

Breathitt County Extension

Monthly Newsletter

2025

March

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES



photo courtesy: Donna Combs

Grow a more successful garden with a new and fun calendar

Published on Feb. 13, 2025

Source: Rick Durham, Department of Horticulture professor

Gardening is a rewarding experience that provides fresh produce and a deeper connection to nature. The Growing Your Own - GARDEN calendar from Plan Eat Move—a part of the University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service—is an excellent resource to guide both novice and seasoned gardeners through the planting and harvesting seasons. With monthly recommendations and engaging activities, the calendar helps individuals and families plan a productive and enjoyable gardening experience.

A well-planned garden starts with careful preparation. Before planting, sketching a layout can be a useful exercise. For families, involving children by having them cut out pictures of vegetables and placing them on the garden plan can be both educational and fun. This interactive approach encourages engagement while helping gardeners visualize plant placement and spacing for optimal growth.

The calendar provides a detailed month-by-month breakdown of what to plant and when to harvest. Beyond planting and harvesting, the calendar incorporates family-friendly activities to make gardening even more enjoyable. Keeping a garden journal allows individuals to track planting dates, growth progress and harvest yields.

Children can add their own observations through drawings or short descriptions. Taste tests with homegrown produce introduce youth to different flavors while emphasizing the benefits of fresh food. Creative activities, such as making DIY garden markers with craft materials, add a personal touch and help with plant identification.

Success in gardening often comes down to simple, consistent practices. By following the guidance in the Growing Your Own - GARDEN calendar, gardeners can cultivate a thriving space that not only produces nutritious food but also fosters family bonding. Gardening is a journey filled with learning, patience and the satisfaction of harvesting what was planted. Whether tending to a small backyard plot or a larger garden, these seasonal tips and activities provide the foundation for success.

To access the guide, visit <https://www.planeatmove.com/get-moving/growing-your-own-garden>.

Contact your local Breathitt County Extension office for more information on how to create a successful garden.

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Disabilities
accommodated
with prior notification.

Lexington, KY 40506

BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



Robinson Center - JACKSON
Dr. LW Beckley

FREE



March 20, 2025
10:00AM - 5:00PM



CALL TO SCHEDULE APPOINTMENT
606-666-8812



PROTECT YOUR CALF CROP
\$125/Bull Savings

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UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
MARTIN-GATTON COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

2025

Breathitt County Extension Plant Sales

PLANT and PRICE:

- * AllStar Strawberry \$7.00 (bundle of 25)
- * Earligrow Strawberry \$7.00 (bundle of 25)
- * Natchez Blackberries \$5.00 each
- * Duke Blueberries \$9.00 each (two varieties needed for pollination)
- * Chandler Blueberries \$9.00 each (two varieties needed for pollination)
- * Prelude Raspberries \$5.00 each (bare root)
- * Jewel Black Raspberries \$5.00 each
- * Asparagus (Millennium) \$1.00 each
- * Onion Plants (Candy) \$5.00 (bundle of 60)

Plants are expected to ship from the nursery during the first week of April. We will contact you when the plants are available for pickup.

Order due by March 7, 2025

Please call 606-666-8812 to place your order



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KAYAKS WELCOME ALSO!



**Saturday
May 24th, 2025**

**Visit and be guided
through a natural
treasure in Eastern KY**

**Come join us for the Annual
Breathitt County Extension Canoe
Trip down the North Fork of the
Kentucky River! Lunch and a T-
shirt will be provided.**

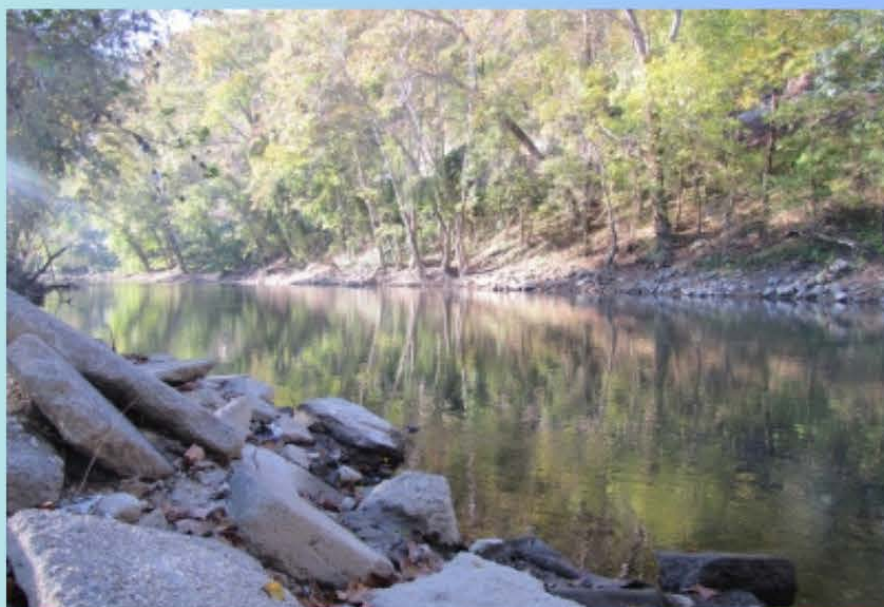
**Breathitt County
Ag & Natural
Resource Annual
Canoe Trip**

