

Trimble County Extension September 2025 ~ Newsletter

 Cooperative
Extension Service

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

Trimble County Cooperative Extension
43 High Country Lane
Bedford, KY 40006 ph 502.255.7188
webpage: trimble.ca.uky.edu

Living with Alpha-Gal September 17, 2025 10:30 a.m.

Trimble County Extension Service

Heather Norman-Burgdolf, PhD

*Associate Extension Professor
Dept of Dietetics and Human Nutrition*

Alpha-Gal Syndrome doesn't mean giving up great food or good health. Learn how to manage your lifestyle through nutrition, avoid hidden ingredients in personal care items and medications that could be hindering. Knowledge is power to thriving in your daily life.

Please call to rsvp: (502) 255-7188



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.

Family and Consumer Sciences

Jane E. Brackin
Agent for
Family & Consumer Sciences

Trimble Thimbles Sewing Group

Trimble County Extension Service
9:00 a.m. ~ 2nd & 4th Saturday of each month
September dates: 9/13 & 9/27
New or experienced - All are welcome!



COMMUNITY QUILT SHOW

Sponsored by Trimble Thimbles

Saturday of Apple Festival
September 6, 2025
9:00 - 5:00 p.m.

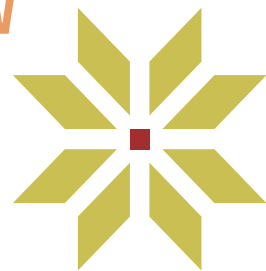
New Life Assembly of God
Courthouse Square, Bedford Kentucky

Prizes awarded

- Adult 1st - 3rd place
- Youth 18 & under 1st - 3rd place
- Community Choice winner

Open to Trimble residents, no cost to enter.
Call to register your entry! (1 per person)
(502) 255-7188

Entry drop off Friday 9/5/25 ~ 4:00 - 7:00 p.m.
or Saturday 9/6/25 ~ 8:00 a.m.



Simply Sharing Homemakers

Living with Alpha-Gal Syndrome
September 17, 2025 10:30 a.m.
Trimble County Extension Service

A pitch in lunch will follow the lesson.
Please call to rsvp (502) 255-7188

Creative Writing Workshop

October 3, 2025

10:00 a.m. to 12:00 p.m.

Shelby County Extension Service

All Homemakers members are invited to a hands-on workshop to turn your special memories into meaningful stories. No experience needed . . . just bring your curiosity and a love for sharing life's moments.

Hosted by Cindy Moore,
Louisville Area KEHA/State Cultural Arts and Heritage Chair
Presented by author, Carol June Franks,
of Junebug Tales Publishing

Please register by Sept 29, to Shelby County Extension at (502) 663-4593



Quilted Sweatshirt Class

October 11, 2025

9:00 a.m. to 4:00 p.m.

Trimble County Extension Service

Supplies to bring:

- A washed sweatshirt, one size larger than you wear
- Fabric: strips or scraps
- Thread
- Sewing machine & accessories
- Scissors & rotary cutter (optional)
- Pins / pin cushion

No cost to attend ~ Lunch provided.
Must rsvp by 10/7, (502) 255-7188



2025 Homemaker Annual Dues

You are invited to join or renew your membership and support your local Homemaker club. Dues are \$15.00 with a portion of the local dues going to the University of Kentucky Ovarian Cancer Screening Program.

You may pay in person at the Extension office or mail to:
Trimble County Homemakers PO Box 244 Bedford, Ky 40006

4-H Youth Development

Welcome to 4-H
Trimble County 4th-6th grade School Clubs!

How to Enroll?

You are already enrolled in Trimble County 4-H through your class at school! By participating in an in-school club you will be signed up to receive our Trimble County Extension Newsletter. Inside this newsletter you will be able to find information about Trimble County 4-H and University of Kentucky Cooperative Extension programs.

When does 4-H Meet?

I will be coming to your school once a month beginning in September to conduct 4-H meetings and teach educational classes. Each month we will have something different and new to learn about.

If you would like to participate in anything outside your 4-H School Club like Agriculture Club, Horse Club, Communications Contest, Country Ham Program, Shooting Sports, Project Days, 4-H Camp, Teen Leadership Conferences and opportunities, you can contact the Trimble County Extension office at (502) 255-7188 for more information.

You can also check us out online at our county website: www.trimble.ca.uky.edu
Trimble County Cooperative Extension Service is on Facebook as well!

My email is: ralph.hance@uky.edu

Extension Agent for 4-H Youth Development

IT'S YOUR REALITY!

