



HELLO FEBRUARY

Breathitt County Extension

Monthly Newsletter

Start the year right with good record-keeping practices

Sources: Steve Isaacs, extension agricultural economist

Record-keeping is not everyone's favorite activity, but with a little time, patience, and a commitment to get it done, your financial life will be more peaceful.

Record-keeping tasks don't have to be difficult. Think of it as a way to keep track of your operation that will help you make better long-term decisions. You can use a ledger book or a computer—whatever helps you maintain consistency. Software programs can help you make sense of your data.

Software has become more user-friendly over time, and while it may not make the record-keeping process fun, it could help you see the overall picture of your operation. Some programs track purchases and how you use each item on a particular enterprise or field. You'll be able to keep track of repair and maintenance records for specific farm equipment and produce balance sheets, income statements and cash flow budgets.

For many livestock operations, a good time to start keeping records is when your veterinarian comes to check your animals. Vets usually charge per head, so that data can help you develop a list of animals that need attention. You can use the same data to develop health histories of your animals, which will lead to more informed exams and diagnoses in the future.

Make record-keeping a team effort for your family. Sit down and work on the records and budget together. Perhaps one person can read the information while another person types it into the software program or writes it in the ledger book. You won't become overwhelmed if you do a little bit each day and don't save it all up for the end of the year. Year-end procedures also can feel more satisfying if you've done the work throughout the year. You can generate year-end reports with a few simple clicks and not have to sort through stacks of bills lying around the home or office.

The University of Kentucky College of Agriculture, Food and Environment's Department of Agricultural Economics has several tools online that could help with budgeting and decision-making. Visit <https://agecon.ca.uky.edu/budgets> to see what is available.

For more information about record-keeping and a variety of other farm management topics, contact the Breathitt County Cooperative Extension Service at (606)666-8812.

Educational programs of the Kentucky Cooperative Extension Service 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, or physical or mental disability.



Compost Distribution

**MUST SIGN UP ON MONDAY FEBRUARY 6TH BY CALLING
666-8812 OR 666-8813**

**PICK-UP WILL BE AT THE UK ROBINSON CENTER
ON TUESDAY FEBRUARY 7TH**

USDA:

The 90–120-Day Rule

You may not apply raw, uncomposted livestock manure to food crops unless it is:

1. Incorporated into the soil a minimum of 120 days prior to harvest when the edible portion of the crop has soil contact; OR
2. Incorporated into the soil a minimum of 90 days prior to harvest of all other food crops.

Benefits of Compost:

- *easier to work and create a better medium for plant growth
- * helps control weeds, conserve water, and protect soil from erosion

The best time to apply compost mulches is in early summer, after plants are established and the soil has warmed

Mix 1 to 2 inches of compost into your soil before you plant a vegetable garden, lawn, flower bed, or cover crop.

This program is sponsored by the Breathitt County Extension Office, Grow Appalachia, and UK Robinson Center.

**THE BREATHTHITT
COUNTY EXTENSION
OFFICE IS NOW TAKING
ORDERS FOR**

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



Rootstock

Apple varieties include:

- **M.7** (3/16" or 1/4")- is a semi-dwarfing tree. It is resistant to fireblight, powdery mildew, and root collar rot.
- **M.111** (3/16" or 1/4")- A vigorous, well anchored, drought tolerant rootstock. It creates a large semi dwarf tree 15-17 ft. if unpruned. Widely adapted to light or heavy soils. Resistant to collar rot.
- **G202** (1/4")- a semi-dwarfing rootstock. It is fire blight and phytophthora resistant, but also has good resistance to woolly apple aphid, a rootstock pest.
- **G41** (3/16" or 1/4")- A full dwarf. It is highly resistant to fire blight and phytophthora and in initial tests it appears to be tolerant of replant disease. It produces trees similar in size to the M.9, but has higher yield efficiency and produces few root suckers.
- **Bud 9** (3/16")- is a dwarfing rootstock that dwarfs trees to 30-40 percent the size of a standard tree. It is valued for its early precocity, winter hardiness, and resistance to crown rot and fireblight.
- **Pear**- Semi-dwarfing rootstock for fruiting pear. Very promising for higher density plantings. Resistant to fire blight.



