

# The Old Farmhand: Part II

## June/ July 2024

Harrison County Office  
 668 New Lair Road  
 Cynthiana, KY 41031  
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*Jessica Barnes*  
 Jessica Barnes,  
 County Extension Agent For Ag.  
 & Natural Resources Education

### A Note from Jessica

I hope everyone has had a great start to their summer so far! I am still out on maternity leave but will be back to the office soon. Please look through this newsletter closely as it has information about the CAIP cost-share program as well as our County Fair and other important information. I look forward to seeing you guys soon and as always if you have any questions while I am out please feel free to call the office at 859-234-5510 and they will get you taken care of!

**Also, just as a reminder our office will be closed on Wednesday, June 19, 2024 for the Juneteenth holiday as well as Thursday, July 4, 2024 in celebration of Independence Day.**

## MONEY FOR FARM IMPROVEMENTS

# KADF

KENTUCKY AGRICULTURAL  
DEVELOPMENT FUND

### Eligible Investment Areas:

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

Administered by  
**Harrison County Beef Cattle  
 Association**  
 668 New Lair Road  
 Cynthiana, KY 41031  
 (859) 234-5510

## COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

**\*\*MUST BE A KENTUCKY RESIDENT TO  
APPLY\*\***

Applications are available for Harrison County's CAIP to assist farmers in making important farm investments.

### **Application Period:**

**June 24 to July 15, 2024**

***No applications will be accepted before  
June 24 or after July 15***

CAIP Informational Meeting will be held on July 2, 2024, at 7:00 pm at the Harrison County Extension Office.

### **Application Availability:**

**Harrison County Extension Office  
 Monday – Friday (8:00 a.m. – 4:30 p.m.)**

### **For More Information:**

**Contact HC Extension at (859) 234-5510 or email  
[lindakstubb55@gmail.com](mailto:lindakstubb55@gmail.com)**

*All applications are scored, based on the scoring criteria  
 set by the Kentucky Agricultural Development Board.*



### CAIP INFORMATIONAL MEETING

*This years CAIP informational meeting will be held on July 2, 2024, at 7 PM at the HC Extension Office. An educational component will be provided.*

Scan this QR code with your camera on your phone to check out the guidelines and eligible investment areas for 2024.



## Harrison County Extension Presents: 2ND ANNUAL GIANT PUMPKIN CONTEST

### REMINDER

We hope to see you there with your giant pumpkin!

- **Friday, October 25th between 11:00 - 1:00 and 4:30 - 6:30**, pumpkins will be weighed-in downtown Cynthiana and stay on display through Halloween.
- **Winners will be announced Friday, October 25th at 7:00 p.m.**
- Pumpkins can be picked up on Friday, November 1 (Time TBD)



Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Science  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities acknowledged with prior notification.

Call 859-234-5510

with questions



# FAIR ENTRY REGISTRATION

**Pre-registration is required!** Online registration window will be open June 3rd- July 11, 2024 using the website:

<https://harrisoncountyfairky.fairentry.com/Fair/SignIn/20429>

**Fair Exhibit Check-in will be assigned by appointment only which you select during online registration.** All entries must be completed online. No walk-up or day-of entries will be accepted.

We have three help days for those needing assistance entering items online. Times will be between 8:30 a.m. to 4:00 p.m:

- Monday, June 24th
- Wednesday, June 26th
- Tuesday, July 9th

**Help days are scheduled by appointment only.** Please call 859-234-5510 to reserve your spot.

**DEADLINE TO ENTER all fair exhibits online is Thursday, July 11th @noon.**

### Tag Instructions:

**We will print your tags.** Tag pick up will be Friday, July 12th at the Harrison County Extension Office (668 New Lair Road, Cynthiana, KY 41031). Or you can pick up tags earlier at the office if you call (859-234-5510) to let us know you are done entering items into the online system.

