

*photo courtesy: Isabelle Spencer*

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

**Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning. Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.**

**Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:**

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

**During the winter months, always keep your gas tank full.**

- **Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.**
- **Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.**

**Keep your vehicle(s) and home safer this winter season with these helpful tips.**

**Contact your local Breathitt County Extension office for more information on preparing for severe weather or other natural disasters.**



## Winter and Early Spring River Flooding

Jane Marie Wix – National Weather Service Jackson, KY



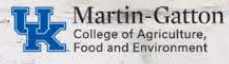
Dean Acheson, a politician and lawyer, once said, “You can’t argue with a river - it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.” The further we head into the winter, rivers seem to become more “argumentative” as they swell and flood. So why do we typically see most of our river flooding in the winter and early spring here in Kentucky?

There are several factors...

1. During the winter months, the lack of vegetation, and the cold and occasionally frozen ground make it unable to absorb as much water. This creates more runoff into area creeks and streams, and eventually into the riverways.
2. The winter also tends to bring more amplified/stronger storm systems, which can result in more widespread significant precipitation. Typically in the spring and summertime, heavy precipitation associated with thunderstorms is more localized, while in the winter, it can cover vast expanses, leading to more impacts on the rivers.
3. Jam - it isn’t just for bread! Ice floating down the river can get backed up and dam up the waterway, known as an ice jam. The water behind the jam will rise and flow out of the banks, leading to areal flooding. Subsequently, the jam will eventually release, sending large chunks of ice and pent up water down the river, leading to potential flooding and damage downstream. Ice jams typically occur farther north than Kentucky, where rivers are more likely to freeze over.
4. As we head into the early spring months, or even a warm spell after a large winter storm, rising temperatures begin to melt away at the snow and ice on the ground. If too much ice or snow melts at once, this creates a large amount of runoff into the waterways, leading to significant river rises. This gets amplified when heavy rains also fall on top of the melting ice and snow.
5. According to FEMA and the National Inventory of Dams (2007), there are more than 80,000 dams in the United States. Dam failure or levee breaches can occur with little warning. Failures and breaches can be slow, lasting from days to weeks, or can be very abrupt with profound, sudden impacts to locations downstream. Causes of dam failure vary from natural causes such as prolonged rainfall, landslides, earthquakes, or erosion - to human causes such as improper maintenance and design, and negligent operation.

In the last few months, the NWS launched nationwide Flood Inundation Mapping (FIM). These maps are available online and help decision makers, such as Emergency Management, show the extent of inundation at different river stage levels (both static and forecasted). FIM will help to better message the impacts for flooding events, with increasing accuracy and capability moving forward.

Join us and travel to the



# National Farm Machinery Show

The National Farm Machinery Show offers the most complete selection of cutting-edge agricultural products, equipment and services available in the farming industry. Business professionals from around the world gain knowledge and hands-on access to various technological advancements needed for the upcoming farming season

## February 13th, 2025 Breathitt and Wolfe County

Pre-register by QR code or by calling

Breathitt Wolfe \*Deadline February 7th, 2025\*  
606-666-8812 606-668-3712



We will be leaving from Breathitt County Extension Office at 8:00am and return at 7:00pm.



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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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COOPERATIVE EXTENSION




## 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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**ATTENTION  
BUYERS AND  
SELLERS**

**1st Annual KENTUCKY COOPERATIVE EXTENSION**



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

**East KY  
HAY**

**AUCTION  
5:00pm**

**February 26th**

**at The Robinson Research Station  
130 Robinson Road  
Jackson, KY 41339**

**Accepting Hay**

**February 18th-25th by appointment  
8:00am -4:30pm**

- **NO BUYERS PREMIUM**
- **10% CONSIGNMENT FEE**
- **WEIGHT AS RECEIVED**

**Call 606-666-2438  
to  
schedule your  
drop-off**

**Nutrient analysis and average  
bale weight will be listed for each  
lot prior to sale.**

**Reed Graham  
Breathitt County ANR Agent  
606-666-8812**



**Auctioneer:  
Jonathan Montgomery  
with Montgomery Auction  
Company  
606-496-6530**

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Extension Service**

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# Breathitt County Extension ROOTSTOCK AND GRAFTING CLASS



March 13th, 2025  
10:00am OR 5:00pm  
Limited spots

Price is \$10 which includes:

- 10 rootstock of your choice (depending on availability)
- Scion wood to graft your 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 had good resistance to woolly apple aphid, a rootstock pest.
- **G41** (3/16" or 1/4")- A fully 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 had higher yield efficiency and produces few root suckers.

