

JULY 2023

# Agriculture & Natural Resources Newsletter

Magoffin County  
15 Rockhouse Fork Rd  
Salyersville, KY 41465  
(606) 349-1236  
magoffin.ca.uky.edu

## A message from your ANR Agent:

4-H Camp was a blast! Thank you to all our Junior Councilors and Adult Councilors that made 4-H camp possible for our youth. We had a lot of rain during our time at camp, but our campers never let it slow them down, although they may have come home with extra muddy clothes from the gaga ball pit! Camp staff bragged on our campers all week, which is a big compliment considering how many campers and the weeks they help with throughout the summer. We hope your campers had a wonderful time and we are all looking forward to next year already.

The Magoffin County Farmers Market will be opening on Friday, July 7th from 3pm-6pm. After our Grand Opening on July 7th, we will be open every Tuesday and Friday from 3pm-6pm through October. Be sure to stop by and support your local farmers and crafters! If you are interested in selling your handmade or homegrown goods, we would love to have you, call our office at 606-349-1236 for more information. Happy Summer!



*Kristen Stumbo*  
Kristen Stumbo

County Extension Agent for  
Agriculture & Natural Resources

## In this issue:

Identifying & Taming Poison Ivy.....	2-3
Forage Timely Tips.....	3
How to Help a Drought-Stressed Lawn.....	4
Heat Safety.....	5
Ticks in KY .....	6-7
Sweet Corn: Physiological, Nutritional, and Other Disorders.....	8-9
Farmers Market Grand Opening.....	10
Free Kids Day Camp.....	11
Plate It Up Recipe.....	12

### Cooperative Extension Service

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

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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.

# Identifying and Taming Poison Ivy

Poison ivy is a common perennial plant notorious for causing itchy rashes and allergic reactions in humans. It can be challenging to control due to its ability to spread rapidly and its resilience in various environments. With proper knowledge and effective strategies, you can manage and control poison ivy.

Learn how to identify poison ivy. It is a deciduous vine, shrub, and ground cover that typically grows in clusters of three leaflets, although leaf count may vary. Its leaves are glossy, oval-shaped, and may have serrated or smooth edges. The plant's color ranges from light green to reddish orange, depending on age and time of year.. Birds love the white, waxy poison ivy berries.

The pesky plant poses health risks through its oily resin called urushiol, which causes allergic reactions. Direct contact with any part of the plant—leaves, stems, roots or even the smoke from burning it—can trigger a rash, accompanied by itching, redness, swelling and blisters. The oil can remain on clothing, pets, or tools that touch it.. Avoid unprotected contact with poison ivy and take necessary precautions when attempting to control it. Responses may range from mild to severe depending on the person, the amount of oil contacted, the method of contact (touching, inhalation from burning, etc.) and the time of year.



Here are some effective strategies for controlling poison ivy growth:

1. Wear protective clothing. When dealing with poison ivy, wear long sleeves, long pants, gloves and closed-toe shoes to minimize skin exposure. Eye protection and a hat may be necessary. Use disposable gloves and turn them inside out when removing them. You may need to use disposable garment such as those used by pesticide applicators, or make sure to wash clothing separately from other items to prevent urushiol transfer.
2. You can manually remove small infestations of poison ivy by digging up the roots with a garden trowel or gloved hands. Ensure you remove the entire plant, including the roots, to prevent regrowth.
3. For larger infestations or difficult-to-reach areas, you may find herbicides effective. These herbicides can be selective to broadleaf plants, or a non-selective herbicide such as those containing glyphosate. The use of glyphosate-based herbicide is recommended in late summer through fall when the plant is preparing for winter and sending reserves to the roots and the chemical is transported with it to kill the root. Carefully read and follow the instructions on the product label and consider using a targeted application method like a paintbrush to minimize damage to desirable plants in the same area.
4. Smothering it with a barrier. Try using layers of newspaper or cardboard covered with mulch or soil to block sunlight and prevent the plant from growing. Regularly monitor the covered area for any new sprouts. Unfortunately, poison ivy can travel as a vine for a considerable distance so this method will not usually be very effective.
5. Don't be afraid to call in a professional. In severe cases, or if you are unsure about dealing with poison ivy yourself, consider seeking professional help from landscapers or pest control services experienced in poison ivy removal.

# Identifying and Taming Poison Ivy Continued...

Now that you've removed the pest, you want to prevent it from re-growing. Remain vigilant with a few preventative measures:

1. Regularly inspect your property for new poison ivy growth, especially in areas where it is known to thrive, such as fence lines, wooded areas, neglected corners, and areas where birds roost.
2. When you spot new poison ivy plants, promptly remove them using the methods mentioned earlier to prevent their spread.
3. Educate yourself and others about poison ivy identification and precautions to avoid contact. Knowledge will empower you to take proactive measures and prevent accidental exposure.

