

Farm and Home

LaRue County goes "All In for Ag Week"

Agriculture plays a vital role in the economy and identity of LaRue County, and National Ag Week is a time to recognize the farmers, families, and businesses that keep our agricultural community strong. In this article I hope to highlight the commitment local producers make every day to feed, fuel, and support our community. Agriculture is a major part of the landscape in LaRue County. According to 2022 Census of Agriculture there are currently 701 farms operating, covering 111,000 acres, which represents about 65% of the county's total land area. These farms produce a variety of commodities and contribute significantly to the local economy, with the total market value of agricultural products sold exceeding \$60 million annually.



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AGRICULTURE AND
NATURAL RESOURCES

dedication to the land. The majority of these farms are owned by families with generations still working together side by side, solidifying the future of agriculture in our county. When it comes to production, soybeans, corn, and beef cattle lead the way. Soybeans are the county's top crop, grown on more than 30,000 acres, while beef cattle are the leading livestock commodity, with 13,517 cattle and calves across the county. While the number of farms declined slightly by 2% since 2017, the total farmland acreage increased by 1%, showing that agriculture continues to remain a major part of the county's landscape and economy. During National Ag Week, take a moment to thank a farmer, support local agriculture, and celebrate the people who are truly "All In for Ag."

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Provider.

The average farm is 158 acres, and 94% of farms are smaller than 500 acres. These farms represent generations of hard work, stewardship, and

FARM CALENDAR

BQCA CERTIFICATION — BEEF QUALITY & CARE ASSURANCE
Thursday, March 19 from 10 a.m. to 1 p.m. at the LaRue County Extension Service. Call 270-358-3401 to register.

BQCA CERTIFICATION — BEEF QUALITY & CARE ASSURANCE
Thursday, March 26 from 10 a.m. to 1 p.m. at the LaRue County Extension Service. Call 270-358-3401 to register.

BQCA CERTIFICATION — BEEF QUALITY & CARE ASSURANCE
Thursday, March 19 from 5:30 p.m. to 8:30 p.m. at the LaRue County Extension Service. Call 270-358-3401 to register.

BQCA CERTIFICATION — BEEF QUALITY & CARE ASSURANCE
Thursday, March 26 from 1 p.m. to 4 p.m. at the LaRue County Extension Service. Call 270-358-3401 to register.



\$5,000 in College Scholarships offered by Farm Bureau

The LaRue County Farm Bureau will offer a total of \$5,000 in College Scholarships in 2026. These include four (4) \$1,000 college scholarships open to both high school seniors who will enter college this fall, to undergraduate college students, and to adults interested in entering college or continuing their college education as well as vocational students. Preference will be given to applicants pursuing careers in agriculture or related fields. LaRue County Farm Bureau will also offer a \$1,000 scholarship in memory of Ben H. Crawford, Jr. Applicants for this scholarship must be a college sophomore or higher, including graduate

students or vocational students pursuing a degree in Agriculture or an Agriculture-related field. Scholarships are open to LaRue County Farm Bureau members and their children. Scholarships will be judged based on financial need, scholastic aptitude, personal development, and community service. Applications may be picked up from the LaRue County High School Guidance Counselor, the LaRue County Farm Bureau Office at 606 North Lincoln Blvd., in Hodgenville, or on-line at kyfb.com/larue. Applications must be returned to the LaRue County Farm Bureau Office by the close of business on April 17.

Easy tips to stay hydrated

Hydration and electrolyte-replacement products are often marketed with buzzwords and flashy packaging. Originally developed for athletes, these products have found their way to grocery store shelves and are now promoted to the public. In general, we get electrolytes needed for hydration from a balanced diet. But some individuals may benefit from a supplemented source.



MARLA STILLWELL
UK EXTENSION

Here are some tips on how hydration and electrolytes work together in supporting everyday health and how much your body needs:

WHAT ARE ELECTROLYTES, AND HOW MUCH DO I NEED?

Most electrolytes come from food and drinks we consume. These include sodium, potassium, calcium, magnesium and chloride. Other electrolytes can be made in our bodies and do not directly come from the diet, meaning that we don't have to take in all electrolytes through outside sources. Individual needs for hydration and electrolytes depend on several factors such as age, body size, health status, daily medications, activity level and more. We can get enough electrolytes and adequate hydration by consuming a balanced diet alongside unsweetened

beverages throughout the day. Individuals who do high labor jobs or activities, especially outdoors in the heat like landscaping and construction, may benefit from additional electrolytes and hydration. Active individuals who engage in intense activity for more than an hour may also need to replenish fluid and electrolytes lost in sweat.

WHERE DO ELECTROLYTES COME FROM? HOW DO WE STAY HYDRATED?

Hydration is related to electrolyte intake but also includes the amount of fluid we take in through food and drinks. It is important to regularly drink water throughout the day. Unsweetened beverages like coffee, tea, and milk also contribute to hydration status. Foods like fruits, vegetables, and soups also help hydrate. Electrolytes are found in a variety of foods and in smaller amounts in some water, depending on the source. Some commercially available bottled waters have electrolytes added to them. Coconut water is another option that is naturally rich in electrolytes.