**\*\*Fair entry drop off is Sunday, July 14 from 1-5pm\*\***

**\$8** **\$8**

# 2024 HARRISON COUNTY FAIR

## PRE-SALE TICKETS

**On Sale from June 3 to July 12**

**\$8 per ticket, per night. Ticket is valid on any night.**

Purchase at the HC Extension Office Monday-Friday,  
8:30a to 4:00p. Closed July 4. Cash/Check accepted.

NON-REFUNDABLE & Includes Rides

**\$8** **\$8**

[www.harrisoncokyfair.com](http://www.harrisoncokyfair.com) 

# HARRISON COUNTY FAIR

July 13-20, 2024  
July 27, 2024

**\$10 Per Person**  
2 & Under Free

## SCHEDULE OF EVENTS

**SATURDAY, JULY 13**

**\$10 GATE FEE**

- 9 a.m. Hog Show (Barn)
- 5 p.m. Miss HC Pageant (McCauley Bldg)
- 5 p.m. Ms/Mrs HC Pageant (McCauley Bldg)
- 6:30 p.m. Rocky Mountain Tennessee Walking Horse Show (Center Ring)
- 7 p.m. TNT Truck Tractor Pull (Track)

**SUNDAY, JULY 14**

**NO GATE FEE**

- 1-5 P.M. Enter Exhibits, 4-H, FFA, Floral Hall
- 5 p.m. HC Fun Horse Show (Center)
- 6:30 p.m. FREE Family Gospel Sing

**MONDAY, JULY 15**

**\$10 GATE FEE**

- 1 p.m. Dairy Cattle Show (Barn)
- 6 p.m. Kid Activities
- Hosted by Community Action (Center)
- 6 p.m. Touch-A-Truck (Center)
- 6-9:30 p.m. Zero Turn Lawnmower Contest (Center)
- 6:30 p.m. Sheep Show (Barn)
- 6:30 p.m. Baby Show (McCauley Bldg)
- 7 p.m. Lawn Tractor Pull (Track)

**TUESDAY, JULY 16**

**\$10 GATE FEE**

- 10 a.m. Open 4-H/FFA Boer & Dairy Goat Show (Barn) Register by 9 a.m.
- 6 p.m. Beef Show (Barn) (On Ground by 5p.m.)
- 7 p.m. Miss Teen HC Pageant (McCauley Bldg)
- 7 p.m. Tractor Tug Pull (Track)
- 7:30 p.m. Josh Yarber Working Dog Demonstration (Center)

**WEDNESDAY, JULY 17**

**\$10 GATE FEE**

- 5:30 p.m. Poultry Show (Barn)
- 6 p.m. Miss Pre-Teen Pageant (McCauley Bldg)
- 7 p.m. Tractor Tug Pull (Track)
- 8 p.m. ADULT Powers Wheels Demo Derby (Center)

**Carnival Rides**  
July 15-20



**THURSDAY, JULY 18**

**\$10 GATE FEE**

- 9 a.m. Land Judging
- 10 a.m. Sunshine Day (Elders, Disabilities, Sensitivities)
- 4-H Tractor Driving Contest
- 1 p.m. Children's Show (McCauley Bldg)
- 5:30 p.m. KITPA Sanction Pull (Track)
- 7 p.m. 4th Annual Pedal Tractor Pull (Center)
- 7 p.m. Family Fun Night (Center)
- 8 p.m.

**FRIDAY, JULY 19**

**\$10 GATE FEE**

- 9 a.m. HC Farm Bureau Country Ham Breakfast (McCauley Bldg)
- 6:30 p.m. YOUTH Power Wheels Demo Derby (Center)
- 7 p.m. Battle Of Bluegrass Pull (Track)
- 9 p.m. Greased Pig Contest (Center)

**SATURDAY, JULY 20**

**\$10 GATE FEE**

- 5 p.m. Rabbit Show (McCauley Bldg)
- 7 p.m. Pony Pull (Lower Barn)
- 7 p.m. Tractor Speed Pull (Track)
- 8 p.m. CONCERT Sam L Smith (Center)
- 9:30 p.m. Greased Pig Contest (Center)

