Poultry, Sanitation & Disease Control

August 22nd, 2023 from 6:00-8:00 pm
Boone County Extension Office
(6028 Camp Ernst Road)

Conducted by Dr. Jacquie Jacob, Poultry Extension Project Manager. Learn basic sanitation techniques and other disease control methods.

To register, call (859) 586-6101 or visit boone.ca.uky.edu



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Disabilities accommodated with prior notification.

Farmer Safety during Extreme Heat: Essential Precautions for a Healthy Harvest

As temperatures soar during summer months, farmers face significant challenges in ensuring their safety and well-being while tending to their fields and livestock. Extreme heat can lead to heat-related illnesses, exhaustion, and accidents if proper precautions are not taken. In this article, we will discuss essential safety measures for farmers to protect themselves during periods of extreme heat and maintain their health and productivity.

Staying hydrated is paramount when working in extreme heat. Farmers should drink plenty of water throughout the day, even if they do not feel thirsty. It is advisable to carry a water bottle and take regular sips to replenish fluids. Avoid excessive consumption of caffeinated or sugary beverages, as they can contribute to dehydration. Additionally, consider consuming hydrating foods such as fruits and vegetables with high water content.

Proper clothing choices play a vital role in protecting farmers from the harsh effects of extreme heat. It is recommended to wear lightweight, loose-fitting, and breathable clothing made of natural fabrics such as cotton. Light-colored clothing can reflect sunlight, reducing heat absorption. Additionally, wearing a wide-brimmed hat can shield the face and neck from direct sun exposure, while sunglasses and sunscreen can protect the eyes and skin from harmful UV rays.

Working continuously in extreme heat can increase the risk of heat exhaustion and heatstroke. It is essential to schedule regular breaks in shaded or air-conditioned areas to allow the body to cool down. Farmers should listen to their bodies and pay attention to signs of fatigue or overheating. Utilize these breaks to rehydrate, rest, and rejuvenate before returning to work.

Managing work schedules and tasks efficiently is crucial during extreme heat. Plan work activities to avoid the peak hours of intense heat, typically between late morning and early afternoon. Consider starting earlier in the morning or working in the evening when temperatures are relatively cooler. This strategy minimizes exposure to the harshest heat and reduces the risk of heat-related illnesses.

Operating farm machinery and equipment during extreme heat requires extra caution. Machinery can overheat, leading to malfunctions or accidents. Follow these guidelines to ensure equipment safety:

- **Conduct Regular Maintenance:** Regularly inspect and maintain machinery to prevent breakdowns. Pay special attention to fluid levels, belts, and hoses that may be affected by extreme temperatures.
- **Shield Operators:** Equip tractors and other machinery with proper sunshades to protect operators from direct sunlight. Consider using cooling fans or air conditioning systems in enclosed equipment to provide relief from the heat.
- **Be Cautious of Fire Hazards:** Extreme heat can increase the risk of fire, especially in dry agricultural areas. Avoid using machinery in dry fields prone to igniting, maintain a safe distance from combustible materials, and have fire extinguishers readily available.



Farmers should establish effective communication channels with their workers or family members to ensure everyone's safety during extreme heat. Regularly check in with each other, particularly during prolonged or intense periods of heat, to monitor well-being and provide assistance if needed. Maintain a system for emergency communication in case of heat-related emergencies.

During severe heatwaves, it may be necessary to seek shelter in a cool, air-conditioned environment. Farmers should have a plan in place for relocating themselves, workers, and livestock to a safe location

during extended periods of extreme heat. This could involve utilizing designated cool areas on the farm or seeking temporary accommodation off-site.

Educate yourself and farm workers on the signs, symptoms, and preventive measures for heat-related illnesses. Train everyone to recognize the early warning signs of heat exhaustion and heatstroke and emphasize the importance of prompt action and seeking medical assistance if needed.

Lastly, farmers must prioritize their own well-being and self-care during extreme heat. It is common for farmers to focus solely on the needs of their crops and livestock, neglecting their own health. Remember that taking care of yourself ensures you can continue to care for your farm. Get enough sleep, eat nutritious meals, and practice stress-management techniques to stay physically and mentally resilient.

Farm safety during extreme heat is paramount for farmers to protect themselves, their livestock, and their crops. By implementing these essential precautions, such as staying hydrated, wearing protective clothing, taking regular breaks, and ensuring equipment and animal safety, farmers can minimize the risk of heat-related illnesses, accidents, and crop loss. Prioritizing safety and self-care during periods of extreme heat will contribute to a healthy and productive farming season.

BEEF BASH 2023

DATE: Thursday, September 21, 2023

WHERE: University of Kentucky
C. Oran Little Research Center
1051 Midway Rd.
Versailles, KY 40383

TIME: Registration starts at 1:30 PM EST
Programs start at 2:00 PM EST

MAKE PLANS TO JOIN US!

VISIT WITH:

COMMERCIAL EXHIBITORS
EDUCATIONAL EXHIBITS &
DEMONSTRATIONS
UK PERSONNEL & ADMINISTRATORS
KCA LEADERSHIP & STAFF

Tickets are \$15 and includes meal. To Pre-register, go to [Eventbrite.com](https://www.eventbrite.com) and search Beef Bash 2023

 University of
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College of Agriculture,
Food and Environment
Beef Extension

 KENTUCKY
CATTLEMEN'S
ASSOCIATION

 Beef Bash
2023

For More Information Visit:
<https://www.facebook.com/KyBeefIRM/>

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Vernal Pond Wetland Workshop



September 23rd
8:00 am-5:00 pm
Boone County Environmental
and Nature Center
9101 Camp Ernst Road, Union, KY 41091

This free workshop will introduce you to effective techniques for building vernal ponds and wetlands. Learn how to design and restore wetlands that serve as outdoor classrooms and provide habitats for threatened and endangered species. We will be rebuilding four vernal ponds at the Nature Center using aquatic-safe liner, groundwater, and compacted clay liner techniques. **Heavy lifting and shoveling may be required.**

For more information: Contact Lacey Kessell at
lacey.laudick@uky.edu or (859) 586-6101

Registration required.
Weather permitting, please bring your own lunch.



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Disabilities
accommodated
with prior notification.

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