

hello December

Breathitt County Extension

Monthly Newsletter

Source: Isaac Hilpp, agriculture extension specialist senior, 4-H central operations

In a world characterized by fast fashion and the constant churn of consumer goods, 4-H advocates thrifting and upcycling alternatives. These practices save money and also significantly contribute to environmental conservation by extending the life of used items and reducing waste. Thrifting, the act of purchasing secondhand goods, and upcycling, the art of transforming old items into something new, form the cornerstones of a circular economy within the fashion and home industries.

Thrifting is not just about scoring a good deal; it's about being a conscious consumer. Here are some essential tips to make the most of your thrifting experience:

- **Set a Budget:** Before embarking on your thrift-store adventure, determine how much you're willing to spend. Knowing your budget will help you make wise choices and avoid impulsive purchases.
- **Invest Time:** Thrifting often requires patience. You may need to visit multiple stores and locations to find the perfect item. Remember, treasure hunting can take time.
- **Avoid Overspending:** Thrifting should not be a splurge. Stick to your budget, and don't give in to the temptation of buying more than you need.
- **Use What You Buy:** Only buy items you genuinely need and will use. Avoid accumulating more clutter in your life.
- **Inspect for Quality:** Examine items for defects and wear, paying particular attention to high-stress areas and seams. You want to ensure that your finds are durable and will serve you well.

Upcycling is a creative way to breathe new life into old items. Here's how you can start your upcycling journey:

- **Visualize the End Product:** Before you begin upcycling, have a clear idea of what you want to create. Planning ahead will help you make the most of the materials at hand.
- **Prioritize Used Materials:** Whenever possible, use materials from other old or unused items in your upcycling projects. This promotes a more sustainable approach.
- **Minimize Waste:** Plan your project meticulously to utilize as much of the original item as possible, leaving little to no waste behind.
- **Set Realistic Goals:** Don't bite off more than you can chew. Choose upcycling projects that match your skill level and resources to avoid unnecessary waste.
- **Make It Fun:** Upcycling can be a great family project, fostering creativity, sustainability, and quality time. Involve your loved ones and enjoy the process.

Thrifting and upcycling are more than just trends; they are powerful tools for creating a more sustainable and responsible future. By embracing these practices and sharing them with the younger generation through initiatives like 4-H, we can collectively reduce waste, lower our environmental impact and inspire a new wave of conscious consumers.

More information on 4-H thrifting and upcycling programs are available at the Breathitt County Extension office.

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

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Lexington, KY 40506





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Join us in Going Green!
If you would like to have your newsletter emailed to you instead of paper form, please call Shauna at 606-666-8812 and give your email address.

KADF

KENTUCKY AGRICULTURAL DEVELOPMENT FUND

Kentucky County Agricultural Investment Program Breathitt County

Breathitt County Farm Bureau will be administrating the County Agricultural Investment Program for Breathitt County in 2023. This is a program that offers financial assistance to farmers in the county who wish to improve existing farm operatins or wish to diversify the direction of their farming business.

Applications for the cost share program are ready November 7th, at the Breathitt County Farm Bureau office at 1433 Highway 15 N in Jackson. Farm Bureau will stop accepting applications on December 11th at 4:30 p.m. Decisions on program acceptance will be made that evening.

For more information, contact Chuck Price at 666-2464 or stop by the Farm Bureau office in person. More information can be found on the website: ag-policy.ky.gov

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The 2023-2024 Winter Outlook for Kentucky

Derrick Snyder – National Weather Service, Paducah, KY



As the leaves change colors and fall to the ground, crops are harvested, and tendrils of frost form on plants, conversation often turns to what the coming winter will bring. As we have seen, winter in Kentucky can bring a bit of everything, from ice and snow, to flooding, to bitter cold - even severe weather. Given how variable the weather during the winter can be, is it possible to predict what will happen? Many of us have heard homespun wisdom about ways to predict what an upcoming winter will bring. Some of the more popular ones include how dark the hair of a woolly worm is in the fall, the shape of the seed inside of a persimmon, and counting the number of morning fogs in August. Unfortunately, these tales are not necessarily based in truth. The National Weather Service has a division called the Climate Prediction Center (CPC). The climatologists use historical data and pattern recognition, along with latest trends and observations, to predict a seasonal outlook. This past month, CPC just issued the outlook for the upcoming 2023/2024 Winter Season. So how does it shake out?

The winter outlook compiled by CPC covers the months of December, January, and February. It is not possible to give a day by day forecast of what will happen, but it is possible to forecast whether a region will see a greater chance of above-, below-, or near-normal temperatures and precipitation (rain and melted snow and ice). If there is not a strong signal either way, the outlook will say that a region will have an equal chance of seeing above-, below-, or near-normal temperatures and precipitation. It is important to remember that these outlooks cover a three-month period. Periods of cold weather can occur when above-normal temperatures are favored, and the opposite can happen when below-normal temperatures are favored. The same rule also applies for precipitation.

This year, the United States is entering into a strong El Niño pattern. During El Niño, trade winds weaken in the Pacific Ocean. Warm water is pushed back east, toward the west coast of the Americas.

El Niño means Little Boy in Spanish. South American fishermen first noticed periods of unusually warm water in the Pacific Ocean in the 1600s. The full name they used was El Niño de Navidad, because El Niño typically peaks around December.

El Niño can affect our weather significantly. The warmer waters cause the Pacific jet stream to move south of its neutral position. With this shift, areas in the northern U.S. and Canada are dryer and warmer than usual. But in the U.S. Gulf Coast and Southeast, these periods are wetter than usual and have increased flooding.

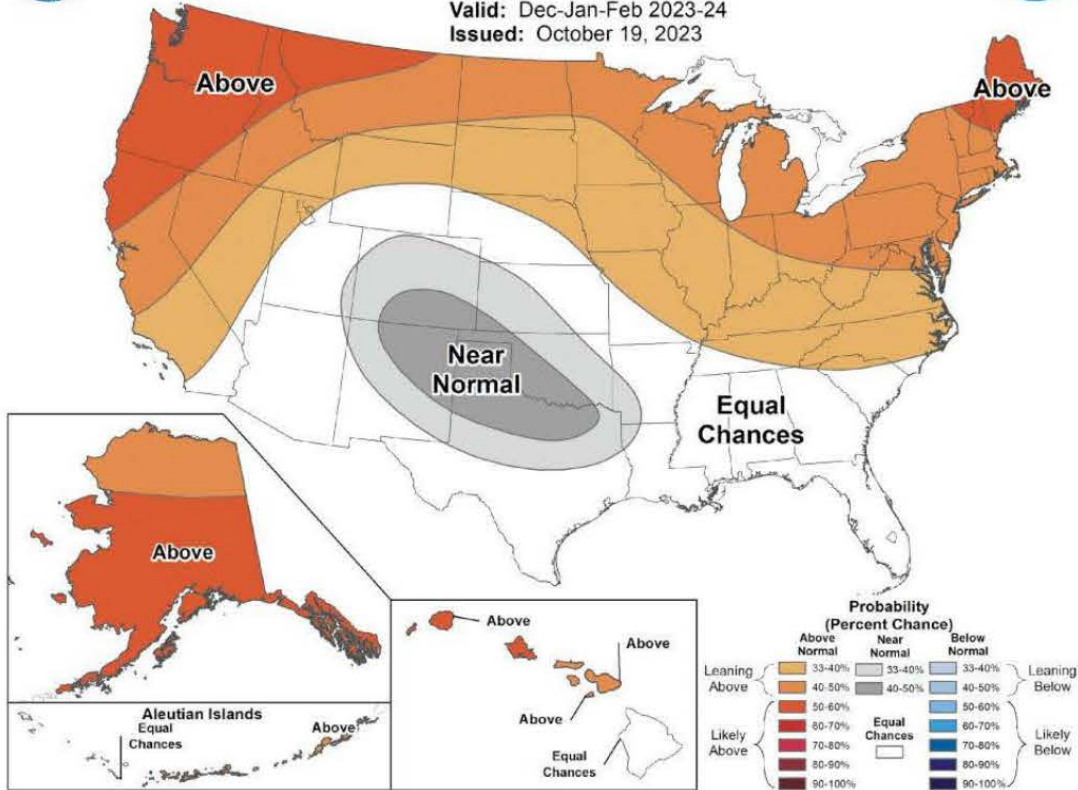
In Kentucky, the outlook for this winter slightly favors above-normal temperatures across the entire state. For precipitation, the great majority of the state has an equal chance of seeing above-, below-, or near-normal precipitation. However, across far northern Kentucky, the outlook does slightly favor below-normal precipitation amounts. How will this end up playing out over the winter? – We shall have to wait and see!



