

# GRAVES COUNTY AGRICULTURE & NATURAL RESOURCES NEWS

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

GRAVES COUNTY COOPERATIVE  
EXTENSION SERVICE  
4200 US HWY 45  
MAYFIELD, KY 42066  
(270)247-2334  
GRAVES.EXT@UKY.EDU

June 2025

## IN THIS EDITION:

- Agent Notes
- Announcements
- Crops
- Beef
- Horticulture
- Weather notes
- Recipes



Happy June!

It was a very wet May and we are happy to see some sun and dry weather finally.

We have a busy summer here at the office and there are plenty of things to get involved in for all ages!

Coming up next week is our county fair and we are looking forward to seeing all of your exhibits. You can find information about the Farm & Garden Exhibits in the following pages. After Extension Night at the Fair on June 10<sup>th</sup>, the exhibits will move to our office for public viewing so make sure to stop and see how talented our Graves County folks are!

Keep flipping through to see what else is coming up over the next few months. We hope to see you this summer!



*Miranda Rudolph*

Miranda Rudolph

Extension Agent for Agriculture & Natural Resources

Graves County

miranda.rudolph@uky.edu | 270.247.2334 | 270.978.7052

## Upcoming Events:

- June 10: Drop off Fair Exhibits - 9-11am - Fairgrounds, Expo 1
- June 13-14: Western Rivers Junior Livestock Expo
- June 21: Farmer's Market Grand Opening - 10am
- July 8: Quail & Habitat Management - 5:30pm - GCEO
- July 25: Florals & Fizz - 5:30pm - GCEO

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





### QUAIL AND HABITAT MANAGEMENT: STRATEGIES FOR SUSTAINABLE POPULATIONS

TUESDAY, JULY 8, 2025

5:30 PM

GRAVES COUNTY EXTENSION OFFICE

RSVP: 270-247-2334

Join us as Riley Dollenbacher, Kentucky Fish & Wildlife, explores the ecology of quail species, with a focus on their habitat requirements and the factors influencing population dynamics. This program highlights the challenges facing quail populations, including habitat loss, land-use changes, and predation. Emphasis is placed on effective habitat management practices—such as prescribed burning, native vegetation restoration, and sustainable agricultural integration—that support quail conservation. Attendees will gain practical insights into designing, implementing, and monitoring habitat management strategies that promote long-term viability of quail populations across diverse landscapes.



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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### Florals & Fizz

Friday, July 25

5:30-8:00 pm

Graves County Extension

\$30

Come celebrate Kentucky Cut Flower Month with us! Enjoy snacks and a soda bar while Dakota Moore, Kentucky Horticulture Council, teaches about Kentucky flowers and principles of floral design. Each participant will create their own bouquet of 100% Kentucky grown flowers! Class is limited to 20 participants!



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## EXTENSION EXHIBITS



### Farm and Garden

FIELD SEED GRAIN  
FRUITS VEGETABLES PLANTS FLOWERS  
HONEY SORGHUM EGGS

#### ENTRY CHECK IN

TUESDAY, JUNE 10  
9:00 - 11:00 AM  
EXPO 1

#### LOCATION

GRAVES COUNTY  
FAIRGROUNDS  
1004 KY-121  
MAYFIELD, KY  
42066

#### ENTRY CHECK OUT

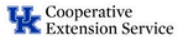
FRIDAY, JUNE 13  
10:00 AM - 12:00 PM

EXHIBITS WILL BE ON  
DISPLAY AT OUR OFFICE  
WED-FRI 8AM-4:30PM

\*premium money will be mailed within two weeks

printed rules are available at the Graves County Extension Office  
or find them online <http://graves.ca.uky.edu>

#### FARM AND GARDEN PRODUCE



##### Rules and Regulations:

1. All exhibits must be entered between 9:00a.m. and 11:00a.m. on Tuesday, June 11, 2024.
2. No entries will be accepted after judging starts.
3. All entries must be removed between 10:00a.m. and 12:00p.m. on Monday, June 17, 2024.
4. All entries must be grown by the exhibitor.
5. No more than 2 entries may be made in the same class, by the same exhibitor.
6. Entries will be ranked by quality, condition, display, and description.
7. The judge's decisions are final.
8. Each entry needs to arrive and be presented as described. Entries should be labeled with the class, scientific name, and the variety (ex. Zinnia, Zinnia elegans, Bernays Giant).

