

# Spencer County Agriculture & Horticulture Newsletter



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Spencer County  
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July 2024

Welcome to July and the second half of 2024. I say this pretty often, but where has this year gone to? It has absolutely flown by.

The weather has been hot and dry for the last several weeks, but hopefully by the time you read this, I hope that we have received some rainfall to help with our crops and pastures.

Just a quick reminder that the Spencer Co. Fair will be held July 15-20 and July 26. I hope you'll get a chance to check out the fun activities happening at the fair.

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](mailto:broberts@uky.edu) or you can **visit my website** to view archived newsletters and news articles. The web address is: [www.spencerextension.com](http://www.spencerextension.com)



## Farmers Market Now Open

The Taylorsville/Spencer County Farmers Market is now open and will be 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 the end of October. It is located at 751 Taylorsville Road next to Fresh Take Market. **Please note that the start time will change to 9 a.m. on September 28 and the market's last day will be October 26.**

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

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Disabilities  
accommodated  
with prior notification.

## **Beekeepers Association Meetings**

Just a quick reminder that the Spencer Co. Beekeepers Association holds monthly meetings at our office on the 2nd Tuesday of each month. They begin at 6:30 p.m.



## **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 12 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.

## **Summer Intern**

I would like to extend a warm welcome to our summer intern, Josie Kurtz. She has been here a few weeks and is about halfway through her time with us. Here is a little more info from Josie.

Hello! My name is Josie Kurtz and I am excited to be serving as the summer intern for the Spencer County Extension Office! I am an upcoming senior at the University of Kentucky pursuing a degree in Career and Technical Education with minors in Agricultural Economics and Animal Science. At UK, I serve as the Philanthropy Chair for Sigma Alpha, Vice President for Agricultural Education Society, member of Block and Bridle, and am an employee at the University's Visitor Center.



I grew up here in Taylorsville and I am so happy to be back home for the summer serving the community I hold so close to my heart.

