

# Farm&Home



## Help livestock thrive in summer weather

Summer is here. We've already experienced a little bit of heat and humidity, just a taste of what's to come. People aren't the only ones who suffer when the temperatures rise. Farm animals feel it, too. You can recognize when livestock may be in danger from the heat and what you can do to increase their comfort.

Livestock become uncomfortable when the



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heat index reaches about 90 degrees. The heat index is a combination of air temperature and humidity and is used to describe how it feels outside.

The University of Kentucky Agricultural Weather Center regularly monitors heat indices across the state and provides an index of its own — the Livestock Heat Stress Index — to help producers know when

heat stress could create a problem for their animals. The county-by-county index indicates three levels of heat stress: no stress, danger stress and emergency stress.

Periods of heat stress call for livestock producers to be vigilant in making sure their animals are adequately prepared. One of the most important things you can do is provide cool, clean drinking water.

Providing an adequate source of drinking water helps keep animals' internal body temperatures within

normal limits. You should shade above-ground water lines, so they do not act as solar water heaters and make the water too hot to drink.

It is also important for animals to have shade and for buildings to be as open as much as possible for adequate ventilation. Sprinkler systems that periodically spray a cool mist on the animals can also be beneficial.

It is best to avoid working your animals during periods of heat stress. You should also avoid

transporting livestock during those times. When you must transport livestock, haul fewer animals per load.

Plan trips so you can load animals immediately before leaving and quickly unload upon arrival to help minimize the risk.

To keep up-to-date with the livestock heat stress index, access the Agricultural Weather Center's website or visit the LaRue County Cooperative Extension Service's website and click on the weather link.

### FCS CALENDAR

**FARMERS MARKET**  
Every Thursday starting June 12, 9 am — 1 pm at the LaRue County High School Parking Lot. New this year we will have a July 3 Farmers Market from 4:30 pm- 7 pm. Extended August Market dates: August 7, 14 & 21. The August Market will be at the LaRue County Extension Service.

**FARMERS MARKET COOKING SHOWCASE**  
Every Wednesday starting June 25 till August 6, noon at the LaRue County Extension Service. Taste farm fresh food, while learning about health benefits and be inspired by what you can purchase the following day at the Farmers Market. Free class. To register call 270-358-3501.

**STIRRING UP SMILES INCLUSIVE COOKING CLASS SERIES**  
Weekly every Tuesday till July 29, 1 pm — 3 pm at the LaRue County Extension Service. Inclusive cooking class for middle and high school students and adult caregiver. Sign up is required. Call 270-358-3401 to register.

**WATER BATH CANNING — FOOD PRESERVATION SERIES**  
Saturday, July 19, 10 am at the LaRue County Extension Service. Free class. Call 270-358-3401 to register. Deadline to register is Wednesday, July 16th, 2025.

**PRESSURE CANNING — FOOD PRESERVATION SERIES**  
Tuesday, July 22, 5:30 pm at the LaRue County Extension Service. Free class. Call 270-358-3401 to register. Deadline to register is Friday, July 18th, 2025.

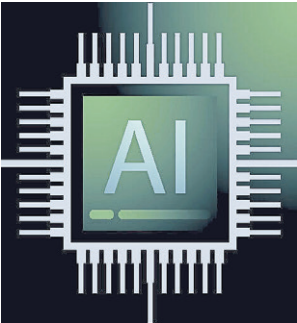
**OPEN SEW**  
Monday, July 28, 10 am at the LaRue County Extension Service

## Be cautious when using AI in the kitchen

Wouldn't it be nice to have someone or something create a recipe using the items you have in your pantry or refrigerator? Many have turned to Generative AI (Artificial Intelligence) for creative recipes to repurpose leftovers, use pantry items before their Best by Date, and reduce food waste. While this



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sounds convenient and almost too good to be true, there are some drawbacks. Most important of those is food safety and taste.

The internet is full of free AI platforms that can make recipes. ChatGPT, Google, DishGen, and SuperCook are a few

examples. You simply type in a question like, "create a recipe using these ingredients." Then you list the items you have on hand. AI will generate a recipe based on your input. However, there is no guarantee that the amounts of ingredients are proportioned to taste, the instructions are complete or in proper order, or that the cooking method is safe. And then there is taste. Who is to say the combination of ingredients will have an appealing flavor? AI systems pull information from all available websites, regardless of

their credibility. There is a lot of room for error.

Be mindful when using AI systems to generate recipes. Use them with caution. This approach can be helpful when you want something new or need inspiration. However, compare the results to research-based cooking procedures and general food safety guidelines. Always apply your own knowledge of food safety principles and cooking methods when trying an AI recipe to keep you and your family from getting sick.

Find creative and flavorful recipes along

with information on safe food preparation at your local Extension office or from Kentucky's Cooperative Extension Service and Nutrition Education Program's website <https://www.planeatmove.com/>. You can also download the Plan.Eat.Move. app from your app store. Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Reference: <https://extension.umn.edu/cottage-food-safety-news/are-recipes-written-ai-safe>

## Shell expresses support for National Farm Security Action Plan

FRANKFORT, Ky. — Commissioner of Agriculture Jonathan Shell, along with 11 of his fellow agriculture leaders from across the country serving on the America First Agriculture Commissioner Council, recently penned a letter of support for the U.S. Department of Agriculture's (USDA) newly announced National Farm Security Action Plan. In their joint letter, these State Departments of Agriculture voiced unified backing for this vital Plan that will protect America's farmland and strengthen national security.

Agriculture commissioners, secretaries, and directors from the following states signed the letter:

Arkansas, Georgia, Kentucky, Idaho, Indiana, Iowa, Mississippi, Nebraska, Oklahoma, South Carolina, Tennessee, and Texas.

"American farmland is a strategic asset," the letter states. "It sustains our food supply, powers rural economies, and contributes directly to the health and sovereignty of our nation."

With rising concerns over increasing foreign interest in U.S. farmland — particularly near military installations and critical infrastructure — and after years of subsequent inaction from the previous administration, the Plan takes decisive steps to safeguard agricultural land ownership and address supply chain vul-

nerabilities. The National Farm Security Action Plan specifically aims to tighten reporting and enforcement under the Agricultural Foreign Investment and Disclosure Act (AFIDA), enhance penalties for non-compliance, and strengthen USDA oversight to ensure America retains control over its critical food systems.

The Plan also secures various facets of American agriculture beyond protecting farmland. It evaluates all USDA programs — including rural develop-

ment, research, and nutrition— to ensure they put America First. Additional measures focus on securing supply chains protecting plant and animal health from invasive species and foreign animal diseases and calling upon State partners in government to pursue similar measures.

The letter highlights the crucial role the USDA plays as a "load-bearing wall" in the nation's security, coordinating with federal, state, and local partners, as well as the intelligence community,

to secure the integrity of food systems and critical agricultural infrastructure.

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