What is 4-H "It's Your Reality"

4-H "It's your reality" program is an active, hands-on, real-life simulation which gives young people the opportunity to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis

November 14, 2025

8:00 a.m. to 12:30 p.m.

Trimble County Jr/Sr High School

We Need You!!

Without the help of volunteers, we would not be able to offer this program to youth in Trimble County. Please let us now if you are willing to give a few hours of your time to help us offer this valuable program. (502) 255-7188

**Trimble County Youth
at the 2025
Kentucky State Fair!!**

GREAT JOB!

Livestock Shows

**Janessa Craig
Gracie Robbins**

Cloverville Exhibits



Adalyn Oak ~ Miri Hawkins

Country Ham Contest

**Dusty Bradley ~ Walker Bradley ~ Alexandria Chatman
Nate Hance ~ Kevin Kidwell ~ Lila Thomas**

Trimble County 4-H Agriculture Club

September 16, 2025

6:30 p.m.

Trimble County Extension Service

Come join us as we begin the new program year. Monthly meetings will educate members on proper care, nutrition and working with animals for showing in the county fair livestock shows.

**Youth:
Ages 9 - 18 years**

**Cloverbuds:
(non-competitive)
5 years +**

Beef Bash 2025 provides education, research and fellowship for Kentucky's cattle producers

Source:
<https://news.ca.uky.edu/article/beef-bash-2025>
Jennifer Elwell



The University of Kentucky is hosting its annual Beef Bash at the C. Oran Little Research Center on Saturday, September 20, with cutting-edge demonstrations and fun activities for all ages.

The event combines social, educational and industry interactions, offering something for everyone interested in beef and the Kentucky beef industry.

"We have several sessions designed for hands-on experiences for kids interested in learning more about beef cattle," said Les Anderson, professor and beef extension specialist in the Department of Animal and Food Sciences. The staging area will be under the big tent near the Intensive Research Building.

"We will have live cattle demonstrations, research presentations, commercial and educational exhibits," Anderson said. "Attendees will have opportunities to take various tours or can simply sit on a bale of straw and visit with university or industry leaders, commercial representatives or your fellow cattle producers."

Several UK beef, forage and research specialists will be available for presentations and answering questions. Anderson also explained that Beef Bash visitors will learn about the farm's 150-head cow herd due to calve in mid-September.

"Most of the cows are commercial Angus with some Hereford and Simmental influence," Anderson said. "We'll have several cattle exhibits to illustrate various management practices and discuss the breeding program."

Additional educational topics include cooking demonstrations, beef cattle nutrition, forage management tips, incorporating precision agriculture in beef cattle systems and estrus synchronization techniques.

Anderson also said that another crucial part of Beef Bash is to showcase the cutting-edge research conducted at the LRC to improve beef herds of Kentucky and beyond.

"This is a key opportunity to interact with our researchers and ask questions pertaining to their research," Anderson said. "Our beef nutrition researchers are the best in the world, and Beef Bash is an excellent opportunity to get a taste of the work that is being done here in Kentucky."

Anderson said that visitors may register on-site, but pre-registration is preferred by visiting <https://www.eventbrite.com/e/beef-bash-2025-registration-tickets-1478821267219>. Those with questions should contact Maggie Ginn at maggie.ginn@uky.edu.

To learn more about Beef Bash, visit <https://afs.ca.uky.edu/events/beef-bash>.



TRIMBLE COUNTY
FARMERS MARKET
Every Thursday! Through October
3:00 - 7:00 pm
Courthouse Square ~ Bedford, KY



- Food
- Fun
- Plants
- Flowers
- Bakery
- Food Trucks

Soil Health & Fertility Workshop

A hands on workshop for understanding soil at the farm level



- Understanding soil type and how that impacts yield
- Fragipans - what are they? Do I have it on my farm?
- Reading soil tests
- Hay and pasture fertility

**Meal provided
Must RSVP**
(502) 845-2811

When: September 15th 5:00pm
Where: Mockingbirdhill Farm and McCoun Farm
1223 McCoun Rd. Smithfield KY 40068



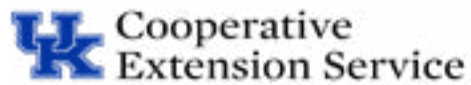
Save the Date!

**2025
Regional Beef Field Day**
October 7, 2025

**Foxhollow Farm
Crestwood, KY**

*Celebrating 20 years of
RBFd for our area!*





Trimble County
PO Box 244
43 High Country Lane
Bedford, KY 40006-0244

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visit our webpage!