All rootstock is \$2.00 each

Call (606) 666-8812 to place your order

Cooperative Extension Service
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, sex, age, marital status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
4-H Youth Development
LEWISTON, KY 40544



with your rootstock

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



PLANT PRICE

AllStar Strawberry	\$5.00 (bundle of 25)
Earligrow Strawberry	\$5.00 (bundle of 25)
Natchez Blackberries	\$4.00 each
Duke Blueberries	\$8.00 each
(two varieties needed for pollination)	
Chandler Blueberries	\$8.00 each
(two varieties needed for pollination)	
Prelude Raspberries	\$4.00 each
(bare root)	
Bristol Black Raspberries	\$4.00 each
Asparagus (Millennium)	\$1.00 each
Onion Plants (Candy)	\$5.00 (bundle of 60)

To order your plants call the
Breathitt County Extension Office at
(606) 666-8812.

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.

Payment is required at pickup



BREATHTHITT COOPERATIVE EXTENSION OFFICE IS NOW TAKING PLANTS ORDERS!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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LEWISTON, KY 40544



with your rootstock

4-H TEEN CLUB

TUESDAY, FEBRUARY 7TH 2023

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

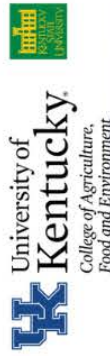
BREATHITT COUNTY
EXTENSION OFFICE

AGES 11 - 18

TEENS WILL FOCUS ON
LEADERSHIP SKILLS, PUBLIC
SPEAKING, AND COMMUNITY
SERVICE.

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

COOPERATIVE EXTENSION



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

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LEXINGTON, KY 40548



Valentine's Day Program on the Go

Pick-up on

Thursday, February 9th 2023

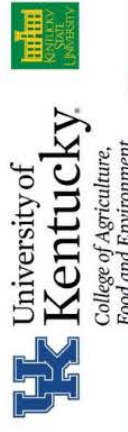
Ages 8-18

Children will be provided holiday themed materials that will allow them to complete various crafts, and activities

Spots are limited

Call the Breathitt County
Extension Office at
606-666-8812 to Register

COOPERATIVE EXTENSION



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

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LEXINGTON, KY 40546



Cultural Exploration

A Night in... France

Join us as we explore French culture
through food, crafts, and history.

Friday, February 24, 2023
@ 5 pm

Food will be provided.
Please call 606-666-8812 to register.



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

It is the policy of the University of Kentucky Cooperative Extension Service to provide equal access to all people regardless of ethnicity, race, color, sex, age, marital status, religion, national origin, disability, or sexual orientation. If you are unable to attend, please contact the office at 606-666-8812. For more information, visit www.uky.edu/extension.
LIFE 100, KY 41004



Discover
opportunities
with your institution

February

Lunch & Learn



Hunger in Kentucky: know more, Do more

February 2, 2023 Noon
Breathitt Co. Extension Office

This is a FREE class!
Please call: 606-8812 to register.

Cooperative Extension Service
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LIFE 100, KY 41004



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Breathitt County Extension Homemakers Association 2023 Scholarship Application

Due By: March 15, 2023

****Scholarship Drop off location closes at 4:30 pm****

Full Name: _____

Mailing Address: _____

Name of Parent/Guardian: _____

Phone: _____

If Homeschooled, Please Check: _____

Or the School You Are Now Attending: _____

Technical School/College You Plan to Attend: _____

ACT or SAT Score (if available): _____

Rank in Class (Optional): _____

***Write and attach a letter giving information about yourself and your reasons for applying for the scholarship.**

**** Please hand-deliver your application to: 1155 Main Street, Jackson, KY 41339**

FOOD BOX DISTRIBUTION

**FEBRUARY 15, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY FEBRUARY 13TH BY CALLING
666-8812 OR 666-8813**

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER



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



Cajun Seasoned Fish with Rice



- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish filets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish filets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish filets in a single layer in the pan. The pan will smoke a little.

USDA Supplemental Nutrition Assistance Program
SNAP
Putting Healthy Food Where People Need It

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

Nutrition facts per serving:
260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
 12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
 13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
 14. Optional: Sprinkle fish with juice from one lime.
 15. Refrigerate leftovers within 2 hours.
- Variations:** Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.
- Makes 6 servings**
Serving size: 1 fish filet and 1/2 cup rice
Cost per recipe: \$11.44
Cost per serving: \$1.91

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LEXINGTON, KY 40546

Cooperative Extension Service
Agriculture and Natural Resources
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Cooking with a Twist

FEBRUARY 28, 2023
5:00 PM

BREATHITT COUNTY EXTENSION OFFICE

MUST PRE-REGISTER BY CALLING 666-8812



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

Breathitt County Book Club



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

Join us as we read & discuss...

Rocket Boys

By: Homer Hickam

Call 606-666-8812
to register for a copy of the book.

Registration deadline
February 2nd

Book Pick up
February 10th @ 5 pm

