Ag & Natural Resources Of Cows and Plows



Franklin County 101 Lakeview Court Frankfort, KY 40601-8750 (502) 695-9035 Fax: (502) 695-9309 franklin.ca.uky.edu

FRANKLIN COUNTY COOPERATIVE EXTENSION JUNE 2025 NEWSLETTER



Are you controlling what you think you are controlling?

Dr. Jeff Lehmkuhler, PhD, PAS, University of Kentucky

Spring is my favorite time of the year as the flowers bloom, turkeys begin gobbling and the grass takes off. The grass has jumped quickly with the rain and warmer temperatures the last few days. I think we all can agree there is some joy in knowing when the last bale of hay is fed for the winter. However, with spring comes many management challenges beef operations must tackle. These include grass tetany, frothy bloat, dystocia, and tetanus to name a few. During this time frame is always when both internal and external parasites become more prevalent. Many beef operations will apply some level of management to control parasites that can rob nutrients from the cattle. This begs the question "Are you controlling what you think you are controlling?".

During the spring and fall of 2023, University of Kentucky Cooperative Extension Agriculture & Natural Resource county ANR Agents, Kentucky Beef Network facilitators as well as Dr. Arnold and I set out to assess the prevalence of internal parasites in Kentucky beef herds. Additionally, many of the anthelmintics or deworming products have been on the market for decades (1960's for levamisole and 1980's for ivermectin), so we wanted evaluate the efficacy of products being utilized by Kentucky beef herds. Working with the Kentucky Beef Network, Merck Animal Health provided financial support for the field study and evaluation of the fecal samples collected.

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A total of 180 fecal collections were performed. Each fecal collection had a target of 20 fecal samples from animals within the same age class. Age classes included mature cows or growing calves / replacement heifers. Beef producers were allowed to use whatever products they wanted. Product as well as route of administration were recorded. Products were classified as either macrocyclic lactones (ivermectin, moxidectin, eprinomectin, doramectin), benzimidazoles (white pastes/levamisole), or combination of more than one product. Fecal samples were sent to a commercial laboratory for counting fecal eggs and classification based on visual appearance.

As one might expect, pour-on products were widely utilized. These products included most of the first generation or name brand and second generation or generic products. Combinations of products were mostly administered to feeder calves in backgrounding/stocker programs.

When looking at prevalence of internal parasites through the fecal egg count method, stomach worm eggs were present in 60% of mature and 78% of growing animal samples. Cooperia were observed in 22% of mature and 74% of growing animal fecal samples. These two parasites were the most commonly observed with other internal parasites noted but less frequently.

The World Association for the Advancement of Veterinary Parasitology set guidelines for studying anthelmintic resistance. Products used in cattle that result in less than 90% reduced in fecal egg counts are considered to have resistance. Further, USDA label claims for anthelmintics require a 90% or greater fecal egg count reduction (FECR).

The samples gathered were filtered leaving only groups containing at least 18 animals in the same age class and had an initial fecal egg count of 10 eggs/3-gram sample. This left 80 groups or only 44% of the total sampled in the analysis. Of these qualifying groups, macrocyclic lactone products on average provided a FECR of 74.5% in mature animals and 61.6% in growing or immature animals. Benzimidazoles and combinations of products resulted in greater than 90% FECR regardless of age.

We looked at the data another way to attempt to determine if internal parasites differed in their susceptibility. We found that in growing cattle administered a macrocyclic lactone product, the FECR was 78% still below the 90% threshold for total egg counts. The FECR was observed to be slightly higher at 86% for stomach worms but only 77% for cooperia. Some anthelmintics have shown to have lowered efficacy in other livestock species for cooperia. Additionally, when we looked at route of administration, pour-on macrocyclic lactones had a 63.9% FECR while injectables were only slightly better at 68%.

This field study provides a snapshot of the internal parasite prevalence in the state's beef herd. Additionally, the study provides some evidence that additional work on anthelmintic efficacy is warranted. Cattle owners are encouraged to work with their veterinarian to develop a protocol for monitoring internal parasites and effective treatment approaches.