##### Field, Seed, & Grain

###### Grains

1. Best Quart of Yellow Corn
2. Best Quart of White Corn
3. Best Ear of Corn (any variety)
4. Best Quart of Wheat
5. Best Quart of Soybeans

###### Hay/Straw

6. Best Bale Alfalfa Hay (1/4 bale)
7. Best Bale Red Clover Hay (1/4 bale)
8. Best Bale Mixed Hay (1/4 bale)
9. Best Bale Grass Hay (1/4 bale)
10. Best Bale Wheat Straw (1/4 bale)

###### Tobacco

11. Dark Fired - Best Plant
12. Burley - Best Plant
13. Heavy Brown Leaf (BF)
14. Heavy Dark Leaf (BD)
15. Thin Brown Leaf
16. Best Twist

##### Fruits & Vegetables

###### Fruits & Nuts

17. Best Pint of Strawberries
18. Best Pint of Blackberries
19. Best Pint of Raspberries
20. Best Pint of Blueberries
21. Best Plate of 3 Apples
22. Best Plate of 3 Plums
23. Best Plate of 3 Peas
24. Best Plate of 3 Misc. Nuts

###### Beans & Peas

##### 24 Pods or 1 Pint Shelled

25. Best Plate of Lima Beans
26. Best Plate of Green Beans
27. Best Plate of Shelled Beans (any variety)
28. Best Plate of Peas (pods)
29. Best Plate of Shelled Peas
30. Best Pint of Shelled Beans
31. Best Pint of Shelled Peas

###### Fruiting Vegetables

##### 3 per Plate

32. Best Plate of Slicer Tomatoes
33. Best Plate of Cherry Tomatoes
34. Best Plate of Other Color Tomatoes
35. Largest Tomato
36. Best Plate of Sweet Peppers
37. Best Plate of Hot Peppers
38. Best Plate of Bell Peppers
39. Best Plate of Squash
40. Best Plate of Pickling Cucumbers
41. Best Plate of Slicer Cucumbers
42. Best Plate of Okra

###### Root Crops

##### 5 per Plate

43. Best Plate of Potatoes
44. Best Plate of Onions
45. Best Plate of Radishes
46. Best Plate of Carrots
47. Best Plate of Sweet Potatoes

###### Leaf Crops

##### 3 Bunches/Heads per Plate unless noted

48. Best Plate of Head Lettuce
49. Best Plate of Leaf Lettuce
50. Best Plate of Mustard Green
51. Best Plate of Spinach
52. Best Head of Cabbage (one head)

###### Honey

58. Best Pint Light with Comb
59. Best Pint Amber with Comb
60. Best Pint without Comb
61. Best Pint Sorghum Syrup

###### Miscellaneous

53. Best Head of Broccoli
54. Best Head of Cauliflower
55. Best Plate of 5 Asparagus Spears
56. Best Herb Display
57. Best Dozen Eggs

##### Floral

##### Additional Rules for Floral Exhibitors:

1. All exhibits must be fresh and grown by the exhibitor.
2. All specimens should be labeled as specifically as possible (Scientific, Common, Variety/Cultivar).
3. Water and containers/display materials are to be supplied by the exhibitor.

###### Cut Flowers Single Stem

62. Zinnia
63. Hydrangea
64. Coleus
65. Marigold
66. Sunflower
67. Geranium
68. Echinacea (Cone Flower)
69. Rudbeckia (Black-Eye Susan)
70. Monarda (Bee Balm)
71. Hybrid Tea Rose
72. Floribunda Rose
73. Grandiflora Rose
74. Shrub/Landscape Rose
75. Other Cut Flower

###### Floral Arrangements

76. Dahlias
77. Gladiolas
78. Marigolds
79. Petunias
80. Rose Arrangement
81. Wildflowers
82. Zinnia Arrangement
83. All One Color Arrangement
84. Miniature Design
85. Dried Design
86. Foliage Arrangement