Controlling poison ivy requires a combination of identification, protective measures, and effective removal strategies. By understanding the plant's characteristics and using appropriate methods, you can minimize the risks associated with poison ivy and regain control over your environment. Remember to prioritize safety and, when in doubt, seek professional assistance to ensure effective and long-lasting control.

For more information about poison ivy and other topics, contact the Magoffin County Cooperative Extension Service.

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## Forage Timely Tips: July

Source: Kentucky Forage News

- Continue grazing available summer annuals (millets, sorghum/Sudangrass, crabgrass, etc.).
- Apply 40-60 lb N/A to stimulate summer annual regrowth.
- Clip pastures late June/early July as needed to maintain vegetative growth and to reduce weed seeds, but don't clip lower than 4".
- Identify fescue pastures for stockpiling. Choose pastures that are well drained, have a strong sod, and have not been overgrazed.
- Soil test pastures to determine fertility needs.
- Using UK variety trial results, select varieties to plant in the fall and order seed.
- Use a designated sacrifice lot to feed livestock hay and supplements as needed if drought sets in and no forage is available for grazing.

# How to Help a Drought-Stressed Lawn

Kentucky's been pretty dry the past few weeks. Even if we get a heavy rainfall in the near future, it won't completely alleviate drought symptoms. When a lawn becomes excessively dry, the soil surface develops some water repellency that prevents water from soaking in during a quick, hard rain event.

Here are some things you can do to help your thirsty grass and hopefully avoid having to completely reseed your lawn.

1. Water every other day or every third day until good, soaking rains begin.
2. Apply about two-thirds of an inch of water each time. You can check this by probing the soil with a knife or screwdriver to determine if the soil is wet 2 to 3 inches deep.
3. Water in the early morning to help reduce diseases, remove dew and reduce evaporative water loss.
4. Water areas that have the earliest browning first. These are often on southern or western-facing slopes or areas with heavy clay soils, very compacted soil or rocks near the surface.
5. If possible, don't mow a drought-stricken yard until you can water it or you know a soaking rain is on the way. Weeds are still growing and flowering during summer droughts. Wait for the rain, then mow off the weeds.
6. Don't apply herbicides during a summer drought. They won't work when weeds are suffering and can damage drought-stressed grass more than weeds.
7. Wait for a soaking rain before applying nitrogen to the lawn in the fall. Nitrogen can greatly improve a lawn's drought recovery.



For more information on caring for your lawn, contact the Magoffin County Cooperative Extension Service.

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# Heat Safety

By Tony Edwards - National Weather Service Charleston, WV



While it's been a relatively cool start to summer across the Bluegrass State, heat and humidity more typical of summer are bound to arrive sooner rather than later. Heat is one of the leading weather-related killers in the U.S., resulting in hundreds of fatalities each year. During extremely hot and humid weather, your body's ability to cool itself is challenged. A body heating too rapidly, or losing too much fluid or salt through dehydration or sweating, can result in death or permanent injury. While everyone can be vulnerable to heat, some are more vulnerable than others. Infants, children, the elderly, chronically ill, and pregnant women are especially vulnerable.

During excessive heat, avoid heavy activity and direct sunlight. Stay hydrated, find a cool indoor place, and check on children, the elderly, and pets. Protect yourself outside by wearing light, loose-fitting clothes, stay hydrated, and spend time in the shade. Also, never leave anyone (or pets) alone in a locked car, even in the winter, as death can occur in as little as 10 minutes. The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps.

## Heat Cramps

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Symptoms include painful muscle cramps and spasms, usually in legs and abdomen, and heavy sweating. First aid for someone experiencing heat cramps includes applying firm pressure on cramping muscles or gently massage to relieve the spasms. Give sips of water unless the person complains of nausea. Seek immediate medical attention if cramps last longer than 1 hour.

## Heat Exhaustion

Symptoms include heavy sweating; weakness or tiredness; cool, pale, clammy skin; fast, weak pulse; muscle cramps; dizziness; nausea or vomiting; headache; and fainting. If you suspect someone is suffering from heat exhaustion, move the person to a cooler location, preferably an air conditioned room. Loosen clothing. Apply cool, wet cloths or have the person sit in a cool bath. Offer sips of water. Seek immediate medical attention if the person vomits, symptoms worsen, or last longer than 1 hour.