Animal and Plant Health Inspection Service U.S. DEPARTMENT OF AGRICULTURE



New World Screwworm

(Cochliomyia hominivorax)

New World screwworm (NWS) is a devastating pest of livestock. It can affect any warm-blooded animal. It can also affect people. Untreated screwworm infestations can be fatal to livestock, wildlife, and humans. Not controlling the pest in a livestock population can damage a country's economy.

Distribution

NWS is endemic in Cuba, Haiti, the Dominican Republic, and countries in South America.

Since 2006, the United States and Panama have maintained a barrier zone in eastern Panama. This barrier zone prevents NWS from moving north from South America to screwworm-free areas in Central and North America.

In 2023, APHIS confirmed an unprecedented number of NWS cases in Panama. Since then, cases have been detected in every Central American country and Mexico.

Hosts

NWS can affect livestock, pets, wildlife, occasionally birds, and in rare cases, people.

This pest can infest a wide variety of wounds, from tick bites to cuts and dehorning or branding wounds. Infestations are very common in the navels of newborn animals and the genital regions of their mothers.

Description

Adult screwworm flies have orange eyes, a metallic blue or green body, and three dark stripes along their backs. The center stripe begins partway down the backside and appears shorter than the outer stripes.

Screwworm larvae (maggots) burrow into a wound, feeding as they go like a screw driving into wood. The maggots cause extensive damage by tearing at the hosts' tissue with sharp mouth hooks. The wound becomes deeper and larger as more maggots hatch and feed on living tissue.

Impact

NWS can threaten the livelihood of livestock producers. It can cause millions of dollars' worth of production losses and economic damage. Screwworm also pose a threat to humans in infested areas.

What You Can Do

Immediately report signs of screwworm to your local veterinarian, State veterinarian's office, or USDA (www.aphis.usda.gov/contact/animalhealth). Look for the following signs in warm-blooded animals (including pets and birds):

- Irritated behavior
- Head shaking
- The smell of decay
- Presence of maggots in a wound



Adult screwworm fly

If you travel with a dog to regions affected by screwworm, know the requirements for returning to the United States. Go to www.aphis.usda.gov/pet-travel/another-country-to-us-import/dogs for more information.

If you live or are traveling in areas affected by screwworm, have your animals inspected before you move them. Use available animal checkpoints to prevent the spread of this pest.

Learn More

For more information about screwworm, including information on the NWS outbreak in Central America and Mexico, go to www.aphis.usda.gov/livestock-poultry-disease/cattle/ticks/screwworm.

For information on how screwworms affect people or to report human disease, please visit www.cdc.gov/myiasis/about/about-new-world-screwworm-myiasis.html.

MAY 2025

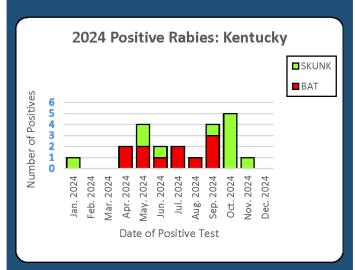
BAT BYTES: Rabies Review and Zoonotic Updates

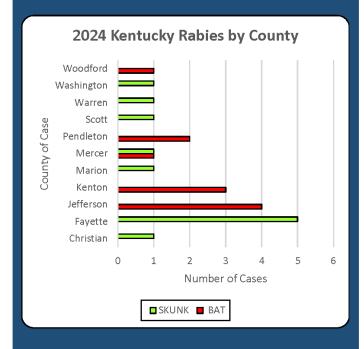
Kentucky Department for Public Health, Division of Epidemiology and Health Planning Kelly Giesbrecht, DVM, MPH, State Public Health Veterinarian



This Issue:

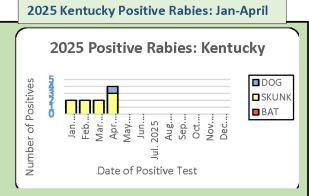
2024 Rabies Cases: 22 Species and County Distribution 2024 Positive Rabies Epi Curve 2025 Kentucky Rabies January-April: 10

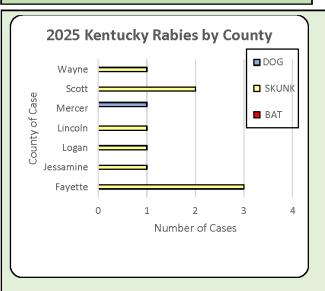




2024 and 2025 Kentucky Rabies:

- 1 Human Rabies Death in December 2024: Patient was international from a rabies endemic area. It was canine variant.
- Last human rabies death in Kentucky was 1996:
 Silver-haired bat variant.
- Skunk rabies is on the increase in Kentucky in 2024 and in 2025.
- Mercer County had an unvaccinated rabid dog: North Central skunk variant.
- Vaccinate pets to protect families!