**SATURDAY, JULY 27**

**\$10 GATE FEE**

- 6:30 p.m. Cornhole Tournament (McCauley Bldg)
- 7 p.m. ATV, Bike, Truck Drag Racing (Track)
- 7 p.m. Annual Youth Rodeo (Center)



**ADMIT ONE**

**Gates open at 4 p.m. daily**  
**Exhibit Halls open at 6 p.m. daily**  
**Carnival begins at 6 p.m. July 15-20**

 #hckyfair

For more information visit: [www.harrisoncokyfair.com](http://www.harrisoncokyfair.com)

## Preventing heat-related illnesses

Some things are for certain about Kentucky summers--they are going to be hot and humid. When heat and humidity come together, they can increase your risk of experiencing a heat-related illness like heat cramps, heat exhaustion or sometimes deadly heat stroke. Fortunately, you can take measures to protect yourself and your workers from contracting these illnesses.

Heat-related illnesses occur when your body's temperature rises faster than you can cool yourself. These illnesses can be exacerbated by hot and humid weather, lack of wind, lack of shade, dehydration, not taking breaks, wearing improper clothing and consuming alcohol 24 hours before working outdoors. You can also experience a heat-related illness by working near a radiant heat source such as hot engines or machinery.

Heat-related illnesses can affect anyone regardless of their age or physical ability. New workers who are not used to working in hot, humid weather, workers with chronic health conditions and those over 60 years old may be more susceptible to contracting a heat-related illness. Certain medications including those used for colds, blood pressure control, dizziness and depression can lower your ability to tolerate heat and humidity. Recently experiencing a short-term illness, such as a gastrointestinal illness or cold, can increase your risk for getting a heat-related illness.

To prevent heat-related illness, you should plan strenuous outdoor activities for the early morning or late evening hours, when temperatures are the coolest. Wear light-weight and light-colored clothing, which will reflect heat and sunlight and help your body maintain a normal temperature. Stay hydrated by taking frequent water breaks. Take frequent rest breaks during the day in shaded or air-conditioned areas. Use sunscreen and avoid getting too much sun. A sunburn can make it harder to lower your body temperature. Work in groups, so you can monitor each other for heat-related illnesses.

Symptoms of a heat-related illness include a high body temperature, confusion, loss of coordination, sweating, skin that is hot and dry, throbbing headache, exhaustion, rapid heart rate, nausea, irritability, rapid breathing, muscle cramps and seizures.

If you suspect you or one of your employees has a heat-related illness, immediately get out of the sun and into a cool area. Lie down and loosen your clothing. Apply a cool, wet cloth to your body. Drink water. A severe heat-related illness, such as heat stroke, can be life threatening and requires prompt medical attention. In severe cases, call 911 or seek immediate medical attention.

More information on preventing heat-related illnesses is available on the National Institute for Occupational Safety and Health websites <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html> or <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-125.pdf> or by contacting the Harrison County Extension office of the University of Kentucky Cooperative Extension Service.



# Blueberry French Toast Bake

|                                |   |                                |
|--------------------------------|---|--------------------------------|
| <b>¼ cup</b> whole wheat flour | <b>3</b> eggs   | <b>1 cup</b> fresh blueberries |
| <b>¼ cup</b> all-purpose flour | <b>6</b> egg whites   | <b>½ cup</b> chopped almonds   |
| <b>1½ cups</b> skim milk       | <b>1 loaf</b> (12 ounces) French bread, cut into 1 inch cubes | Honey, if desired              |
| <b>1 tablespoon</b> sugar      | <b>3 ounces</b> fat free cream cheese, cut into ½ inch cubes  |                                |
| <b>½ teaspoon</b> vanilla      |   |                                |
| <b>¼ teaspoon</b> salt         |   |                                |

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PRESERVING:** To freeze: Place blueberries, unwashed and completely dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

### KENTUCKY BLUEBERRIES

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

**March 2015**

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COOPERATIVE  
EXTENSION  
SERVICE



*Community Corner*  
**CHAMBER OF COMMERCE**

**Spanish Resources**



**MCTC**



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**HC EXTENSION**



Check out what's happening in our community! Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

