

# Trimble County Extension June 2023 ~ Newsletter

4-H Youth Development  
Family & Consumer Sciences  
Agriculture and Natural Resources



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Trimble County  
43 High Country Lane  
Bedford, KY 40006  
Phone (502) 255-7188

## Trimble County Fair 4th Events

June 12 6:00 PM

Beef & Swine Show

June 13 6:00 PM

Goat & Sheep Show

June 15 6:00 PM

Rabbit & Poultry Show

June 16 7:00 PM

4-H Livestock Auction

Come show support for our youth who have worked hard with their show animals all year.

All events at Trimble County Park

3240 Hwy 421 N Bedford KY

June 12 9:00 - Noon

4-H/Open Class Exhibit Entry

A list of 4H /Open exhibit entry classes can be obtained at the Extension office.



## 4-H Camp Reminders

**All Camper Payments Due Now!**



**Camper Orientation  
June 22, 2023 6:30 p.m.**

Trimble County Extension Service

All first time campers and their parents are encouraged to attend orientation.

**Camper Lice Checks**

**July 2, 2023 1:00 - 6:00 p.m.**

Trimble County Extension Service

All campers must attend this check prior to leaving for camp. We cannot do lice checks the morning that we leave.



**Camp Departure**

**July 3, 2023 8:00 a.m. (be there 7:30 a.m.)**

Trimble County School Board office gravel parking lot

**Camp Return**

**July 7, 2023 4:30 p.m. (approximately)**

Trimble County School Board office gravel parking lot



**Trimble Thimbles Sewing Group ~ New Summer Schedule !!**  
4th Tuesday of the month: 5:30 - 8:00 p.m. June, July, Aug  
Thimbles will not meet on Saturdays during the summer!

Trimble County Senior Center (County Park)  
3240 Hwy 421N • Bedford, KY 40006  
Experienced or beginner, all are welcome!



**Simply Sharing Homemaker Group**

*Will not meet in June*

Wednesday, July 19, 2023 10:30 a.m. Topic: To be announced

**Home Canning Basics**

July 13, 2023 • 6:00 p.m.

Trimble County Cooperative Extension Service



Attendees will learn how to prepare their own better tasting canned foods using the most current research-based methods for home food preservation. Waterbath and pressure canning methods will be covered.

Please *rsvp* by calling (502) 255-7188 by July 10, 2023.



## Italian Turkey Sausage and Peppers

- |                          |                                    |   |
|--------------------------|------------------------------------|---|
| 3 red bell peppers       | 6 cloves garlic, chopped           | 2 tablespoons Italian seasoning           |
| 2 green bell peppers     | 2 tablespoons olive oil, divided   | 8 4-ounce links of Italian turkey sausage |
| 1 yellow bell pepper     | 2 teaspoons garlic powder, divided | 1/4 cup shredded mozzarella cheese        |
| 2 large tomatoes         |                                    |   |
| 1 large sliced red onion |                                    |   |

**Wash and slice** the peppers and tomatoes; **place** in a large bowl. **Place** sliced onions and chopped garlic cloves in a small bowl and **set** aside. In a separate small bowl, **combine** 1 tablespoon of olive oil, 1 teaspoon of garlic powder, and Italian seasoning. **Drizzle** oil mixture over peppers and tomatoes, and lightly toss. **Slice** each sausage link into 5 or more pieces. **Heat** 1 tablespoon of olive oil and the remaining garlic powder in a large skillet over medium-high heat. **Add** sausage and **cook** until browned. **Add** peppers

and tomatoes. **Reduce** heat to medium-low; **cover** and **simmer** 15 minutes; **stir** as needed. **Add** onions and chopped garlic; **cover** and **cook** an additional 5 minutes. **Sprinkle** with mozzarella cheese. **Cover** and **simmer** until cheese melts.

**Yield:** 6 1-cup servings

**Nutritional Analysis:**  
380 calories, 21 g fat, 5 g saturated fat, 110 mg cholesterol, 730 mg sodium, 17 g carbohydrate, 3 g fiber, 8 g sugars, 0 g added sugars, 32 g protein.





June 1 marks one year as your Agriculture and Natural Resources agent! I want to start by saying thank you for making it a great one! Thank you so much to everyone who came to see me and attended programs. All of the support from this county has been truly amazing! I couldn't have picked a better place to start my career. I hope that you learned a thing or two new from me as I know I have learned from you!

I have compiled some pictures from different events over the past year. Hopefully you have enjoyed the efforts I have put in and look forward to working with me more. I know I am excited to continue working with Trimble County!

Here's to a great summer and second year in Trimble County Extension! *Regina*



*Farmers Market*  
Every Thursday  
3:00 - 7:00 p.m.  
Courthouse Square  
Bedford, KY

**MONEY FOR FARM IMPROVEMENTS**  
**KADF**  
KENTUCKY AGRICULTURAL DEVELOPMENT FUND

- Eligible Investment Areas:**
- Agricultural Diversification
  - Large Animal - Small Animal
  - Farm Infrastructure
  - Fencing & On-Farm Water
  - Forage & Grain Improvement
  - Innovative Ag. Systems
  - On-Farm Energy
  - Poultry & Other Fowl
  - Technology & Leadership Development
  - Value Added & Marketing

**Administered by**  
Trimble County Conservation District  
511 West Street  
Bedford, Ky 40006  
(502) 255-7114

**COUNTY AG INVESTMENT PROGRAM (CAIP)**  
**YOUTH AG INCENTIVES PROGRAM (YAIP)**

Applications are available for TRIMBLE County's Cost-Share Programs to assist farmers and youth in making important farm investments.