Local info regarding Rabies

The Franklin County Health Department website states that rabies is not in the county. According to the UK Veterinary Diagnostic Lab, Franklin County has not had a positive rabies case since 2018. But remember, the VDL only reports samples that are submitted. Unlike necropsies and other tests for livestock, rabies testing is free (samples are forwarded to the Kentucky Public Health Lab).

VDL submittal forms can be accessed here:

https://vdl.uky.edu/sites/default/files/docs/UKVDLAccessionForm.pdf

https://vdl.uky.edu/sites/default/files/2024-03/RabiesForm201v2024.docx

For instructions and information about submitting to the state Division of Laboratory Services here in Frankfort visit https://www.chfs.ky.gov/agencies/dph/dls/Pages/default.aspx

Rabies information from the Franklin County Health Department can be found at https://fchd.org/animalbite/ Visit their website or give them a call (502 564-7647) if you suspect rabies or have touched, been bitten or scratched by an animal you suspect may be infected.

Bottom line – vaccinate your pets and respect wild animals from a distance.

Franklin County Junior Cattlemen's Association

KJCA STATE CATTLE WORKING CONTEST



Our Franklin County Junior Cattlemen's team competed on May 2nd in the State Cattle Working Competition in Elizabethtown, and to say they knocked it out of the park would be an understatement! We are beyond proud of this incredible group and all the hard work, time, and dedication they've put in.

Please join us in giving a huge shoutout and congratulations to these amazing cattlemen—you all represented Franklin County with excellence! Christian Roberts, Brayden Roberts, Jacob Moore & William McKeehan.

We couldn't have done this without our incredible advisors, Crystal Michelle Harrod, Ally Harrod and Keenan Bishop. Also, a huge thank you to all the farmers in

Franklin County who have cheered us on, welcomed us to their farms for practice, and provided invaluable hands-on experience—and to all the parents, grandparents, and friends who have supported us every step of the way. We are so grateful for this amazing community!

Kentucky Tornado Relief Drive!

The Franklin County Junior Cattlemen are overwhelmed with gratitude for the outpouring of support we received during our Kentucky Tornado Relief Drive!

Thanks to the generosity of our incredible community, we were able to collect a wide range of essential supplies and raise \$1,100 to support families and farmers affected by the recent devastating tornadoes. From bottled water and cleaning supplies to diapers, buckets, food, and medical items — every donation will make a meaningful impact as our fellow Kentuckians work to rebuild.

We are so proud of how our community came together to lend a helping hand in a time of need. The Junior Cattlemen will be delivering the collected items in the coming days.

Thank you again to everyone who donated, shared our posts, and showed up for this cause. Together, we're making a difference!





Farmers, Ranch Hands May Be Eligible for FEMA Assistance

FRANKFORT, Ky. — Kentucky farmers and ranch hands whose tools or equipment were damaged by the February or April severe storms, straight-line winds, tornadoes, landslides and mudslides may be eligible for disaster assistance. FEMA assistance is available to replace disaster-damaged essential tools, supplies, equipment and items required for employment or for self-employment.

Coverage for Tools and Equipment

Family-owned farms typically have a variety of equipment needed to conduct business. These include, but are not limited to, tractors, plows, seeders or planters, harvesters, sprayers, hay balers and utility vehicles. These items are all potentially eligible for FEMA disaster assistance if the applicant can show that they were damaged by the disaster, the applicant does not have another working item that can meet this need, and the loss of the item was not covered by insurance. Crops and livestock are not "tools and equipment" because they are the products of a farming operation, whereas tools and equipment are the means of production.

Ranch hands may be eligible for assistance to replace disaster-damaged tools and equipment not covered by insurance when they can show these items are required by their employer.