Seasonal Temperature Outlook



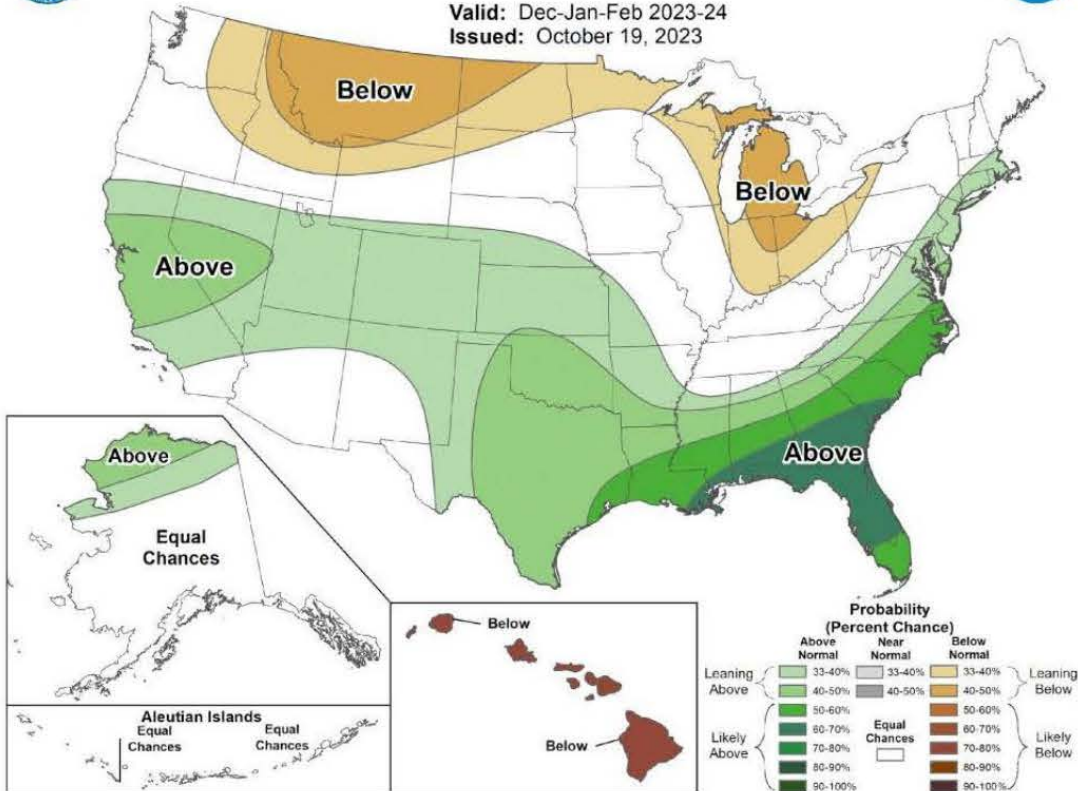
Valid: Dec-Jan-Feb 2023-24
Issued: October 19, 2023



Seasonal Precipitation Outlook



Valid: Dec-Jan-Feb 2023-24
Issued: October 19, 2023





LETTERS TO SANTA

Stop by and drop off your letters to Santa Claus in his special North Pole mailbox located outside of the Breathitt County Extension Office.

We will deliver your Letter to the North Pole.

Santa's answer and a special treat will be mailed back to you.

DECEMBER 1ST - 18TH, 2023



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Christmas Program on the Go

PICK-UP ON
THURSDAY, DECEMBER 14TH 2023

AGES 8-18

CHILDREN WILL BE PROVIDED HOLIDAY THEMED MATERIALS THAT WILL ALLOW THEM TO MAKE THEIR OWN SUGAR COOKIES AT HOME

SPOTS ARE LIMITED

CALL THE BREATHITT COUNTY EXTENSION OFFICE AT 606-666-8812 TO REGISTER



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FOOD BOX DISTRIBUTION

**DECEMBER 13TH, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY DECEMBER 11TH
BY CALLING 666-8812 OR 666-8813**

***Limit 4 people per call**

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER



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

4-H AFTER SCHOOL CLUB

TUESDAY, DECEMBER 19TH 2023

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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accommodated
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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.

Tuesday, December 19th

4:30 P.M. - 6:00 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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In memory of Gilbert Zierer

We want to always remember the
love and support he put in to
volunteer with us.

As you were you will always be,
treasured forever in our memory.

Cooperative Extension Service

Holiday Workshop

BREATHITT CO EXTENSION

**SATURDAY
DECEMBER 2ND
10:00AM - 11:00AM**

**JOIN US FOR CRAFTS AND SNACKS
IN PARTNERSHIP WITH DOWNTOWN CHRISTMAS
AND WOMAN'S CLUB**

**EVENT IS FREE
FOR MORE INFO CALL 666-8812**

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Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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



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

RETURN SERVICE REQUESTED

*Merry
Christmas*

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**Winter Wonderland
Ice Skating**

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The schedule for the event is as follows:

- December 12: 5:00 p.m. – 8:00 p.m.**
- December 13: 5:00 p.m. – 8:00 p.m.**
- December 14: 5:00 p.m. – 8:00 p.m.**
- December 15: 5:00 p.m. – 10:00 p.m.**
- December 16: 12:00 p.m. – 10:00 p.m.**

The sign also features illustrations of a snowman, a girl ice skating, and evergreen trees.