PAY ATTENTION TO DEHYDRATION
Symptoms of dehydration include dizziness, lack of energy, memory trouble, headaches and

muscle cramps. If you experience these symptoms, drink water and prioritize foods high in water and electrolytes, like fresh fruits and vegetables. If symptoms like confusion, rapid heartbeat, or fainting occur, seek medical care immediately.

MORE ISN'T ALWAYS BETTER

Many sports drinks and electrolyte mixes have large amounts of minerals like sodium. Too much sodium is a risk factor for high blood pressure and heart disease. Sports drinks are often high in added sugar, too. If you buy a sports drink with higher amounts of added sugar or sodium, dilute it with water or drink half of the serving instead of the entire beverage. Let your healthcare provider and pharmacist know if you use electrolyte-replacement products often. Since they have high amounts of minerals, they could interact or interfere with other medications or health conditions. No matter what, staying hydrated should be a priority. Most people can meet their electrolyte needs with a balanced diet and regular water intake. Contact your local LaRue County Extension office for more information at 270-358-3401.

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FCS CALENDAR OF EVENTS

2026 LARUE COUNTY EXTENSION HOMEMAKER SCHOLARSHIP
Scholarships are due April 15. Applications can be picked up at the LaRue County Extension Service or found online at larue.mgcafe.uky.edu/events/2026-larue-county-extension-homemaker-scholarship.

3RD THURSDAY AT THE SENIOR CENTER WITH THE LARUE COUNTY EXTENSION HOMEMAKERS
Thursday, March 19 at 10 a.m. at the LaRue County Senior Citizen Center. Call 270-358-4235 to reserve lunch.

OPEN SEW
Monday, March 23 at 10 a.m. at LaRue

County Extension Service.
HOMEMAKERS SPRING BAZAAR
Saturday, April 11 from 9 a.m. to 3 p.m. at the LaRue County Extension Service. Vendor registration is available. Spots are limited. Forms can be found online at larue.mgcafe.uky.edu/events/2026-homemaker-spring-bazaar or at the LaRue County Extension Service.

2026-2027 Kentucky fishing and hunting licenses available

FRANKFORT — The 2026-2027 Kentucky license year for fishing, hunting, boating and more began on March 1. Outdoor enthusiasts are now able to purchase all the licenses, tags and permits they need to enjoy Kentucky's outdoors through the end of February 2027. Licenses and permits are sold online through the Kentucky Department of Fish and Wildlife Resource's License Sales portal and the My Profile app, both searchable on the department's website at fw.ky.gov. Licenses and permits also are sold at agent locations across the state. A list of license agent locations by county is available on the department's website. The 2026-2027 license and permit fees will remain the same as the current license year ending Saturday, Feb. 28, 2026. License and permit fees for the 2025-2026 license year were increased slightly across the board in January 2026 following a new, inflation-based pricing system measured on the Consumer Price Index (CPI), the national measure of inflation calculated by the U.S. Bureau of Labor Statistics. The Federal Duck Stamp and application fees were exempt from CPI adjustments. In Kentucky, a license covers basic hunting or fishing for many species, whereas additional state permits are required when pursuing specific species, such as fishing

for trout or hunting for migratory birds, deer, wild turkey or black bear. Sportsmen's-type licenses include multiple species permits as well as basic hunting and fishing privileges. For newcomers to all the great outdoor opportunities that Kentucky has to offer, a reduced-cost sportsman's license is now available for resident first-time buyers. Only individuals who have not purchased an annual Kentucky hunting or fishing license — or a combination license that includes an annual license — since 1996 are eligible. The \$37 license includes a resident hunting and fishing license, spring turkey permit, fall turkey permit, trout permit, state migratory bird and waterfowl permit and statewide deer permit. Kentucky Fish and Wildlife provides a number of resources to assist avid outdoor enthusiasts and newcomers alike with information on waterbodies, public lands, fishing and hunting education and all the regulations to help anglers and hunters make the most of their time outdoors via its website and the hunting and fishing guides it produces annually. This includes the new Fishing and Boating Guide available online and in print. Another great resource is the Fish

Boat KY app. Available free from the Apple App Store and Google Play, the app helps anglers find waterbodies, boat ramps and other water access from the palm of their hand. Users can also search by species of fish, store copies of their licenses, and much more using the smartphone app. The department receives its primary funding through revenue raised by the sale of hunting and fishing licenses and permits, as well as federal excise

taxes generated by the sale of recreational firearms and ammunition, archery gear and fishing equipment. For questions, the public may refer to the Kentucky Fish and Wildlife Licenses webpage or type "Licenses" into the search bar on the agency website (fw.ky.gov), or contact the Kentucky Fish and Wildlife Information Center at 800-858-1549 or info.center@ky.gov, weekdays 8 a.m. — 4:30 p.m. (Eastern), except holidays.

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