###### Bulbs, Corms, Tubers

101. Gladiolas
102. Calla Lilly
103. Oriental Lily
104. Allium
105. Daylily
106. Dahlia

###### Potted Plants

87. African Violet
88. Begonia
89. Petunia
90. Geranium
91. Orchid
92. Succulent/Cactus
93. Fern
94. Combination Pot- Flowering
95. Combination Pot- Succulent
96. Combination Pot- Foliage
97. Most Attractive
98. Most Unusual
99. Fairy Garden
100. Bonsai

#### GRAVES COUNTY EXTENSION PRESENTS

## Extension Night at the Fairgrounds



Tuesday, June 10<sup>th</sup> at the Fairgrounds  
5:00 - 7:00pm

See this year's Extension Exhibits in 4-H, Agriculture and Family Consumer Sciences along with the 4-H Poultry and Rabbit Shows!

An Equal Opportunity Organization



Graves County Extension Office



### KENTUCKY WOODLAND OWNERS SHORT COURSE

#### SIX WEBINARS & A FIELD SESSION WITH RESOURCE EXTRAVAGANZA

This program aids Kentucky woodland owners in forest resource management, offering online and in-person options. Live session recordings will be available, with participants able to choose between online-only or online plus a field session, each featuring a regional Woodland Owner Resource Extravaganza.

Kentucky Woodland Owners Short Course



**Online**  
**JUNE 10 - 26**  
7 PM - 8:30 PM ET



**Field Session and Extravaganza**  
**JULY 19 - WHITLEY CO.**  
**AUGUST 16 - PENDLETON CO.**

Each Field Session showcases a Woodland Owner Resource Extravaganza!

Online only: \$10/person  
Online & 1 Field Session: \$30/single \$45/couple

[www.KYWOSC.org](http://www.KYWOSC.org)

Meet the WOSC Partners  
<https://wosc.ca.uky.edu/partners>

Cooperative Extension Service  
FORESTRY AND NATURAL RESOURCES - EXTENSION



## GRAND OPENING CELEBRATION

Join us for food, entertainment, and music  
Enjoy a fun-filled shopping experience with farm-fresh produce, unique local goods, and community spirit.

**SATURDAY JUNE 21<sup>ST</sup> - 10AM**

101 W. JAMES ST MAYFIELD KY

**CONTACT US**

[Myffarmersmarket@gmail.com](mailto:Myffarmersmarket@gmail.com)

[f Mayfield Downtown Farmers Market](#)

## LIGHTS, CAMERA, SHOWTIME

### WESTERN RIVERS JR LIVESTOCK EXPO

**JUNE 13-14, 2025**

**Costume Contest**

**JUDGING, SKILL-A-THON, MEATS JUDGING, & MORE!**



**WILLIAM "BILL" CHERRY EXPO CENTER**  
**MURRAY STATE UNIVERSITY**  
**2101 COLLEGE FARM RD.**  
**MURRAY, KY 42071**

More info here!



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

Kentucky  
Horticulture  
Council

## RAISED BED BLUEBERRY WORKSHOP

June 9th - 4:00-6:30pm EST  
UK Horticulture Research Farm

Join this free event to learn about a novel blueberry production system that is underutilized in Kentucky: a raised bed system that utilizes soilless substrates for blueberries as an alternative to in-ground production.

Scan the code above to register.





## Corn Diseases Associated with Ponding

Source: Kiersten Wise, UK Extension Plant Pathologist

Recent rains and waterlogged soils have led to localized areas of ponding in emerged corn. Corn that is underwater briefly can recover but may be impacted by several diseases. Two minor diseases, crazy top and *Physoderma* brown spot may be problematic in areas where corn is underwater for 24-48 hours.

Crazy top is caused by a fungal-like organism called *Sclerophthora macrospora*. This pathogen survives in soil and infects young corn plants when there is excess rain or ponding in the spring. Crazy top symptoms are most often observed at tasseling when distorted and malformed tassels appear in areas that were ponded or saturated (Fig. 1). However, in some fields symptoms may be less diagnostic, and included stunting, tillering, thin, yellow leaves, and barren plants. More on crazy top can be found in the UK publication “Crazy Top of Corn”.