## Heat Stroke

Symptoms include a throbbing headache; confusion; nausea; dizziness; body temperature above 103°F; hot, red, dry or damp skin; rapid and strong pulse; fainting; and loss of consciousness. Call 911 or get the victim to a hospital immediately as heat stroke is a severe medical emergency. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or a cool bath. Use a fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

# Ticks in Kentucky

Source: Anna Pasternak and Jonathan Larson (University of Kentucky Entomology) and Monica Cipriani (University of Kentucky Epidemiology)

## Lone Star Tick (*Amblyosomma americanum*)

**Seasonality:** Adults and nymphs active March through September, with larvae active in the later summer and fall months.

**Habitat:** Can be found in woodland and forest areas, and open areas with dense vegetation.

**Identification:** Reddish brown body color with a triangular scutum on adult females. Adult females also have one white dot on their dorsal side. Adult males have smaller white markings along the posterior end of the dorsal side at the end of their scutum. Mouthparts are long. Nymphs and larvae are reddish brown and have a circular body shape

**Diseases:** Bourbon virus, Ehrlichiosis\*, Heartland virus, red meat allergy\*, Rocky Mountain Spotted fever\*, Southern tick-associated rash illness (STARI), Tularemia\*.

**Fun facts:** Lone star ticks are active questers meaning they will chase their host. This species is very common in Kentucky and is often present in large numbers.



## American Dog Tick (*Dermacentor variabilis*)

**Seasonality:** Adults and nymphs active March through September. Nymphs and larval stages of this species are not commonly encountered by humans.

**Habitat:** Can be found along forest & trail edges, as well as in fields and meadows.

**Identification:** Brown body with an oval-shaped scutum on adult females. Adults have a complex white pattern on the scutum and short mouthparts. Nymphs and larvae are brown or tan.

**Diseases:** Rocky Mountain Spotted fever\* and Tularemia\*

**Fun facts:** Adult American dog ticks can survive for up to two years without feeding



## Blacklegged Tick (*Ixodes scapularis*)

**Seasonality:** Year round with adults active October-June and nymphs active May-August.

**Habitat:** Woodland and forested areas that have dense leaf litter on the ground floor.

**Identification:** Adults have a reddish-orange body with black legs and scutum. Nymphs and larvae have a translucent body with black scutum and legs. Mouthparts are long.

**Diseases:** Anaplasmosis\*, Babesiosis, Lyme disease\*, Powassan virus, and Relapsing fever.

**Fun facts:** Only ticks that belong to the genus *Ixodes* can transmit the pathogen causing Lyme disease. While most ticks undergo diapause during the winter month, blacklegged tick adults remain active when temperatures are above 40° F.



# Ticks in KY- Protecting Yourself, Others, and Pets

Source: Anna Pasternak and Jonathan Larson (University of Kentucky Entomology) and Monica Cipriani (University of Kentucky Epidemiology)

Significant increases in wildlife populations, expanded ranges of some tick species, development of housing in rural areas, and the popularity of hiking and ecotourism have increased the potential for people to encounter ticks. Awareness and use of preventive measures to reduce exposure while working outdoors or enjoying outdoor activities are keys to reducing tick bites. Use repellents and check yourself frequently for ticks while and after being in areas where they may be active.

The best strategy to reduce the potential of contracting tick-borne diseases is to avoid tick bites.

Here are some tips:

- Avoid walking through uncut fields, brush and other areas likely to harbor ticks. Walk in the center of mowed trails to avoid brushing up against vegetation.
- Use a repellent that contains 20 to 30 percent DEET on exposed skin. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially the cuffs), socks and tents.
- Tuck long pants into your socks and boots. Wearing light-colored pants makes ticks easier to see.
- In areas where there are ticks, check yourself, children and other family members for ticks every 2 to 3 hours and upon returning home from hikes and outdoor activities. Examine behind ears, hair, neck, legs and around the waist.
- If you let your pets outdoors, check them often for ticks. Ticks can “hitch a ride” on your pets, but fall off in your home before they feed. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.

## How to Remove a Tick Safely

Step 1: Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. the goal is to remove the entire tick including its head and mouth.

Step 2: Pull up with steady, even pressure. do not twist or jerk the tick.

Step 3: Clean the bite area and your hands with rubbing alcohol, an iodine soap, or soap and water.

A feeding tick holds itself in place by barbed mouthparts and a type of glue. Grasp it with fine point tweezers as close to the skin as possible. Pull it straight out gently but firmly. Do not twist or jerk the tick during removal. Afterwards, wash the bite area and your hands thoroughly with soap and water and apply an antiseptic to the bite site.