Assistance is based on a need to replace disaster-damaged essential tools, supplies, equipment, items required by an employer as a condition of employment or required for education. This includes disaster-damaged tools and equipment, or other items required for a specific trade or profession, NOT provided or supplied by the employer.

Many of these items have substantial costs, but it is important to remember that assistance for uninsured or underinsured occupational tools is limited to the maximum amount of Other Needs Assistance an applicant may receive. Additional assistance to help meet these needs may also be available from the Small Business Administration and the U.S. Department of Agriculture.

How To Apply for FEMA Assistance

Online at DisasterAssistance.gov.

The first step to receive FEMA assistance is to apply.

You can apply in several ways:

□ Visit any Disaster Recovery Center. To find a center close to you, visit fema.gov/DRC, or text DRC along with your Zip Code to 43362 (Example: "DRC 29169").
□ Use the FEMA mobile app.

□ Call the FEMA Helpline at 800-621-3362. It is open 7 a.m. to 10 p.m. Eastern Time. Help is available in many languages. If you use a relay service, such as Video Relay Service (VRS), captioned telephone or other service, give FEMA your number for that service.

Apply Separately for Each Disaster

Homeowners and renters in Woodford County may be eligible for federal assistance, if you had property damage or loss in Woodford County from the February severe storms, and then again from the April severe storms, you would need to complete two separate disaster assistance applications.

For more information about Kentucky flooding recovery, visit www.fema.gov/disaster/4860 and www.fema.gov/disaster/4864. Follow the FEMA Region 4 X account at x.com/femaregion4.





meet our summer intern

Hello everyone! My name is Danielle Rinker, and I'm excited to be serving as one of the Extension interns this summer at the Franklin County Extension Office. I'm originally from the small town of Toms Brook, Virginia, where I grew up deeply rooted in the Extension community. From a young age, I was heavily involved in 4–H, with a strong focus on showing horses and competing in public speaking and communication contests. My 4–H journey took me from the local club level all the way to state, regional, and national competitions.

I recently graduated from the University of Tennessee, Knoxville with a degree in Agricultural Leadership, Education, and Communications. I'm passionate about youth development, horses, and agricultural policy, and I'm working on some exciting programs and workshops for this summer.

I look forward to meeting many of you and being a part of the incredible work happening here in Franklin County. See you soon!

Welcomel

Beck Armstrong

4-H Program Assistant

Beck is excited to be a member of the Franklin County
Extension Team as the new 4-H
Program Assistant. He earned his bachelor's degree in History and Fine Arts at Georgetown
College, with a focus on
Appalachian History and Broque Art. Away from the office, you can find Beck hiking, gardening, or finding other ways to spend time with his dog, Rodeo.







New Support for Kentucky Farmers Aims to Boost Profitability Through Conservation

LEXINGTON, KY – Precision Conservation Management (PCM), in partnership with the Kentucky Corn Growers Association (KY Corn), is excited to announce its expansion into the Bourbon Region of central Kentucky, bringing new opportunities for corn, soybean, and small grain producers to improve profitability while implementing proven conservation practices.

PCM has been serving farmers in Illinois and in three Kentucky watersheds in the western portion of the state since 2015 and has grown to serve farmers in four states as of 2025. Their primary areas of focus are nitrogen management, reduced tillage, and cover crops. Farmers who enroll in the free PCM program receive technical assistance, personalized data analysis, and access to incentive programs that support their operations as they improve water quality and soil health.

KY Corn expanded the PCM program to Central Kentucky because we know the importance of our markets for corn. Distillers need to document reduced carbon intensity, and they want to work with farmers to add value to their corn in the achievement of those goals. We want to facilitate those initiatives.

These sustainable efforts create value for downstream customers within the bourbon supply chain. With Kentucky Distillers' Association (KDA) members sourcing approximately 70% of their corn from local farmers, PCM builds a strong, mutually beneficial relationship between agriculture and one of Kentucky's most iconic industries.

To support farmers in this region, PCM has hired a new Conservation Specialist, Daniel Carpenter, who will serve farmers in the Bourbon Region (Breckenridge, Meade, Hardin, Larue, Green, Taylor, Marion, Washington, Nelson, Bullitt, Jefferson, Spencer, Shelby, Henry, Oldham, Trimble, Anderson, Woodford, and Franklin counties). Carpenter joins the PCM team after years of experience serving farmers as an Agriculture and Natural Resources Extension Agent.