*Physoderma* brown spot is caused by the fungus *Physoderma maydis* which also survives in soil and residue and infects corn plants when plants are ponded or excess water remains in the whorl. The symptoms typically appear in the late vegetative stages through pollination and are characterized by very small chocolate brown or yellow lesions on the leaves and midrib (Fig. 2). The lesions may appear in a banded pattern. The lesions can also be found on the stalk, leaf sheath, or ear husks. Read “*Physoderma* Brown Spot of Corn” for more information.

Crazy top and *Physoderma* brown spot rarely need management and are usually only problematic when water covers the whorl of the plant for short periods of time. Improving soil drainage and removing infected plants will reduce the disease risk for subsequent crops. Fungicides are labeled for *Physoderma* brown spot management, but symptoms are usually not severe enough to warrant preventative fungicide applications.



Figure 1. Classic symptoms of crazy top in corn.

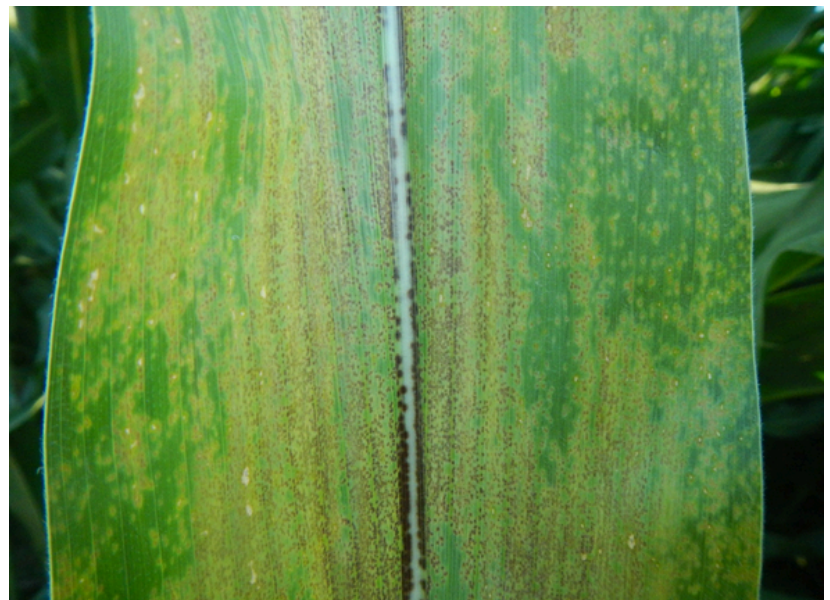


Figure 2. Symptoms of *Physoderma* brown spot on leaves (Picture courtesy Kiersten Wise).



### Timely Tips

Dr. Les Anderson, Beef Extension Professor, University of Kentucky

#### Spring-Calving Cow Herd

- Continue supplying a high magnesium mineral until daytime temperatures are consistently above 60 degrees F.
- Improve or maintain body condition (BCS 5) of cows before breeding season starts. If necessary, increase energy intake even on pasture.

- Bulls should have a breeding soundness evaluation (BSE) well before the breeding season (at least 30 days).

Contact your local veterinarian to schedule a BSE for your herd sires. They should also receive their annual booster vaccinations and be dewormed. I often get questions regarding deworming and reduced fertility in bulls.

Dr. Phil Prater at MSU and I examined this and found no effect of deworming on bull fertility.

- Schedule spring “turn-out” working in late-April or early-May, i.e. at the end of calving season and before the start of breeding season. Consult with your veterinarian about vaccines and health products for your herd.

“Turn-out” working for the cow herd may include:

- Prebreeding vaccinations
- Deworming - Replacing lost identification tags
- Sort cows into breeding groups, if using more than one bull
- Insecticide eartags (best to wait until fly population builds up)

“Turn-out” working of calves may include

- Vaccinate for IBR-PI3, Clostridial diseases and Pinkeye
- Dehorn, if needed (can be done with electric dehorner and fly repellent during fly season)
- Castrate and implant male feeder calves (if not done at birth)
- Deworm
- Insecticide eartags

- Consider breeding yearling replacement heifers one heat cycle (about 21 days) earlier than cows for “head-start” calving. Mate to known calving-ease bulls.

