

Trimble County Extension April 2023



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

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

Trimble County
43 High Country Lane
Bedford, KY 40006
Phone (502) 255-7188
<http://trimble.ca.uky.edu>

Birding in the Bluegrass

APRIL 10, 2023

6:00 PM

Trimble County Extension Service
43 High Country Lane, Bedford

Presented by: Nathan Rider,
Bullitt County ANR Agent

- **Habitats**
 - Where to find the birds
 - How to attract birds
- **Identification**
 - Sounds of common birds
- **Binoculars**
 - Finding the right fit for you

Call to rsvp (502) 255-7188 by 3/7

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Agriculture & Natural Resources

Don't let this fluctuating weather fool you! The last frost date for Trimble County is looking to be around the end of April. Wait a little bit longer for the plants to go outside!

Do not hesitate to reach out with any questions you may have regarding programs or agriculture needs.

Contact Information: (502) 255-7188 or regina.utz@uky.edu

Regina Utz
Agent for Ag & Natural Resources

Upcoming Events & Dates

APRIL

April 4th: Weed Management for Pastures and Hayfields

Henry County Extension Office 7:00 - 8:30 p.m.

April 6th: Spring Gardening Series- Starting Seeds and Seed Exchange

Trimble County Extension Office, 6:00 p.m.

April 7th: Private Applicator Certification

Owen County Extension Office, 9:30 a.m.

April 20th: Small Ruminant Quality Assurance

Trimble County Extension Office, 6:00 p.m.

April 20, 21 & 29th : Herd Bull- Selection, Evaluation, Genetics, & Testing

United Producers Stockyards, Owenton, KY

Planting for Birds, Bees & Butterflies

April 18, 2023 ~ 6:00 p.m.

Trimble County Extension Service

Establishing habitats for pollinator

- What to plant
- When to plant



Small Ruminant Quality Assurance

Trimble County Extension Service Office

April 20, 2023 6:00 p.m.

\$5.00 for certification. Required for CAIP in 2023!

Please rsvp by 4/18 to (502) 255-7188



Spring Outlook for the State of Kentucky

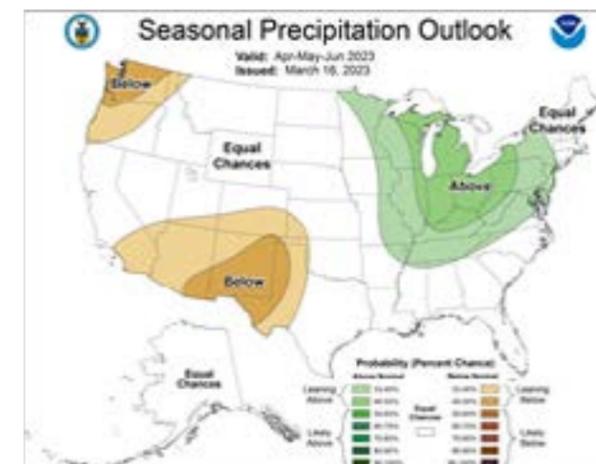
Simone Lewis - National Weather Service Charleston, WV



The Official Spring Outlook (April - June) for the state of Kentucky was released from the Climate Prediction Center on March 16th, 2023.

Keep in mind, the colors on the graphics reflect a numbered "probability", or percent chance, of above or below normal values. It does NOT mean that the darker the color the more above normal or below normal we will be, but rather a better probability (or chance) of being above or below normal. Also, this is an average across a three-month period, which means there could still be periods of warmer/colder than normal temperatures or above/below normal precipitation.

Here are the spring precipitation and temperature outlooks for the state of Kentucky:



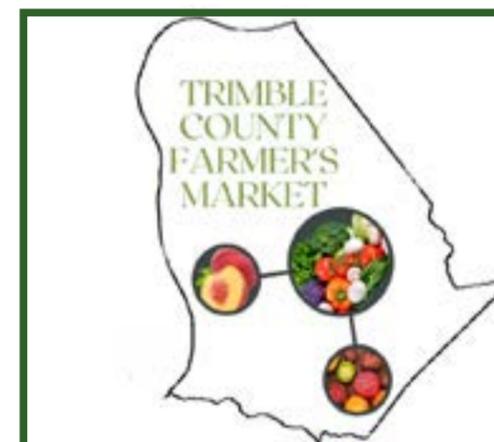
According to the images, the state of Kentucky has a 40% to 50% chance of above normal precipitation across the northern half of the

state, and a 33% to 40% chance of above normal precipitation across the southern half.

The state of Kentucky is also predicted to have a 40% to 50% of above normal temperatures across the eastern half of the state, and 33% to 40% chance across the western portions of the state.



In addition, drought is not expected to develop across the state, but there is at least a 50% of minor flooding during the spring season.



Vendor Applications now available at Trimble County Extension Service.

Due Date: April 14

Farmers Market Kick-Off
May 4, 2023 3:00 - 7:00 p.m.
Courthouse Square ~ Bedford, KY

Family & Consumer Sciences

Agent for Family and Consumer Sciences

Homemaker News . . .