**Anticipated Application Period**  
**June 20 – July 20, 2023**

Applications require a USDA Farm Service Agency number and Conservation Ag Water Quality Plan

**Applications available at:**  
Trimble County Conservation District  
Thursdays (8:00 a.m. – 4:30 p.m.)

**For More Information:**  
Contact Tammy Nixon at (502) 255-7114  
or email: [tammyjonixon@gmail.com](mailto:tammyjonixon@gmail.com)  
All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.



**Beginner Beekeeping**  
~ ONSITE PROGRAM ~  
June 19, 2023 9:30 a.m.

Location: 545 Woodrow Wilson Road, Carrollton, KY

SPONSORED BY: TRIMBLE AND CARROLL EXTENSION SERVICE  
Please call by 6/15 to RSVP (502) 255-7188 or (502) 732-7030





## Spring Tornado Safety

Jane Marie Wix - National Weather Service Jackson, KY  
(in coordination with Kentucky Emergency Management)



Each year, the United States experiences an average of 1,200 tornadoes. Many strike rural areas and cause little damage, and most have paths well under one mile in length and winds under 100 mph. However, a few tornadoes can become large and violent, with wind speeds approaching 200 mph, tracking tens of miles and leaving swaths of destruction and death. In Kentucky, tornadoes have occurred during every month of the year and at every hour of the day. However, they occur most frequently from March through June and typically between 3 and 10 PM. Nighttime tornadoes are often more dangerous as they are harder to see and most people are sleeping.

So what do you do if there is a tornado? How do you stay safe?

### Before a Tornado

- Have a family tornado plan in place and practice a family tornado drill at least once a year.
- Have a predetermined place to meet after a disaster.
- Learn the signs of a tornado: dark, greenish sky; large hail; dark, low clouds; and loud roaring sounds.
- When a tornado watch is issued, practice your drill and check your safety supplies.
- Increase your situational awareness by monitoring the weather on weather.gov, watching local TV, or listening to NOAA Weather Radio.
- Flying debris is the greatest danger in tornadoes; so store protective coverings (e.g., mattress, helmets, sleeping bags, thick blankets, etc) in or next to your shelter space, ready to use on a few seconds notice.
- Tornado rule of thumb: Put as many walls and floors between you and the tornado as possible!
- If you are planning to build a house, consider an underground tornado shelter or an interior "safe room".
- **In a mobile home: GET OUT!** Go to a neighbor's house, underground shelter, or a nearby permanent structure. Most tornadoes can destroy even tied-down mobile homes.

### During a Tornado

- Wear a bicycle or motorcycle helmet to protect your head and neck or cover your head with a thick book.
- In a house with a basement: Avoid windows. Get in the basement and under some type of sturdy protection (heavy table or workbench), or cover yourself with a mattress or sleeping bag. Know where very heavy objects rest on the floor above (pianos, refrigerators, dressers, etc.) and do not go under them. They may fall down through a weakened floor and crush you.
- In a house without a basement, a dorm, or an apartment: Avoid windows. Go to the lowest floor, in a small interior room (like a bathroom or closet), under a stairwell, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down. A bath tub may offer a shell of partial protection. Even in an interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.), to protect against falling debris in case the roof and ceiling fail.

- In a car or truck: If you are caught by extreme winds or flying debris, park the car as quickly and safely as possible - out of the traffic lanes. Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat, or other cushion if possible. If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area. Avoid seeking shelter under bridges.
- In the open outdoors: lie flat and face-down on low ground, protecting the back of your head with your arms. Get as far away from trees and cars as you can.

### After a Tornado

- Remain calm and alert, and listen to the radio or TV for instructions from authorities.
- Keep your family together and wait for emergency personnel to arrive.
- Carefully render aid to those who are injured.
- Stay away from downed power lines.
- Watch your step to avoid broken glass, nails, and other sharp objects.
- Stay out of any heavily damaged houses or buildings.
- Do not use matches or lighters, there might be leaking natural gas pipes or fuel tanks nearby.

### Upcoming Events & Dates

#### JUNE/JULY

**June 10, 12-16: Trimble County Fair at Trimble County Park**

**June 15: Third Thursday, Farmers Market /Juneteenth Celebration 10:00 a.m.**

Harold R. Benson Research Farm 1525 Mills Lane, Frankfort, KY

**June 20: Agricultural Funding Education Session**

Trimble County Extension Service 6:00 p.m.

**July 6: First Thursday at Trimble Farmers Market - Food & Fun! 3:00 - 7:00 p.m.**

Courthouse Square ~ Bedford KY

**July 20: Third Thursday, Fencing/ Pastured Poultry 10:00 a.m.**

Harold R. Benson Research Farm 1525 Mills Lane, Frankfort, KY

### Agricultural Funding Education Session

June 20, 2023

6:00 p.m.

Trimble County Extension Service

#### Information on:

- CAIP  
County Agricultural Investment Program
- KY Proud Grants
- Conservation Funded projects
- Farm Service Agency Funding

Save the date

### Cook Wild Kentucky

Saturday, September 9

9:00 - 1:00 p.m.

Trimble County Extension Service





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

Trimble County  
PO Box 244  
43 High Country Lane  
Bedford, KY 40006-0244

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**Cooperative Extension Service**

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification