

Breathitt County Extension

Monthly Newsletter



Source: Faye Kuosman, UK Food Connection coordinator

Butterflies aren't the only ones that can benefit from butterfly gardens. Honeybees, which are native to Europe and introduced to the United States, are also important pollinators for home gardens. Numerous other pollinator species including native bees, butterflies and moths, beetles, birds and bats benefit our gardens. Sadly, many of the pollinators have suffered from habitat loss, chemical misuse, diseases and parasites.

Butterfly gardeners play a critical role in nurturing and conserving both native and introduced pollinators. Butterfly gardens and landscapes provide pollinators with food, water, shelter and habitat to complete their life cycles. Urban areas typically feature large areas of pavement and buildings and offer little in the way of food and shelter for pollinators. Garden plantings can help bridge that gap.

Just like with any new flower bed, you want to pick a site for your butterfly garden with good drainage, full sun, and an area with good weed control. If you are starting a new butterfly garden, get a soil test, eliminate the weeds and add organic matter.

Butterflies, honeybees and other pollinators need protein from flower pollen and carbohydrates from flower nectar. Plan to provide a variety of different types of flowers and aim to have three different flower species in bloom throughout the growing season. Showy, colorful flowers and massed groups of flowers, particularly in small gardens, provide efficient feeding stations for the pollinators. Flowering trees and shrubs also provide excellent food sources. Native plants share a long history with their pollinators, including a wide variety of natives will make your garden a favorite destination for pollinators.

You want to have a variety of plants, preferably native and non-native ones that will bloom throughout the growing season. Some of these are purple cone flower, black-eyed susan, asters, golden rod, yarrow, tall blazing star, milkweed, coreopsis and many more. The Kentucky Native Plant Society has an updated listing of nurseries in Kentucky that sell native plants.

Be sure to have puddling spots for butterflies to get a drink of water. Pollinators also need shelter from the wind, scorching sun, and heavy rain. Fences can serve as windbreaks, which may make the garden more attractive to pollinators.

For information on starting a butterfly garden, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.

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

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Lexington, KY 40506



FARM TO TABLE DINNER

FRESH PRODUCE FROM LOCALS FARMS

SEPTEMBER 2024

**LIVE
AUCTION!**
ALL
PROCEEDS GO
TO THE
BREATHITT
COUNTY
FARMERS
MARKET

**\$35 PER-PERSON
OR \$250 FOR
FULL TABLE**



**RESERVATION AND PRE PAYMENT REQUIRED BY AUGUST
30TH. CALL (606)666-8812 FOR HELP WITH RESERVATIONS
OR REGISTER ONLINE [HTTPS://BREATHITT-COUNTY-
FARMERS-MARKET.SQUARE.SITE/](https://breathitt-county-farmers-market.square.site/)**

**September 10, 2024 6PM
The Barn at Sebastian Farms
785 Hwy 3193 Jackson, KY 41339**



University of Kentucky
College of Agriculture,
Food and Environment
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Harvesting Harmony

 <p>JULY 28</p>	<p>PRESSURE CANNING & GARDENING 101</p> <p>Produce Best Practice & Basic Livestock</p>
<p>SEPT 23</p>	<p>WATERBATH CANNING & SUMMER SAUSAGE</p> <p>Meat Regulations & Food Safety</p>
<p>NOV 11</p>	<p>MUSHROOMS & COMPOSTING</p> <p>Farm Record Keeping & Brain Health</p>
<p>APRIL 7</p>	<p>FOOD PRESERVATION & ANIMAL CARE</p> <p>Raised Beds & Dehydration</p>

For more information:



606 - 666 - 8812

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**WHAT WILL HAPPEN TO YOUR PROPERTY WHEN YOU PASS?
DON'T LET IT FALL INTO HEIRSHIP!
COME WRITE YOUR WILL!**

WILL & HEIRSHIP CLINIC [FREE]

THURSDAY, AUGUST 8TH // 9:30 AM - 2:30 PM

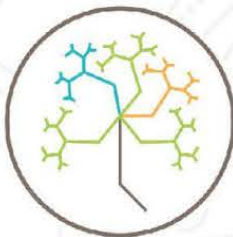
**LOCATION: ROBINSON CENTER, 130 ROBINSON
ROAD, JACKSON, KY 41339**

Livelihoods Knowledge Exchange Network (LiKEN) has partnered with the **Breathitt County Cooperative Extension Office** to offer a **FREE will-writing clinic and information session in Jackson KY**. Come sit down with a lawyer and prepare your will and learn about heirs' property! Scan the QR code on the reverse side of this flyer to save a time slot for yourself!

WHAT TO EXPECT

Participants will have the opportunity to sit down with a lawyer to write or revise their will for absolutely no cost. Come prepared to discuss all of your assets and what should be done with your belongings when you pass away. Bring your ID and a current will if you have one.

This event will also feature a recurring presentation on property in heirship, or "**heirs' property**," and a **FREE legal services** program we are offering to heirs' property owners. Heirs' property is land that is inherited by multiple family member and owned collectively but without a "clear title." Not having a clear title limits what you can do with a property and makes it vulnerable to being taken by real estate developers and investors. LiKEN is offering a free program to help heirs' property owners acquire a clear title to their family-owned land.



CONTACT

Kevin Slovinsky

Director of Land and Revenues

LiKEN's Land & Revenues Program

Email: kslovinsky@likenknowledge.org

(859) 279-2152

Scan for registration and more info!



linktr.ee/AppalachianHeirsProperty

Reserve a timeslot!



Link: <https://shorturl.at/XMmJ3>

FOOD BOX DISTRIBUTION

**AUGUST 21ST, 2024
PICK UP DAY**

MUST SIGN UP ON MONDAY AUGUST 19TH

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**



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

4-H ROBOTICS CLUB

We will be working to participate in the FIRST® LEGO® League that will introduce young people, ages 9 to 14* (grades 4-8), to the fun and excitement of science and technology, while building self-confidence, knowledge, and valuable career and life skills. The program challenges students to think like scientists and engineers.

August 19th, 2024

4:30 P.M. - 5:30 P.M.

Children Ages 9-14

Breathitt County Extension Office

Must call the Extension Office at 606-666-8812 to Register



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4-H AFTER SCHOOL CLUB

AUGUST 19TH, 2024

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

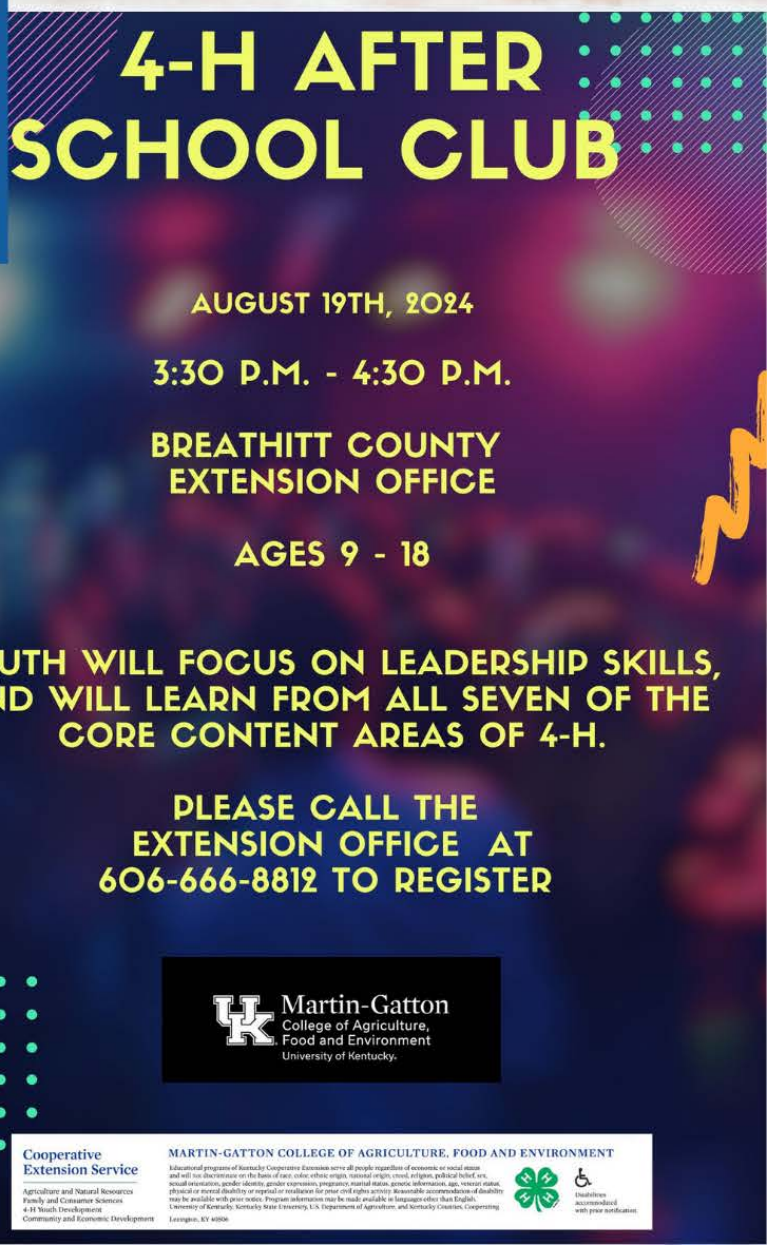


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BREATHITT COUNTY



4-H CORN DOG COLLEGE



THURSDAY, AUGUST 22ND
12:00 P.M. - 1:00 P.M.
OR
4:00 P.M. - 5:00 P.M.

TO SIGN-UP AS A VOLUNTEER PLEASE CONTACT THE BREATHITT COUNTY EXTENSION OFFICE AT 606-666-8812

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BREATHITT COUNTY 4-H CORN DOG BOOTH BUSINESS PRE-SALE

THURSDAY, AUGUST 29TH



CORN DOG'S ARE \$3 Each



**PRE-SALES WILL BEGIN AT 10:30
PLEASE CALL THE
BREATHITT COUNTY EXTENSION OFFICE AT
606-666-8812**



TO RESERVE YOUR BUSINESS'S TIME

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BREATHITT COUNTY 4-H CORN DOG BOOTH

AUGUST 30TH- SEPTEMBER 1ST



COME SUPPORT THE YOUTH OF BREATHITT COUNTY



**BOOTH WILL BE SET UP NEXT TO
BREATHITT COUNTY
EXTENSION OFFICE**



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LUNCH & LEARN

COMPOSITION IN PHOTOGRAPHY



August 9th



NOON



Breathitt Co. Extension

ABOUT THE LESSON:

Looking for some tips on taking “good” photos? Our lesson on Composition in Photography can help! Come join us as we review the elements and principles of art and learn how we can use these concepts to make photographs that capture our interest. This class does not cover “how to use a camera,” but it will inspire you to think about what you’re seeing through your camera’s view finder or on your phone’s screen before taking a picture. Come enjoy and view our photograph examples as we discuss why you may prefer some photos instead of others.



LAKEN CAMPBELL
FCS AGENT: LEE COUNTY

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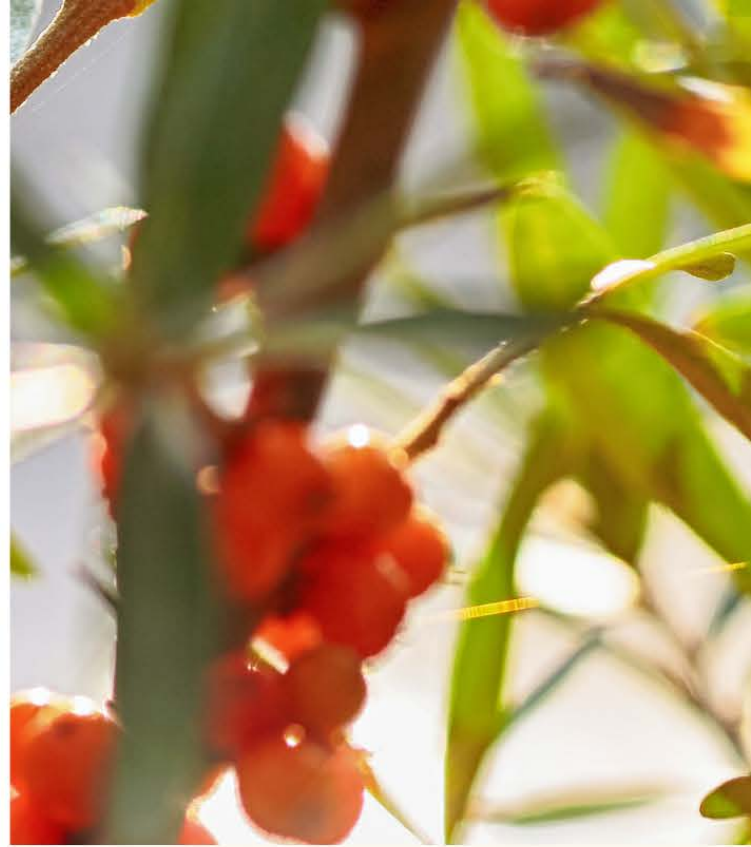
Disabilities
accommodated
with prior notification.

Sit & Sew

August 27th, 2024
5:00 PM
Breathitt Co. Extension

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit facebook.com/BreathittCoFCS/
for all FCS programming



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Mosaics Make & Take

Come along and learn how to make a mosaics project.

AUG | **8th**
5 PM | **2024**

Breathitt County Extension

Call to register @ 606-666-8882

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HONEY FESTIVAL QUILT SHOW



SPONSORED BY BREATHITT CO. HOMEMAKERS

Stop by and view some remarkable quilts on display and honor the quilters who have poured their hearts into their work.

SATURDAY, AUGUST 31, 2024

 **AT 10AM-4 PM**

 **GUERRANT MEMORIAL PRESBYTERIAN CHURCH**

Main Street Jackson

Quilts can be dropped off at the church on Saturday from 8-9 am

For more information contact:
Donna Combs (606)272-1659 or
Stacy Trent (606)568-7920



 Cooperative Extension Service

KENTUCKY STATE FAIR

FREE ENTRY



August 16, 2024
8:30 am- 8:00 pm

LEAVE FROM EXTENSION OFFICE



LIMITED TICKETS
CALL TO RESERVE
606-666-8812

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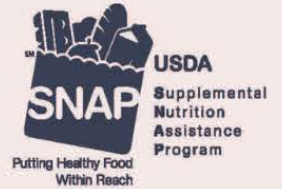
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Peanut Butter Oatmeal Bites



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

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites

Serving size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

Nutrition facts

per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

**Breathitt County Extension
Service wishes all the students
and teachers a happy and
healthy school season**