"In my career as an extension agent I always valued the time I got to spend working directly with farmers," said Carpenter. "I enjoy helping them come to conclusions on the issues they are facing. It is even more rewarding to me when that resolution is something that improves their bottom line. In this position with PCM, I'll be able to spend a lot more of my time doing just that and I'm really excited for the opportunity to do so."

With support from the Kentucky Distillers Association (KDA), the addition of the Bourbon Region builds on PCM's existing presence in western Kentucky where many farmers have already leveraged the program to identify their most profitable conservation strategies. With growing interest in sustainable farming and supply chain environmental metrics, PCM's expansion ensures that more Kentucky farmers can benefit from incentive programs and zero in on their most profitable conservation practices.

To learn more or to enroll in the program, visit www.precisionconservation.org.

2025 KENTUCKY WOODLAND OWNERS SHORT COURSE

The WOSC, offered continuously since 2004, has always strived to:

Raise awareness of the importance of Kentucky woodlands, their owners, and issues facing them.

Educate woodland owners on how they can be good stewards of their woodland resources.

Connect woodland owners with the natural resource professionals, programs, and organizations available to support woodlan stewardship.

The 2025 WOSC consists of 6 online sessions followed by two optional field sessions. Participants can select online only (\$10) or online and 1 field session (\$30). Discount for couple registration (\$45). Participants will receive a resource binder, lunch, water throughout the day, and access to insect repellants. UK FNR Extension will handle registration. All partners assist with advertising!

WOSC Online Sessions: Prior to the field sessions, online sessions will prepare woodland owners for stewardship. Online sessions include:

- 1. Why and How to Manage Your Woodlands + Tree Identification: June 10
 - A. Billy Thomas/Laurie Thomas
- 2. Comprehensive Woodland Management: June 12
 - A. KDF—Clay Turner
 - B. KACF—Mike Silliman or KACF Rep.
- 3. Woodlands and Water Quality: June 17
 - A. Amanda Gumbert
- 4. Wildlife Management in Kentucky: June 19
 - A. KDFWR—Jacob Stewart Mention the wildlife work of WTF, RGS, Others
- 5. Woodland Health: June 24
 - A. Ellen Crocker
- 6. Woodland Owner Related Organizations and Programs: June 26
 - A. NRCS/FSA—30 minutes: Jon Shultz
 - **B.** County Extension Offices
 - C. County Conservation Districts
 - D. KWOA

WOSC Field Sessions: Over the next 3 years, we plan to rotate the two annual field sessions to different KDF Field Office Areas. KDF Field Office rotations for the next 3 years: 2025—Frankfort & Pineville; 2026—Morehead & Madisonville; and 2027—Campbellsville & Hazard.

2025 Kentucky Woodland Owners Short Course Field Session Agenda

Two Concurrent Tracks: 1) Conservation Tour and 2) Woodland Owner Resource Extravaganza. Groups switch in afternoon.

9-9:30 AM Onsite Registration, apply insect repellent

9:30 AM Welcome (Billy); Greetings from County Extension (Stacy/Lindie); Quick overview of day and instructions (Billy)
9:45 AM Spilt Group in Half. Half will load up in vehicles to travel to field site. Other half will stay at the Extension office to participate in the Extravaganza.

10:00 AM Field Group Arrives for Field Tour. Plan for two groups in the field too.

Noon Field Group returns to Extension Office. Begin wrap-up of morning Extravaganza.

12:15 PM Lunch

1:00 PM Groups switch. Half will load up in vehicles to travel to field site. Other half will stay at the Extension office to participate in the Extravaganza.

1:15 PM Field Group Arrives for Field Tour. Plan for two groups in the field too.

3:15 PM Field Group returns to Extension Office. Begin wrap-up of afternoon Extravaganza.

3:30 PM Adjourn

Whitley County Date: July 19, https://maps.app.goo.gl/bCu3eXYfAXsLoA8h7
Pendleton County Date Options: August 16 https://maps.app.goo.gl/7w1Qs9Qv4iRj86kv9

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.