Anyone with concerns about exposure to ticks and possible disease transmission should consult their physician to determine the best course of action. Most tick-borne diseases can be averted by early intervention with an antibiotic.

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Disabilities accommodated with prior notification.

# Sweet Corn: Physiological, Nutritional, and Other Disorders

Source: ID-184 An IPM Scouting Guide for Common Problems of Sweet Corn in Kentucky

**1. Nitrogen deficiency** is often the most limiting factor in crop production. More nitrogen is required than any other nutrient. Nitrogen is a mobile nutrient, and as such, deficiencies tend to show up on older leaves first, as they will migrate to actively growing areas of the plant to support growth. These deficiencies tend to show up as a pale green or yellowing of older leaves and will often appear as a V-shaped yellowing from the tip of the leaf inward.

**Management**—Sweet corn is a heavy nitrogen feeder, requiring approximately 150 pounds of nitrogen per acre. Put out at least 80-100 pounds of nitrogen per acre preplant and apply the remaining as a side-dressing when plants are about knee high.



Foliar (a) and seedling (b) symptoms of nitrogen deficiency.

**2. Zinc deficiency** is significant because zinc is an important micronutrient for sweet corn production. Zinc deficiencies will appear as whitish striping down the leaves of a corn plant. Typically the striping will appear on the outer parts of the leaves with the midvein remaining green. In addition, internode length (distance between leaves on a stalk) typically will be shortened in zinc-deficient plants. Although some soils are truly zinc deficient in Kentucky, zinc deficiency is most often observed in high pH soils (> 6.5) and in very early planting of sweet corn, when soils are coldest. Zinc will be less available in higher pH soils, and cool soil conditions often reduce zinc uptake by plants. When growing early or with plasticulture, sweet corn zinc deficiencies are often observed.

**Management**—Although the University of Kentucky Soil Testing Laboratory tests for zinc in a routine soil test, the influence of environmental factors (temperature) make it difficult to predict a yield response from the addition of zinc for a particular growing season. If the soil is zinc deficient, zinc can be broadcast at up to 30 pounds per acre (90 pounds of zinc sulfate) or banded at 6 pounds per acre (17 pounds of zinc sulfate). Broadcast applications should last for several years. When sweet corn is transplanted into plastic, 4-6 pounds of zinc sulfate is often mixed into the setter water of water wheel transplanters.



Whole-plant (a) and foliar (b) symptoms of zinc deficiency.



**3. Phosphorous deficiency** typically appears as a purpling or reddening of leaves, affecting older leaves first. Phosphorous is important for proper kernel and ear development. Often phosphorous deficiencies appear in soils with an acidic (<6.0) pH. At low pH, phosphorous will bind to other elements in the soil, causing it to become mobile and therefore unavailable to the plant.

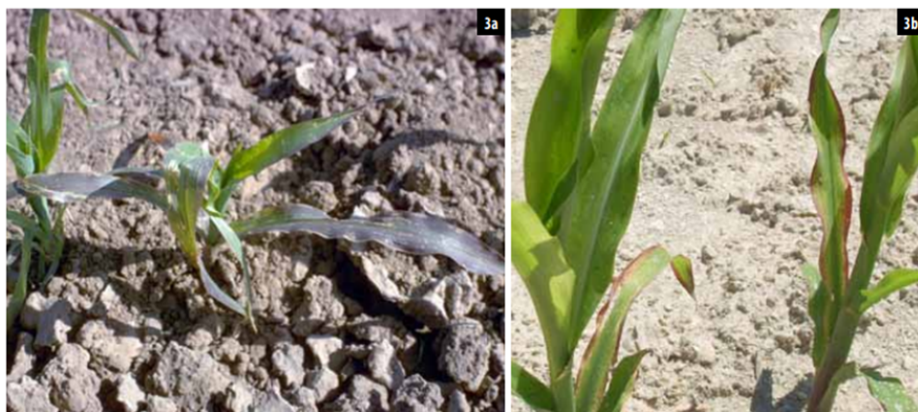
**Management**—Phosphorous is included in routine soil tests and should be adjusted based on test results. Generally, all phosphorous is applied preplant for sweet corn production.

**4. Uneven plant stand** is often seen in direct seeded crops. The unevenness can be due to numerous factors, but many times soil compaction is the culprit.

**Management**—Avoid soil compaction: don't till wet soil or work in it, and avoid planting in roadways. Soil tilth can be improved by increasing organic matter through cover cropping or conservation tillage.

**5. Poor ear fill** will result in misshapen, unmarketable ears. There are many causes of poor ear fill. Poor pollination can result in cob tissue near the tip of an ear with no kernels. Severe drought stress during development can also result in short, misshapen ears as well as “skips” in kernels.

