

AUGUST 2025

MCCREARY COUNTY EXTENSION

AGRICULTURE & NATURAL RESOURCES NEWSLETTER

Those living with alpha-gal syndrome can still lead normal lives

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter. If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract. However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially

GET HEALTHY MCCREARY HIKING SCHEDULE

Beginner-friendly group hikes!

August 27th - Bear Creek Overlook
September 24th - Panoramic Trail
October 29th - Buffalo Arch

Feel free to attend one or more.
Open to all!

*For all hikes, meet at 10 AM at the Extension Office
—carpooling to trailheads from there.*

For more information, contact us at
606-376-2524





high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts, and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin—and talk to your health-care provider or pharmacist. Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.

For more detailed guidance on living with alpha-gal syndrome, contact the McCreary County Extension Service.



Tracie Goodman
ANR/4-H Extension Agent
University of Kentucky
McCreary County Cooperative Extension Service
141 College St.- P.O. Box 278
Whitley City, KY 42653
606-376-2524
Tracie.Goodman@uky.edu

UPCOMING EVENTS MCCREARY CO. EXTENSION

McCreary County Farmers Market
Saturdays, 9am-1pm

McCreary County Fun-Makers
August 7th, 5pm

McCreary Cattlemen's Association
August 12th, 6pm

Big South Fork Beekeepers Association
August 18th, 7pm

McCreary Basket Guild
August 22nd, 10am

Get Healthy McCreary Hiking
Bear Creek Overlook
August 27th, 10am

Scott/McCreary Grow Appalachia
August 28th, 5:30pm
Scott Christian Care Center
Oneida, TN

**All events located at the McCreary County Extension Office unless otherwise stated.*

131 S. Hwy 27
Whitley City, KY 42653
606-376-2524

Agent will be out of the office periodically for Kentucky State Fair August 14th-25th. Call 606-376-2524 or email mccreary.ext@uky.edu for assistance.

Follow us!



SCAN ME



Farmers Market Salsa

Servings: 8 Serving Size: 1/2 cup

Recipe Cost: \$3.46 Cost per Serving: \$0.43

Ingredients:

5 medium tomatoes

1 jalapeño

1 garlic clove, peeled and minced

½ medium red onion, peeled and cut into ¼-inch pieces

1 (75 ounce) can black beans, drained and rinsed

3 tablespoons fresh lime juice

½ teaspoon salt

¼ teaspoon pepper

1 tablespoon fresh cilantro, chopped

Directions:

Combine ingredients and enjoy!

This is a super easy salsa recipe that will make your nachos sing. It also adds flavor to any recipe.

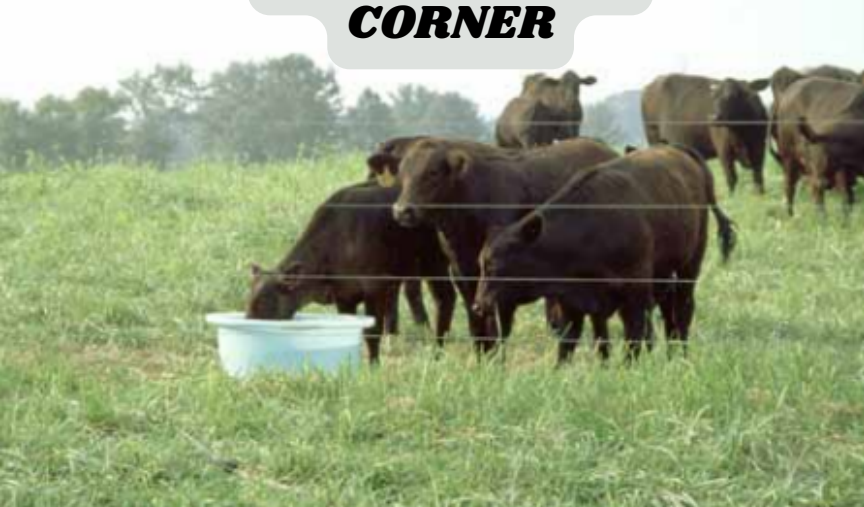
PLAN.
EAT.
MOVE.

Check out planeatmove.com for garden info & seasonal recipes!

Nutrition facts per serving: 15 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 3g carbohydrate; 1g fiber; 1g sugar; 1g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium



CATTLEMEN'S CORNER



AUGUST TIMELY TIPS

Rotate pastures every 3-4 days to allow for rest and regrowth of forages.

Consider removing bulls from the herd. Select the removal date to coincide with an approximate 120-day season for spring-calving cows.

Keep an eye on waterers. Water intake rises sharply in hot weather.

Ensure you have adequate shade to accommodate the size of your herd. Lower cost alternative is a portable structure with shade cloth that can be moved with the animals.

MONEY FOR FARM IMPROVEMENTS



Eligible Incentive Areas:

*Agricultural Diversification
AgTech & Leadership Development
Large Animal - Small Animal
Farm Infrastructure
Fencing & On-Farm Water
Forage & Grain Improvement
Innovative Ag. Systems
On-Farm Energy
Poultry & Other Fowl
Value Added & Marketing*

Administered by

McCreary County Farm Bureau
117 S Main Street
PO Box 98
Whitley City, KY 42653
(606) 376-5329

COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

Applications are available for McCreary County's CAIP to assist farmers in making important farm improvements.

Application Period:

July 15, 2025 through Aug 8, 2025

No applications will be accepted before July 15th, 2025 or Aug 8, 2025

Application Availability:

McCreary County Farm Bureau
Monday – Friday (9:00 a.m. – 4:30 p.m.)
*Closed for lunch 12:00 p.m. – 1:00 p.m.

For More Information:

**Contact: Jeff Kidd at 606-310-0584 or
Julie Waters at 606-310-1643**

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.



Scan QR
code to
access
application
& program
info online

McCreary County Extension Office
PO Box 278
Whitley City, KY 42653
606-376-2524



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

RETURN SERVICE REQUESTED