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



Extravaganza

JULY 19 - WHITLEY CO.

AUGUST 16 - PENDLETON CO.

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

www.KYWOSC.org

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



Each
Field Session
showcases a
Woodland
Owner Resource
Extravaganza!



Ticks, Trails, and Turnout: Protecting Your

Horse This Summer

Danielle Rinker
Franklin County Extension Summer Intern



Photo by Centers for Disease Control.

WHAT TO DO IF YOU FIND A TICK

Kentucky's tick season generally runs from spring through fall, but mild winters have allowed activity to extend into colder months. Regular monitoring and simple management practices can go a long way toward keeping your horse safe and healthy.

If you find an unusual tick—especially one you suspect may be an Asian longhorned tick—please email a clear, close-up photo to:

Danielle Rinker — <u>djri240euky.edu</u>

Keenan Bishop — <u>keenan.bishopeuky.edu</u>

We'll help determine whether it needs further ID or submission to the University of Kentucky Entomology Department.

Enjoy the trails this season—safely and tick-aware!

As warmer weather sets in across Franklin County, many horse owners are gearing up for trail rides, increased turnout, and long afternoons spent in the saddle. But with the return of sunshine comes an important seasonal concern—ticks. These pests are more than just a nuisance; they can carry harmful diseases and negatively impact your horse's comfort, health, and performance.

According to the April 2025 issue of the Equine Disease Quarterly published by the University of Kentucky's Gluck Equine Research Center, several tickborne diseases are on the rise across the U.S., and new species—including the invasive Asian longhorned tick—have been detected right here in Kentucky. The Asian longhorned tick (ALT) is an invasive species that is smaller than many of our native ticks, brown in color, and has little to no distinguishing markings. It reproduces rapidly and can infest animals in large numbers.

TICK-BORNE DISEASES IN HORSES

Ticks can transmit serious diseases to horses, including, Lyme Disease, Equine Anaplasmosis, Equine Piroplasmosis, Tularemia, and Tick Paralysis and Hypersensitivity. Even in the absence of disease transmission, ticks can cause stress, irritation, and inflammation that interfere with training and daily comfort.

PREVENTION AND MANAGEMENT

The good news is that proactive management can significantly reduce your horse's risk of tick exposure. Around the farm, mow pastures regularly and remove brush, leaf litter, and tall grasses, create buffer zones between paddocks and wooded or brushy areas, fence out wildlife like deer and raccoons, which transport ticks, and store feed securely to prevent rodent access. On the horse, perform daily tick checks, especially after trail rides or turnout (focus on areas like the ears, chest, belly, under limbs, and base of the tail), use equine-safe pyrethroid sprays for repellent protection (reapply as needed, especially after rain or sweating), and consider fly sheets or insect barriers as added protection.

Save the Date

Twilight Tour

Horticulture Research Farm







July 22, 2025 _{6-8pm}

4321 Emmert Farm Ln, Lexington, KY 40514

Details and registration info to come.

2025 CENTRAL KENTUCKY HAY IMPROVEMENT PROGRAM

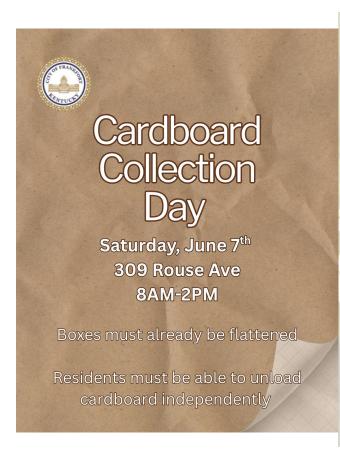
Testing provides nutritional value of hay to assist in balancing rations, and can result in reduced feed cost, increased animal performance, and information to improve forage stands.

Free analysis to determine hay quality and livestock needs.

Call your local Extension Office to sign up.