- Record identification of all cows and bulls in each breeding group.

- Begin breeding cows no later than mid-May, especially if they are on high endophyte fescue. Cows should be in good condition so that conception occurs prior to periods of extreme heat.

- Consider synchronizing estrus in all cows. Exposing late-calving cows and first-calf heifers to a progestin (MGA feed or CIDR device) for 7 days before bull turn out increases pregnancy rates and shortens the next calving season.

- Choose best pastures for grazing during the breeding season. Select those with the best stand of clover and the lowest level of the fescue endophyte, if known. Keep these pastures vegetative by grazing or clipping. High quality pastures are important for a successful breeding season.





### Timely Tips Cont...

- If using artificial insemination:
  - Use an experienced inseminator.
  - Make positive identification of cows and semen used. This will permit accurate records on date bred, return to heat, calving date and sire.
  - Good handling facilities and gentle working of the cows are essential.
  - Choose AI sires that will meet your goals and resist the temptation to get your cows bigger. Using sires with higher accuracy EPDs will reduce risk.
- Observe breeding pastures often to see if bulls are working. Records cows' heat dates and then check 18-21 days later, for return to heat.

### Fall-Calving Herd

- Contact your veterinarian and pregnancy diagnose the cow herd. If a large animal veterinarian is not available in your area, consider taking blood samples for pregnancy diagnosis. Remove open cows at weaning time.
- Plan marketing program for calves. Consider various options, such as maintaining ownership and backgrounding in a grazing program, or precondition and sell in a CPH-45 feeder calf sale.
- Initiate fly control for the cows when fly population builds up.
- Calves may be weaned anytime now but you can take advantage of the spring grass by leaving them on the cow a while or weaning and grazing.

### Stockers

- Keep calves on good pasture and rotate pastures rapidly during periods of lush growth. Manage to keep pastures vegetative for best performance.
- Provide mineral mix with an ionophore.
- Implant as needed.
- Control internal and external parasites.

### General

- Harvest hay. Work around the weather and cut early before plants become too mature. Harvesting forage early is the key to nutritional quality. Replenish your hay supply!
- Rotate pastures as needed to keep them vegetative.
- Clip pastures to prevent seedhead formation on fescue and to control weeds.
- Seed warm season grasses this month



## Container Gardening Can Turn Small Spaces Into Great Gardens

Source: Rick Durham, Department of Horticulture Professor

Container gardening turns even the smallest balcony or stoop into a pocket-sized farm. If you rent an apartment, battle heavy clay soil, or just prefer vegetables closer to the kitchen door, planting in pots lets you sidestep many headaches that come with traditional plots. The method also works for those with limited mobility as containers can sit on a sturdy table or a rolling platform, bringing those veggies up where bending and kneeling are not required.

Pots let you match each crop to its favorite microclimate. A lettuce tub can chill in afternoon shade, while an eggplant basks beside a sun-soaked brick wall that stores extra heat. Moving crops from ground to container now and then even plays a role in crop rotation; shifting soil out of the disease cycle keeps problems such as wilt or root rot from getting a foothold.

Almost any vegetable will grow this way, yet leafy greens, herbs, bush beans, peppers, and cherry tomatoes shine. Plant breeders have created compact “patio” versions that load fruit on short stems. One large pot can hold a cherry tomato, another supports a dwarf pepper, and a shallow tray brims with spinach. Remember that every plant sharing a container must enjoy the same amount of sunlight and moisture, or one partner will suffer.

The container itself matters less than drainage, volume, and weight. Clay and wooden pots breathe, so roots rarely drown, though you’ll water more often on hot days. Plastic, metal, or glazed ceramic hang onto moisture longer, which is handy during vacations but demands restraint with the hose. No matter the material, drill or punch several quarter-inch holes near the bottom and raise the base on bricks or pot feet so extra water can escape. Dark, pint-sized pots heat up fast; keep them out of relentless sun unless you’re growing chilies that adore warm roots.