Trimble Thimbles Sewing Group
Saturdays, 11:00 a.m.

at the Trimble County Senior Center (County Park)
3240 Hwy 421N • Bedford, KY 40006

Experienced or beginner, all are welcome!



Simply Sharing Homemaker Group

Wednesday, April 19, 2023 10:30 a.m.

"Move Your Way: Exercise for Everyone"

Trimble County Extension Service

Call to RSVP: (502) 255-7188 by April 17, 2023

Kentucky Extension Homemakers Association State Meeting

"Let's Take A Hike with KEHA"

May 9 - 11, 2023 Crowne Plaza ~ Louisville, KY

Registration: Early Bird Rates 4/10/23 \$120-\$140

Late Registration by 4/24/23 \$140-\$175



4-H Youth Development

Extension Agent for 4-H Youth Development



4-H Horse Club

April 11, 2023 6:30 p.m.

Trimble County Extension Service

4-H Livestock Club

April 20, 2023 6:00 p.m. Small Ruminant Class

Trimble County Extension Service

May 16, 2023 6:00 p.m. Vet Check Day

Trimble County Park ~ 2 hour meeting

June 12, 2023 6:00 p.m. Beef & Swine Show

June 13, 2023 6:00 p.m. Goat & Sheep Show

June 15, 2023 6:00 p.m. Rabbit & Poultry Show

June 16, 2023 6:00 p.m. 4-H Livestock Auction

4-H / Open Class Exhibit Entry Day

June 12, 2023 9:00 - Noon at Trimble County Park

Stop by the Extension office for a catalog of eligible exhibit classes.

An International Luncheon

2023 Feature Country: Iran

At the Shelby County Extension Office 1117 Frankfort Road Shelbyville, KY



Join Faranak Seifi, American citizen, born and raised in Iran. Hear the story of their family origin, learn about cultures in their home country and agriculture practices, and hear their immigration story in the United States.

Enjoy a home-cooked meal featuring native recipes.

April 28

Registration opens at 9:30 am.

10:00 am.

Lunch will follow the program

(502) 633-4593

elizabeth.coots@uky.edu

\$15 per person

Payment due by April 14

Cash or check (made payable to Shelby County Homemakers, brought or mailed).

Sponsored by:

Shelby County Extension



4-H PROJECT DAYS

APRIL 25, 2023 5:00 - 6:30 PM

MAY 23, 2023 5:00 - 6:30 PM

TRIMBLE COUNTY EXTENSION SERVICE

PROJECTS SUITABLE FOR COUNTY FAIR ENTRY

LIMITED TO 20 PARTICIPANTS
AGES 9+

REGISTER AT : (502) 255-7188

YOUTH HEALTH BULLETIN



MARCH 2023

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:

ALL ABOUT ALLERGIES

Have you ever started sneezing when you were outside or in the woods? Do you know someone who starts to itch if they are around a certain animal, like cats or dogs? These reactions could be a sign of an allergy.

An allergy is your body's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system — the way your body works to keep your insides healthy and germ free — protects you from diseases by fighting germs like bacteria and viruses. Sometimes, our body's immune system overreacts and tries to fight normal things like grass, pet hair, or certain foods. The sneezing, itching, and other reactions you get

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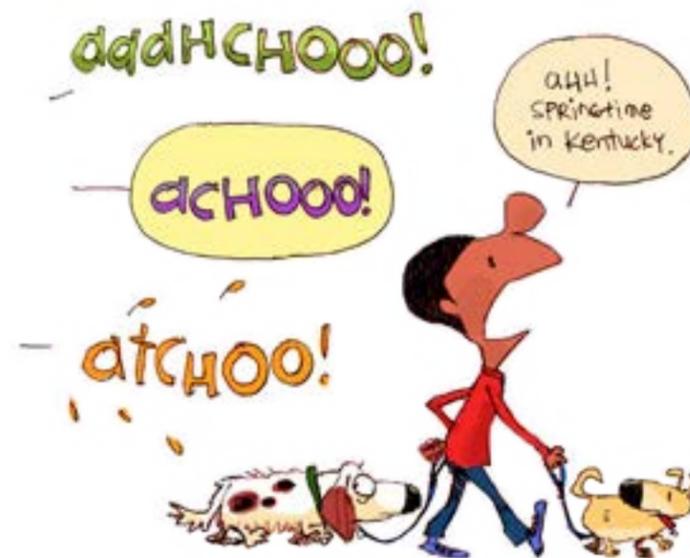
with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

Different people can be allergic to different things, but some things that a lot of people are allergic to are:

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

REFERENCE:
<https://kidshealth.org/en/kids/allergies.html>

**ADULT
HEALTH BULLETIN**

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Chris Ware © University of Kentucky School of Human Environmental Sciences)



University of Kentucky
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Trimble County

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Bedford, KY 40006-0244

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