

Trimble County Extension September 2022 Newsletter



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

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

REGIONAL BEEF FIELD DAY

SEPTEMBER 27, 2022

**TRIMBLE COUNTY PARK
3240 HWY 42N BEDFORD, KY**

3:30 p.m. Registration
4:00 p.m. Rotations Begin
7:00 p.m. Meal

- BQCA Chuteside Training
- Utilizing CAIP funds
- Selecting Breeding Bulls & Heifers



Trimble County Cattlemen's Association is happy to host this year's Regional Beef Field Day.

Attendance at sessions counts towards CAIP education.
No cost to attend.

PLEASE RSVP TO (502) 255-7188 BY 9/21/22

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.

Agriculture & Natural Resources

Record Keeping for Producers

September 8th, 2022, at 6:30pm Trimble County Extension Service

Join us as Katie Taylor, from the USDA Farm Service Agency shares how to properly keep records for your farm, that will help you on the farm and in the FSA office. Proper record keeping is the best way to help you keep your farm running smoothly. We will also be looking at the new X10D website and app that is available for use to stay connected with your county extension office
Please call (502) 255-7188 to RSVP for the session.

Upcoming Events & Dates

SEPTEMBER

September 13th & 14th: Fall Grazing School

Woodford County Extension Office

September 19th: Small Ruminant- Parasitology 101

Online at <https://www.kysheepandgoat.org/product-page/parasitology-clinic>

September 27th: Regional Beef Field Day*

Trimble County Park, 3:30 pm registration

OCTOBER

October 3rd: Small Ruminant- Dewormers and Treatment Strategies

Online at <https://www.kysheepandgoat.org/product-page/parasitology-clinic>

October 17th: Small Ruminant- Rotational Grazing for Parasite Prevention

Online at <https://www.kysheepandgoat.org/product-page/parasitology-clinic>

October 20th: Beef Bash

UK Research Farm, 348 University Dr. Princeton, KY 42445, 8:30 am registration

October 21st: Small Ruminant in-Person Workshop (preregistration required)

KSU Research Farm, 1525 Mills Lane, Frankfort, KY 40601, 1:00 pm

I Have This Farm, Now What?

What do I do with the farm I just bought? Although this sounds like a question that should be asked before you buy the farm, there may be circumstances that cause you to acquire a farm before deciding what to do with it. You may decide you want to move your family out of the city to a rural area so you buy a house and a small farm. You might inherit a farm from a family member and you do not know anything about farming. No matter the circumstance, deciding what to do with the farm requires careful consideration. In this article, we will look at several decisions that need to be made when purchasing or inheriting a farm.

What are my goals with this farm? Do I want to rent the farm out to another local farmer? Do I want to farm it myself? If you choose to rent the farm out, you need to decide whom you want to rent your farm to and whether you want to cash rent it or share crop rent it. Once these decisions are made, you and the farmer will need to sit down and come up with a rental agreement (preferably written down) that both of you can agree upon. Deciding to farm the land yourself will lead to other important decisions.



One of these decisions would be what type of farming you want to do. Regardless of your answer to this question, you will need to make sure you have the right infrastructure for the type of farming you choose. If you choose to raise livestock, you will need to make sure there are suitable fences, barns, and handling facilities for the type of livestock you plan to raise. If you want to be a crop farmer, you will need to make sure there are good storage facilities or reasonable access to storage facilities for crops.

You will also need to study what type of markets are available for your product and the distance from the farm to those markets. If there are multiple markets, you will need to determine which one fits your needs the best. In some cases, there may be no local markets for your production. In this case, you may have to go into a different type of farming. If you are willing to take a risk, you may also choose to either start-up or help organize a local market for your product. In livestock farming and specialty crop farming, there are more and more farmers trying to sell their product directly to the consumer on the farm or through a local marketing system.

Another important decision to make would be what type of equipment you will need for your farm. If you do not already have access to any equipment, this can quickly become a very expensive investment. You may need to look at buying the bare minimum equipment at first, while hiring someone else to complete other tasks for you, such as planting and spraying grain crops. Another option that may be beneficial would be leasing equipment instead of buying all of it.