Cooperative Extension Service DEADLINE TO REGISTER: September 29





June 10 6:30 PM

Madison County Ext. Office

230 Duncannon Lane Richmond, KY 40475

June 26

6:00 PM

Fleming County Ext. Office

1384 Elizaville Road Flemingsburg, KY 41041



Pre-registration

JOIN US ALL YEAR FOR

THIRD THURSDAY THING

January 16th: Farm Safety & Disaster Recovery

February 20th: Organic Agriculture

March 20th: Natural Resource Management-

April 17th. Grow, Buy, Eat Local

May 15th Aquaculture

June 19th: Juneteenth/ Business Planning

July 17th: Cattle & Poultry

August 21st: Agri-technology & Vertical Farming

APPROVED

September 18th: Horticulture & Urban Agriculture

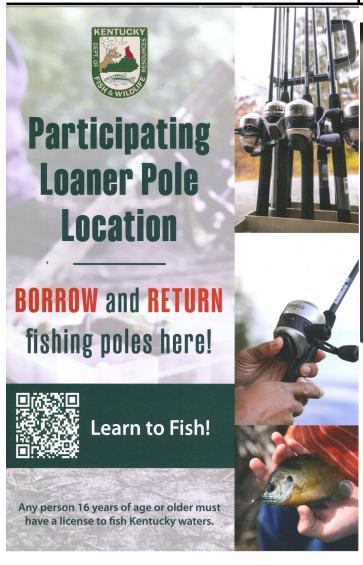
October 16th: Small Ruminants

November 20th: Small, Limited-Resource, Minority

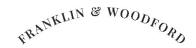
Farmers Conference

Request for Proposal - Restroom Remodel

The Franklin County Cooperative
Extension Office is seeking proposals
from qualified contractors for a
restroom remodel project on the first
and lower floors of our building.
Interested parties can find the full RFP
on franklin.ca.uky.edu.







2025 MASTER GARDENER VOLUNTEER TRAINING PROGRAM

AUGUST 21 - DECEMBER 11 9 AM - 12 PM

EVERY THURSDAY

TOPICS INCLUDE:

Botany, Entomology, Plant Pathology, Proper Care and Maintenance, and Disease Diagnosis

APPLICATIONS AVAILABLE JUNE 2 APPLICATION DEADLINE JULY 25

Franklin County 502-695-9035



Woodford County 859-873-4601 woodford.ext@uky.edu

15



Zunicotti

1 cup ricotta cheese 1 cup finely grated Parmesan cheese,

1 large egg, lightly beaten

1 clove garlic, minced

2 cups whole spinach, roughly torn 1/2 teaspoon Italian seasoning Salt to taste

Freshly ground black pepper to taste 4 medium zucchini 1 cup marinara sauce 34 cup shredded mozzarella cheese

Preheat oven to 350 degrees Fahrenheit. Spray 13-by-9-inch baking dish with cooking spray. In a medium bowl, combine ricotta, 1/2 cup Parmesan cheese, egg, garlic, spinach, and Italian seasoning. Add salt and pepper to taste, and mix until well combined. Set aside. Wash zucchini and cut off ends. Use a mandolin or sharp knife to slice zucchini thinly lengthwise. To reduce water, place zucchini on a microwave-safe plate lined with paper towels and cover with a paper towel. Microwave 1 minute. Pat excess moisture away with paper towels. On a clean work surface, place three slices of

zucchini so they are slightly overlapping and place a spoonful of ricotta mixture on top. Roll up and place in baking dish. Repeat with remaining zucchini and ricotta mixture. Spoon marinara on top of zucchini. Sprinkle with remaining Parmesan and mozzarella cheese. Bake until zucchini is tender and cheese has melted, about 30 minutes.

Yield: 10 servings

Nutritional Analysis: 130 calories, 7 g fat, 4 g saturated fat, 40 mg cholesterol, 410 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 9 g protein



Be sure to follow our Facebook page for all the up-to-date information and articles.

@FranklinCountyKyCooperativeExtension

SAVE THE DATES:

June 7 Bluegrass Kiko Sale

June 14 FC Dairy Show

June 16-20 4-H Camp

June 21 Unity in the Community

July 10Farm City Field DayJuly 15-18Franklin County Fair

2025 Livestock Events at Lakeview Park

June 7– Bluegrass Invitational—Kiko Goat Sale June 14– Franklin County Dair Show Inc. September 27– Rabbit Show



Keener Bisty

Keenan Bishop, County Extension Agent for Agriculture and Natural Resources Education



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.