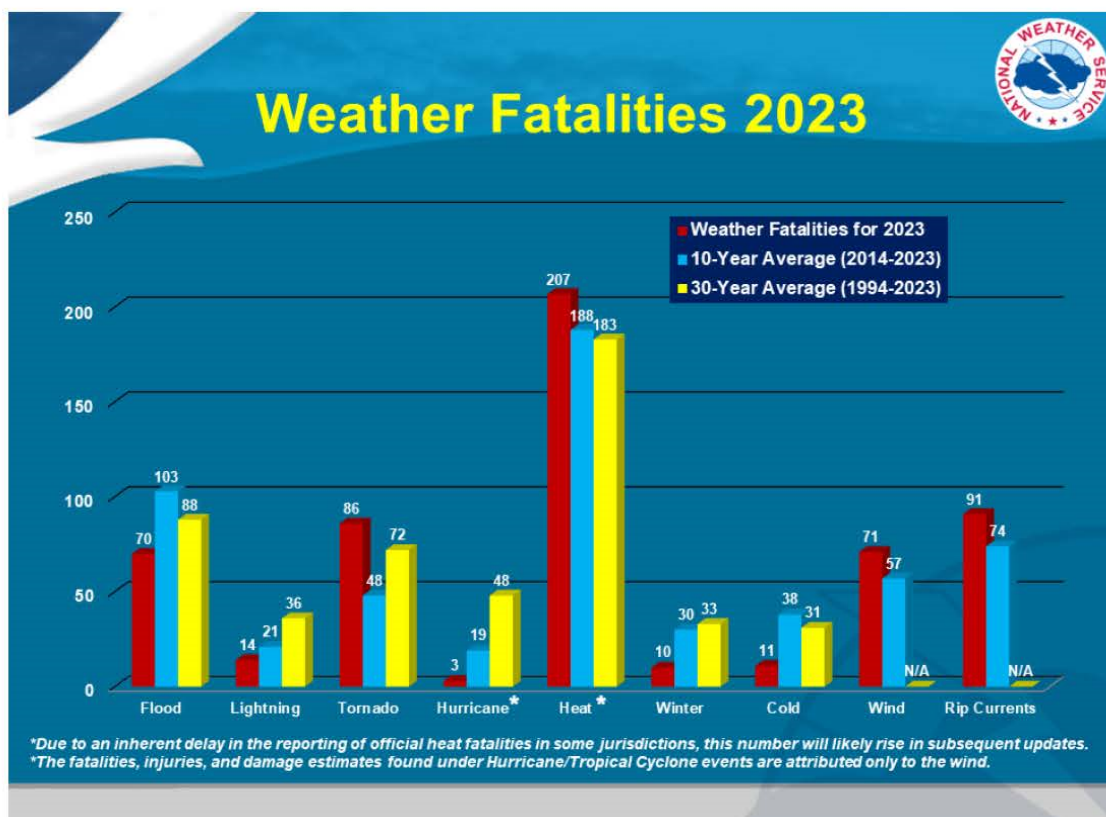


## Summer Heat Safety

By Jane Marie Wix - National Weather Service Jackson, KY

Summer heat arrived with a bang in mid-June across Kentucky! Unfortunately, we are only getting started with the summer season - there will most certainly be several months of hot weather ahead. Summer is also the season when everyone wants to be outside, either working or having fun. As much as we love this time of year, it is also a very dangerous season.

Heat continues to be the deadliest form of weather across the country. Higher than flooding, tornadoes, and hurricanes. Sadly, statistics for last year showed a higher-than-average fatality rate. Heat related deaths have been creeping up every year for the last few years.



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.

Know the signs:

- **Heat Exhaustion:** Becoming faint or dizzy, excessive sweating, cool/clammy skin, nausea, rapid/weak pulse, muscle cramps.
- **Heat Stroke:** Throbbing headache, no sweating, red/hot/dry skin, nausea, rapid/strong pulse, possible loss of consciousness.

If someone experiences these symptoms, get them to a cooler place and try to cool the body (loosen clothing, drink cool water, etc.). If it's a heat stroke, call 911 IMMEDIATELY.



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## Curried Chicken and Melon Salad

**3 ounces** sliced almonds  
**2** chicken breasts  
**¼-¾ teaspoon** curry powder  
**1½ cups** seedless red grapes, halved  
**1½ cups** honey dew melon, cubed

**1½ cups** cantaloupe melon, cubed  
**6 cups** baby spinach leaves, rinsed and dried

### Dressing

**½ cup** reduced fat mayonnaise  
**½ cup** plain Greek yogurt

**1 tablespoon** fresh lemon juice  
**1 tablespoon** fresh orange juice  
**2 tablespoons** honey  
**½ teaspoon** ground curry powder  
**1 teaspoon** lite soy sauce  
**¼ teaspoon** pepper

**Yield:** 1 ¼ cups

**Preheat** oven to 350 degrees F. **Spread** almonds in ungreased shallow baking pan. **Bake** uncovered 5-7 minutes until lightly browned. **Remove** from oven and cool. **Place** chicken breasts in a medium saucepan; **cover** with water, bring to a **boil**; **cook** until tender. **Drain** and **shred** chicken in large bowl. **Add** curry powder to taste, ¼-¾ teaspoon. **Stir** in grapes and melon cubes. **Mix** dressing ingredients in small bowl and **whisk** until smooth. **Add** dressing to taste, not over ¾ cup, to

chicken mixture. **Store** extra dressing in refrigerator. **Serve** 1 cup salad over 1 cup spinach leaves. **Sprinkle** with toasted almonds.

**Serving size:** 2 cups  
**Yield:** 6

**Nutritional Analysis:** 270 calories, 12 g fat, 1.5 g saturated fat, 25 mg cholesterol, 270 mg sodium, 28 g carbohydrate, 4 g fiber, 22 g sugars, 15 g protein.