

Soy!– A key ingredient in your July 4th Picnic

BY RAE WAGONER
KENTUCKY SOYBEAN
ASSOCIATION

By now you know that soybean meal is used as animal feed, nourishing poultry and livestock at all growth stages before it enters the food system. But did you know that your side dishes likely have soybean oil as an ingredient?

If potato salad, deviled eggs, creamy pasta salad or cole slaw are on your menu, Kentucky's soybean farmers probably had a hand in helping get that dish to the picnic table! Whether your

favorite recipe calls for mayonnaise or Miracle Whip, soybean oil is one of the top two ingredients on the Nutrition Facts panel in most commercial brands.

Not a fan of those traditional cookout foods? If you're more interested in a crisp cool salad on these hot days, your favorite dressing probably has soybean oil as its base, too. Ranch, Honey Mustard, Thousand Island, or Italian – soybean oil (sometimes referred to as vegetable oil) is where most dressings and many sauces get their start.

From the meat on the grill to the sides

on your plate, Kentucky's soybean farmers are working hard to produce food, feed, and fuel for our nation and beyond.

The volunteer farmer-leaders and staff of the Kentucky Soybean Board and the Kentucky Soybean Association wish everyone a safe and happy holiday and remind you that – just like in our picnic example – soy touches every life, every day.

For more information about the versatility and uses of soy, visit the Kentucky Soybean Promotion Board website, KySoy.org.



Photo by Rae Wagoner

Leanne and Cory Ragland and Jamie Guffey

Agriculture Committee



LRC Photo

Representative Ryan Bivens attends the agriculture committee's first meeting of this year's legislative interim. Lawmakers take part in interim committee meetings at the Capitol Annex as they continue examining policy issues between regular legislative sessions. Committees, made up of members from the House and Senate, allow legislators to review existing laws, hear testimony, and prepare potential legislation for the upcoming session. Kentuckians can monitor legislative work in several accessible ways, all available on the legislature's website, legislature.ky.gov. Rep. Bivens can be reached anytime through the toll-free message line in Frankfort at 1-800-372-7181 or emailed at Ryan.Bivens@kylegislature.gov.

Gardening mistakes that can attract pests



Kara Back

University of
Kentucky
Horticulture
Agent

If you notice you keep having insects or disease year after year, consider if you may be making the following mistakes. Many pests will overwinter in the soil or plant material left behind from the previous year. Re-planting in the same location with the same plant families year after year allows these problems to reoccur and often worse. To help with this problem rotate your crops. Put cucumbers where your

tomatoes were and squash where your peppers were. Make sure you know your vegetable families, because they can share pests if planted back to back.

Also, planting too early can cause some pests problems. Beans may experience more bean leaf beetle feeding pressure if planted early. Delay planting by a few weeks. Cucurbits planted at the first warm temperatures may be more prone to squash bugs and cucumber beetles. Cool season crops that are not harvested quick enough may attract late-season pests and disease. For example, broccoli in the spring especially needs to be

harvested as soon as it is ready. It is very difficult for it to withstand the warmer temperatures and increasing pest populations.

Remember to remove any disease or insect infested plants from the garden as soon as possible. Leaving them in the soil increases the chance of the problem reoccurring or becoming worse. Document the status of your garden now. Check for insects and disease. Treat before fungal diseases occur and treat insect problems sooner than later. Make note of when problems occur and changes to make next year. See a pest you can't identify? Call your local extension office!

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