There are many other critical decisions that need to be made before you decide to farm your newly purchased land. Finding the right lender and tax accountant for your operation is extremely important. There are all types of lending institutions, but you need to find one that is very familiar with agriculture because they may not understand your needs if they are not familiar with it. This is the same story with accountants. There are some very specific tax rules that farmers have to deal with that other businesses do not. Finding a tax accountant that is familiar with those rules can sometimes save some costly tax errors. Nobody likes paying taxes, but you could cause yourself to pay a lot higher tax bill if you choose an accountant who is not familiar with farming.

One final, often overlooked, decision you need to make is one involving record keeping. This is an area that many farmers fail in because they do not like "doing bookwork". Without proper records, you will not be able to determine what type of profit, if any, the farm is making. This may also cause problems when trying to get financing or tax preparation because it will take the lender and accountant a lot more time on your operation if you do not provide them with proper records. There are many different accounting software products available for personal use. You just need to decide which one best fits your needs and then actually use it the way it is intended to be used.

Regardless of your situation, it is extremely important to examine these decisions among many others before you decide whether you want to farm. It is also very important to seek advice from others that have more knowledge on a topic than you may have. You may also consider developing a written business plan. There are business advisory centers, like the Kentucky Center for Ag and Rural Development (KCARD) that can help you create a business plan. An Extension agent is also a wealth of knowledge, and can help you narrow down potential enterprise options and point you toward numerous resources through the UK Cooperative Extension Service.

Forsythe, M. Economic and Policy Update (22):7, Department of Agricultural Economics, University of Kentucky, July 29th, 2022.

I am here to answer questions!

Please do not hesitate to reach out for your farm planning needs, or any other Agriculture questions you may have.

You can reach me by calling, emailing or stopping by the office. I am also happy to make farm site visits.

regina.utz@uky.edu

Regina Utz
Agent for Ag & Natural Resources

Homemaker News . . .

Trimble Thimbles Sewing Group

Saturdays 11:00 a.m.

at the Trimble County Senior Center (County Park)

3240 Hwy 421 N Bedford, KY 40006

Experienced or beginners, all are welcome!



Simply Sharing Homemaker Group

Savor the Flavor:

Cooking with Oils and Vinegars

September 21, 2022 10:30 a.m.

Please call (502) 255-7188 to RSVP.

Trimble County Homemaker Dues

You are invited to join or renew your membership and support your local Homemaker Club. Dues are \$8.00, you may pay in person at the Extension office or mail to:

Trimble County Homemakers PO Box 244, Bedford, KY 40006



Trimble County

Community Baby Shower

Thursday, September 22, 2022
at Trimble County Public Library

11:00 a.m. to 1:00 p.m.

(Must arrive by 11:15 a.m. for prize eligibility)

Lunch will be provided, lots of prizes given away!

If you are pregnant, or have a child up to 12 months of age, we hope to see you there! Any questions, please call North Central District Health Department (502) 633-4261.

Coordinated by local community entities.

Cultural Cook Along 2.0



Spain

September 27, 2022,
6:30 p.m., via Zoom
Salud! From tapas to paella and churros to gazpacho Spanish cuisine is varied and tasty. Cook along with us as we make a Spanish dish or two.



Italy

October 25, 2022,
6:30 p.m., via Zoom
Salute! With cuisine ranging from pasta to rice, and beans to beef, Italy is sure to be a great cultural exploration as we cook together to make an Italian dish or two.



France

November 29, 2022,
6:30 p.m., via Zoom
Santé! From boeuf bourguignon and croissants to salad nicoise France offers a variety of taste sensations. Cook along as we make a French dish or two.

Join the BBG HOT Challenge!

Challenge yourself to improve your daily life. Get ready to work alongside your friends and neighbors to boost your health.

Participants will set goals to achieve in any or all of the categories:

- ~ Physical Activity
- ~ Fruit & Veggie intake
- ~ Living Well

To register please call (502) 255-7188, by September 26, 2022.

The program runs for 8 weeks: October 1 through November 30, 2022.

Incentive prizes awarded to those who complete the challenge!



Register to join us at Trimble County Extension Service for any or all of the sessions. Each month will feature a different recipe and information about the featured culture. Please call (502) 255-7188 for the Trimble in-person option.

If you prefer to join virtually from your home computer, tablet, or cell phone, please register by calling (859) 654-3395 or at pendleton.ca.uky.edu. Registration required. Supply and ingredient lists and other special instructions will be sent via e-mail about a week prior to the program.