**Management**—Plant corn at proper spacing and in blocks to ensure adequate available pollen. Avoid drought-stressing corn from silking through ear development.



Phosphorous deficiency in corn seedlings (a) and at whorl stage (b).

**6. Drought stress**, when severe, can result in poor kernel development, inadequate ear fill, and poor quality corn.

**Management**—Sweet corn requires significant amounts of water during silking and ear development. Typically irrigate at least 1 inch of water per week during critical times. Both drip and overhead irrigation are effective for sweet corn production. Use tensiometers to monitor moisture status on coarser soils.

**7. Wind damage/lodging** can result from exposure to high winds. Sweet corn can experience “root lodge” (falling over at the roots) or suffer stalk breakage (the stalk snaps). Corn that undergoes root lodging may recover and stand back up with minimal yield loss, particularly if the corn is young, though mature plants may have a crook-necked appearance. Corn that has snapped at the stalk can be completely lost if the breakage is below the developing ear. Transplanted corn is more susceptible to lodging and wind damage.

**8. Frost and freeze damage** can affect sweet corn. Unless corn is planted very early, as is the case with plasticulture sweet corn, most risk of frost damage occurs in fall on late-planted crops. Although sweet corn ears are often chilled for storage, a heavy freeze or frost prior to full development can cause damage.

**9. Tillering/suckering** can occur in sweet corn, with “tillers” or suckers often developing at the base. These tillers/suckers are more prominent when corn is exposed to extremely favorable growing conditions or when the main stem has broken near the ground. The development of suckers is also variety dependent. Sweet corn transplanted into plastic mulch tends to develop large numbers of suckers due to the favorable growing environment. Certain diseases and insects may also cause tillering. **Management**—Although suckers were commonly removed in the past, research has shown that they do not reduce yield and need not be removed. The effect of large numbers of suckers in the plasticulture sweet corn has not been fully researched, however.



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

# MAGOFFIN COUNTY FARMERS' MARKET GRAND OPENING!

## JULY 7, 2023

Open every Tuesday and  
Friday from 3pm-6pm  
Shop locally grown produce  
and handmade crafts  
Located at 241 West Maple  
Street in Salyersville



**Big Sandy Health Care, Inc.**

*"Providing Access to Quality Health Care"*

1709 KY Route 321  
Prestonsburg, KY 41653  
Phone: 606.886.8546  
Fax: 606.886.8548  
[www.bshc.org](http://www.bshc.org)

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accommodated  
with prior notification.



# Extension

# DAY CAMP

# Sun & Sky

**VOLUNTEERS WELCOME**

Call our Office at  
**606-349-3216**

## SCHEDULE:

July 5th: K - 2nd grade from 9am-2pm  
@ the Extension Office

July 6th: 3rd - 6th grade from  
9am-2pm @ the Extension Office

July 7th: K-6th grade from 9am-12pm  
@ Ramey Park Pool  
Picnic at the park 12pm-1:30pm  
(pickup @ 1:30pm)

## REGISTRATION:

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

\_\_\_\_\_



RETURN SERVICE REQUESTED

## Peachy Breakfast Bake

<b>3 tablespoons</b> salted butter	<b>2 tablespoons</b> white sugar	<b>½ teaspoon</b> vanilla
<b>3 cups</b> fresh peaches, peeled and sliced	<b>1 teaspoon</b> cinnamon	<b>¼ cup</b> whole wheat flour
<b>⅓ cup</b> packed light brown sugar	<b>2</b> whole eggs	<b>¼ cup</b> all-purpose flour
	<b>2</b> egg whites	<b>¼ teaspoon</b> salt
	<b>1 cup</b> unsweetened almond milk	<b>2 tablespoons</b> white sugar

**Preheat** oven to 400 degrees F with rack in middle position. **Place** butter in an 8-by-8 inch baking dish and place in oven on the center rack to melt. **Add** peaches and brown sugar to melted butter in baking dish, **stir** to coat. **Mix** together the sugar and cinnamon and **sprinkle** over the top. **Bake** 15 minutes. In a mixing bowl, **beat** eggs and egg whites with a whisk, **add** almond milk and vanilla. **Whisk** together. **Add** remaining dry ingredients and **mix** until blended.

**Remove** peaches from oven, **pour** batter slowly and evenly over baked peaches. **Return** to oven and **bake** 20 minutes, until the center of the batter is firm, puffed up and browned. **Serve** warm with whipped cream.

**Yield:** 9, ½ cup servings

**Nutritional Analysis:** 140 calories, 4.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrate, 1 g fiber, 17 g sugars, 3 g protein.