Fill your vessel with fresh soilless mix, not ground soil. The bagged blend of peat or coir, vermiculite, and compost stays light, resists compaction, and comes free of weeds. Moisten it the day before planting; dry peat sloughs off water at first, so give it time to drink. Mix a slow-release fertilizer into the top few inches or plan to feed weekly with a half-strength liquid fertilizer once seedlings sport their second set of leaves. Tall or vining crops need backup from the start. Slide a tomato cage, bamboo stakes, or a small trellis into place at planting so roots remain undisturbed later. On a windy balcony, lash cages to the railing or slip the container inside a larger, heavier planter for ballast.





## Container Gardening Cont...

Check moisture by sticking a finger two knuckles deep; water only when the mix feels dry. Soak until you see water run from the holes, then empty saucers so roots don't sit in a swamp. During blistering weather, move pots to temporary shade or cluster them together where foliage casts mutual cover.

When lettuce bolts or beans finish, pull the spent plants, toss the used mix onto a compost heap or garden bed, scrub the container with a 10% bleach solution, and start planning the next round. With a small stash of pots, fresh mix, and a bit of attention, you'll harvest salads, salsas, and stir-fry ingredients right outside the back door—no backyard required.

Contact your local Graves County Extension office for more information on creating great container gardens.





## Spring Tornado Safety

By Christine Aiena - National Weather Service, Wilmington, Ohio



Did you know that the United States experiences more tornadoes annually than any other country in the world? On average, 1,200 tornadoes occur each year in the United States. Additionally, tornadoes can occur and have been reported in all 50 states!

Most tornadoes have damage paths under one mile in length and wind speeds less than 100 MPH, however, sometimes tornadoes do become large and especially violent, with wind speeds approaching 200 MPH and damage paths tens of miles. The Tri-State tornado in March of 1925 holds the record not only for longest path (roughly 243 miles), but also for most deaths, with 695 fatalities. This tornado moved through Missouri, Illinois, and Indiana producing extreme damage.

Springtime is typically considered “peak tornado season.” And while the majority of tornadoes are reported between 3PM and 10PM, it is important to remember that tornadoes can occur at any time of year, and any time of the day, daytime or night! Nighttime tornadoes are particularly dangerous, as they are difficult to see and most people are sleeping.

What can you do to plan for a tornado in your area? How can you stay safe?

### Before a Tornado:

- Talk about severe weather and tornadoes with your family. Develop and practice a family emergency plan that includes a predetermined place to take shelter during a tornado (basements are the best option, followed by interior rooms with no windows) as well as a location to meet after a disaster, if your family happens to get separated. Don't forget pets!
- When a Tornado Watch is issued, practice your emergency plan and check your safety supplies.
- Increase your situational awareness by monitoring the weather, including listening to a NOAA Weather Radio.
- Learn the signs of a tornado: a rotating, funnel-shaped cloud, debris falling, large hail, or a loud roar like a freight train.
- Flying debris can pose a great danger during tornadoes, so store protective coverings like helmets, sleeping bags, or thick blankets in or near your shelter space.
- If you are in a mobile/manufactured home: GET OUT! Go to a neighbor's house, underground shelter, or a nearby permanent structure. Most tornadoes can destroy even tied-down mobile/manufactured homes.

### During a Tornado:

- If a Tornado Warning is issued for your area or you see a tornado, get to your safe space immediately!!! If you have a bicycle helmet, put it on to protect your head and neck.
  - **In a building with a basement:** Avoid windows and try to get under some type of sturdy object, like a heavy table or workbench. Bathtubs can also offer partial protection. Cover yourself with a thick blanket, sleeping bag, or mattress. Crouch as low to the floor as possible, facing down. Know where heavy objects typically





rest on the floor above you (refrigerators, dressers, etc) as these may fall through a weakened floor and crush you.