ADULT HEALTH BULLETIN



SEPTEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

RECOVERY FROM MENTAL HEALTH, SUBSTANCE USE DISORDERS



September is National Recovery Month. Recovery Month celebrates the gains made by those in recovery from substance use and mental health. We celebrate them just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Recovery Month is held every September to increase awareness and understanding of mental health disorders and substance use disorders and to celebrate those in recovery. Mental health and substance use disorders affect

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People can get help by calling or texting the Suicide and Crisis Lifeline at 988 or calling the KY Help Call Center at (833) 859-4357.

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all communities nationwide. With commitment and support, those affected can improve their health and overall wellness. Recovery Month spreads the message that people can and do recover every day.

Substance use disorder is on the rise, and the COVID-19 pandemic has a large part to play in this.

During the pandemic, we have also seen a significant rise in mental health problems including depression, anxiety, and addiction. According to the Centers for Disease Control and Prevention (CDC), 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19. In fact, the same CDC report revealed that drug overdose deaths in the U.S. reached an all-time high in 2021, increasing 15% from 2020.

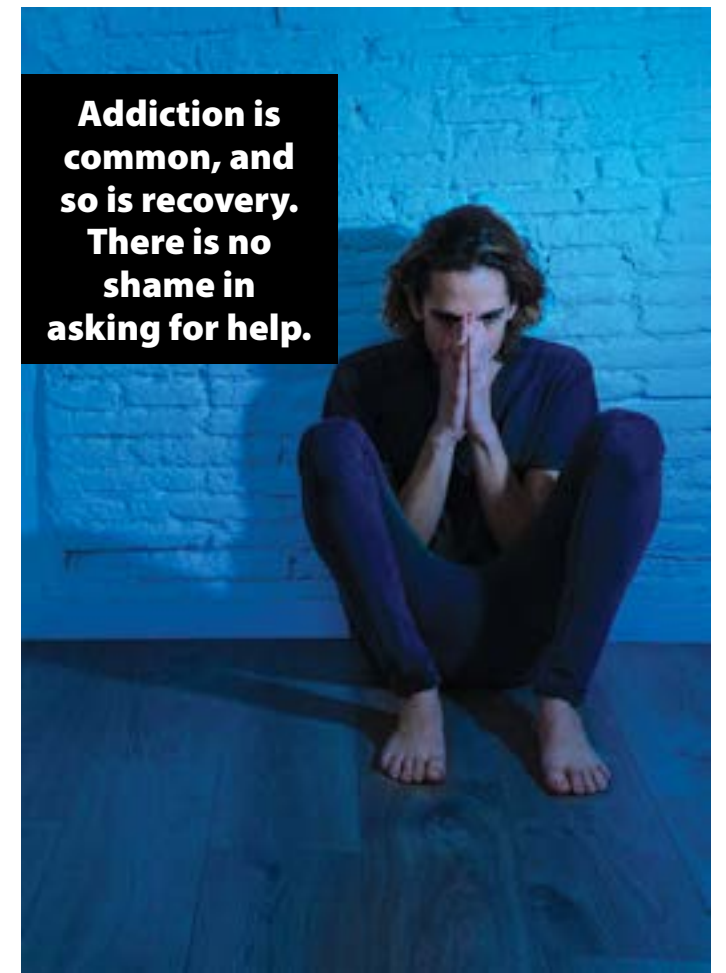
The good news, according to the latest U.S. National Survey on Drug Use and Health, is more than 75% of people addicted to alcohol or drugs recover. That means their condition improves and substance use no longer dominates their life. Through Recovery Month, people become more aware and able to encourage those in need to seek recovery services for help. Addiction occurs far more often and in many more people than some might realize, especially after two years of a pandemic. Addiction is common, and so is recovery. There is no shame in asking for help.

988 Suicide and Crisis Lifeline

People can call or text 988. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

KY Help Call Center: (833) 859-4357

Individuals seeking treatment for themselves or others — as well as family members who have questions or are in need of support — can call toll-free and speak with a specialist about available treatment services most relevant to their needs.



The Call Center is manned Monday through Friday from 8:30 a.m. to 5:30 p.m. (EDT). During nonbusiness hours callers may leave their name and contact number and a specialist will be in touch.

SOURCES:

- Czeisler M. É., Lane R. I., Petrosky E., et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>.
- [https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20\(Recovery%20Month,nation%20who%20make%20recovery%20in](https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20(Recovery%20Month,nation%20who%20make%20recovery%20in)
- https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer_Volume6.pdf



Trimble County

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43 High Country Lane

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