**Transportation will be provided
back to Jackson Parks and
Recreation**

**\$ 20 per person-required
to reserve a canoe- MUST
PRE-PAY**

**\$10 Per person if you bring
your own canoe/kayak
Children 12 & under FREE!**

**Registration begins at
8:00 am. at Douthitt
Park boat ramp
Program starts at 8:30
am.**



**DEADLINE TO REGISTER
WILL BE MAY 10TH
606-666-8812**

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FOOD BOX DISTRIBUTION

**MARCH 19TH, 2025
PICK UP DAY**

MUST SIGN UP ON MONDAY MARCH 17TH 2025

BY CALLING 666-8812 OR 666-8813

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER

***NEW RULES: CAN ONLY SIGN UP YOURSELF**

(ONE FAMILY)

MUST SHOW ID PROOF

NO WALK-INS

NO VOICEMAIL OR EMAIL SIGN UPS



**This program is sponsored by the Breathitt County
Extension Office and God's Pantry.**



4-H Scholarship Applications are now available to be picked up in the office. This year there will be two \$1,000 scholarships.

BREATHITT COUNTY 4-H ESPORTS CLUB

MARCH 20TH, 2025
3:30 P.M.

BREATHITT COUNTY EXTENSION OFFICE

AGES
8 - 18

FOR MORE INFORMATION CALL
606-666-8812

 Martin-Gatton
College of Agriculture,
Food and Environment

4-H AFTER SCHOOL CLUB

MARCH 17TH, 2025

3:30 P.M. - 4:30 P.M.

BREATHITT COUNTY
EXTENSION OFFICE

AGES 9 - 18

YOUTH WILL FOCUS ON LEADERSHIP SKILLS,
AND WILL LEARN FROM ALL SEVEN OF THE
CORE CONTENT AREAS OF 4-H.

PLEASE CALL THE
EXTENSION OFFICE AT
606-666-8812 TO REGISTER

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

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Lexington, KY 40506



Lead the Pack at
4-H CAMP
MAY 28TH - 30TH

APPLICATIONS AVAILABLE
 MARCH 6TH, 2025

REGISTRATION FEE \$25

REGISTRATION DEADLINE
 APRIL 14TH, 2025

BREATHITT COUNTY
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 606-666-8812



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CAMPER
ORIENTATION

BREATHITT COUNTY
 EXTENSION OFFICE

APRIL 24, 2025
 3:30 - 6:00



For more information
 Call 606-666-8812



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UK Cooperative
Extension Service

COOKING THROUGH THE
Calendar

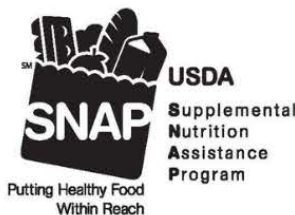
March 12th, 2025

10:00am

**at the Breathitt County
Extension Office**

**For more information on how you can attend
these FREE cooking classes, please contact
your local Cooperative Extension office:**

Breathitt County Extension Office
1155 Main Street
Jackson, KY 41339
(606) 666-8812



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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ENTERTAINING CHILDREN

Lunch and Learn

Breathitt County Extension Office

March 13th, 2025

12:00pm

Call 606-666-8812 to register

Keeping children engaged and learning requires intentional time together, which can be challenging—especially when caregivers have other tasks to complete. One key to success in schools is the use of routines to keep children learning throughout the day. This lesson will provide caregivers with practical tips for creating structured, engaging routines that make learning a natural and enjoyable part of daily life. Whether at home or on the go, these strategies will help keep children actively involved while supporting their growth and development.

QUICKSAND AREA FCS AGENTS
PRESENTS

*Area
Homemaker Training*

Quicksand Community Center

Tuesday **April 15** 10 AM

\$10 registration fee is due April 4th

Call the Breathitt Co. Extension Office
606-666-8812

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Breakfast Made Delicious

Join us for a fun, hands-on experience breakfast event. In this interactive workshop, you'll learn why breakfast is important and how to craft delicious recipes that'll make your mornings or (evenings) shine!

March 18th, 2025
5 PM

Breathitt County Extension
Call to register @ 606-666-8812

 Cooperative Extension Service



Sit & Sew



Join us for a come-and-go class where you can gather with friends to sew, work on other projects, or just sit and visit.

MARCH 25TH
5PM

Breathitt Co. Extension
606-666-8812
call for questions

 Cooperative Extension Service



Breathitt Co. Homemaker Scholarship applications are now available. Stop by the office and pick one up. Applications are open to high school seniors. Deadline to apply is March 21st.



Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

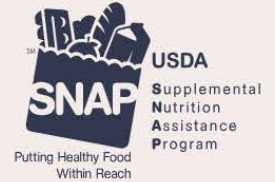
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



6. preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Refrigerate leftovers within 2 hours.
6. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

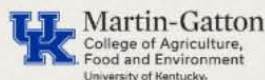
Source:
Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service



**Breathitt County Extension
Service**

**1155 Main Street (PO Box 612)
Jackson, KY 41339**

RETURN SERVICE REQUESTED



Don't miss a thing!

KEEP UPDATED

Skip the wait and sign up to receive our
monthly newsletter today by Email



Call Shauna at 606-666-8812
or email: shauna.hyden@uky.edu

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