- **In a building without a basement:** Avoid windows, go to the lowest floor available, and get into a small interior room (like a bathroom or closet), under a stairwell, or an interior hallway. Cover yourself with a thick blanket, sleeping bag, or mattress to protect yourself against fall or flying debris.
- **In a vehicle:** Vehicles can be easily tossed and destroyed, so the best course of action is to either leave the vehicle for a sturdy shelter or, if the tornado is still distant, drive out of the tornado's path. However, if you're in a traffic jam and/or the tornado is bearing down on you at close range, park your vehicle on the side of the road, keep your seatbelt on, put your head down below the windshield and cover your head with a blanket, coat, or cushion. If you can safely get to an area notably lower than the level of the roadway, leave your vehicle and lie in that area. **AVOID** going under bridges or overpasses.
- **In the open outdoors or in a buggy:** Find the lowest ground possible, then lie flat and facedown in that area, protecting the back of your head with your arms. Get as far away from trees, cars, or other large objects as possible.

### After a Tornado:

- Remain calm, alert, and keep your family together while waiting for instructions from authorities.
- Render what aid you can to anyone that is injured.
- Watch your step! Broken nails, glass, and other sharp objects may be on the ground.
- Do not enter heavily damaged homes or buildings, as they may not be structurally sound.
- Do not use matches or lighters, as there might be leaking natural gas pipes or fuel tanks nearby.



*An interior room left standing in Miami County, OH after an EF3 tornado. Image courtesy from a National Weather Service Damage Survey.*



## Red Potato Salad

<b>6 medium</b> red potatoes cut into 1½ inch pieces	<b>1</b> red bell pepper, chopped	<b>¼ cup</b> mayonnaise
<b>4 cups</b> fresh green beans cut into 1½ inch pieces	<b>1</b> yellow bell pepper, chopped	<b>2 tablespoons</b> red wine vinegar
<b>1</b> small red onion, chopped	<b>1 cup</b> chopped cherry tomatoes	<b>2 teaspoons</b> fresh oregano
		Salt and pepper

**1. Wash** vegetables in warm water.

**2. Boil** potatoes until tender and drain.

**3. Boil** green beans until tender crisp and drain.

**4. Place** the potatoes and green beans in a bowl.

**5. Add** chopped red onions, peppers and tomatoes.

**6. In** a small bowl, mix mayonnaise, red wine vinegar and chopped

oregano.

**7. Add** to potato mixture and mix lightly.

**8. Season** with salt and pepper. **Mix well. Serve** cold.

**Yield:** 16, ½ cup servings

### Nutritional Analysis:

140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

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



## Kentucky Potatoes

**SEASON:** Late June–October.

**NUTRITION FACTS:** Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling when possible.

**SELECTION:** Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying, and mashing, choose drier varieties.

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

**STORAGE:** Potatoes should be kept in a cool, dark, well ventilated place. Do not store in the refrigerator.

**PREPARATION:** Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

### POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2013

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## Game-Stuffed Peppers



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### Game-Stuffed Peppers

- 6 medium bell peppers
- 1 medium onion, diced
- 2 garlic cloves, minced, or 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound ground venison, elk, or beef
- 1 tablespoon salt-free herb blend
- 1 teaspoon ground pepper
- 1 teaspoon dried oregano
- 1 15-ounce can no-salt-added tomato sauce
- 1 cup cooked rice
- 4 ounces Monterey Jack Cheese, shredded

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw meat.

2. Preheat the oven to 350 degrees F.

3. Gently scrub peppers with a clean vegetable brush under cool running water.

4. Cut off curved top of pepper. Remove stem only and throw away. Dice remaining part of pepper top.

5. Scoop out and discard seeds and pith from bottom part of each pepper. Preheat a 12-inch cast iron skillet over medium heat.

6. Add olive oil to the skillet. Sauté the diced pepper and onion for 3 to 5 minutes, until they begin to soften. Add ground venison, garlic, salt-free herb blend, pepper, and oregano. Cook 3 to 5 minutes longer. Stir often.

7. Add the tomato sauce and rice to the skillet. Stir to combine.

8. Fill peppers with rice and meat mixture. Top with shredded cheese.

9. Bake for 30 to 40 minutes, or until peppers are soft and cheese is melted.

10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

**Yield:** 6 servings

**Serving Size:** 1 stuffed pepper

#### Nutrition facts per serving:

280 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 380mg sodium; 25g carbohydrate; 4g dietary fiber; 9g total sugars; 0g added sugar; 26g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 30% daily value of iron; 6% Daily Value of potassium.