All extra Rootstock is \$2.00/ plus tax each.

Please call  
**606-666-8812**  
to register

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KENTUCKY COOPERATIVE EXTENSION  
LE MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KFC 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.

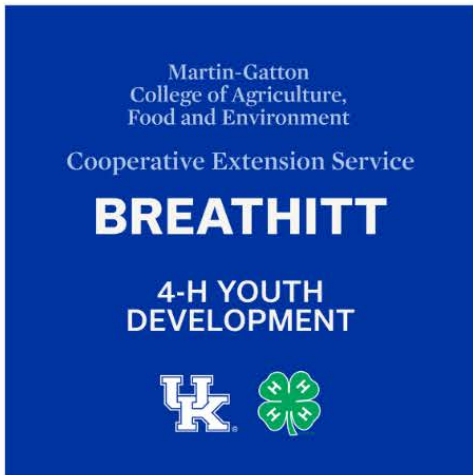
Order due by  
March 7, 2025

Please call 606-666-8812 to place your order

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Lexington, KY 40506





**The Breathitt County Cooperative Extension would like to welcome Brianna Day as the new Extension Assistant 4-H Youth Development. Brianna comes from Perry County where she worked as a Chiropractic Assistant for 4 years. Brianna grew up in Krypton, Ky where she helps her father on the family farm, she raises chickens and is a beekeeper. She brings a desire to help the youth of Breathitt County gain knowledge and build confidence.**

# BREATHITT COUNTY 4-H ESPORTS CLUB

**FEBRUARY 20TH, 2025  
3:30 P.M.**

**BREATHITT COUNTY  
EXTENSION OFFICE**

**AGES  
8 - 18**

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

**FOR MORE  
INFORMATION CALL  
606-666-8812**

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# 4-H AFTER SCHOOL CLUB

**FEBRUARY 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**

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# Game Day Appetizers Workshop

 Cooperative Extension Service



 Cooperative Extension Service

## COOKING THROUGH THE Calendar

February 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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# DOUGH IT YOURSELF PIZZA WORKSHOP

 Cooperative Extension Service



February 13, 2025  
5 PM

Breathitt County Extension  
Spots are limited,  
1 pizza per group

Call to register @ 606-666-8812





# HOW TO GET OUT OF A *Mealtime Rut*

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

**We look forward to seeing you!**

## Lunch & Learn

February 25, 2025

12:00PM

Breathitt County Extension

Call to register @ 606-666-8812

Lunch will be provided



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LEXINGTON, KY 40546



## 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.

FEBRUARY 25  
5PM

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





## Cauliflower Bites

**Prep Time: 15 minutes**

**Cook Time: 19 minutes**

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

### Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

### Nutrition facts

#### per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

#### Source:

Jacqui Denegri,  
Fayette County NEP  
Assistant Senior,  
University of Kentucky  
Cooperative Extension



# FOOD BOX DISTRIBUTION

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

**MUST SIGN UP ON MONDAY FEBRUARY 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.**

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

**RETURN SERVICE REQUESTED**

*Join us this month:*

**February 6th, 2025 @ 5:00PM: Game Day Appetizers**

**February 12th @ 10:00AM: Cooking Through the Calendar**

**February 13th @ 8:00AM: National Farm and Machinery Show**

**February 13th @ 5:00PM: Dough it Yourself Pizza Workshop**

**February 17th @ 3:30PM: 4-H After School Club**

**February 20th @ 3:30PM: 4-H Esports Club**

**February 25th @ 12:00PM: Lunch and Learn**

**February 25th @ 5:00PM: Sit & Sew**

**February 26th @ 5:00PM: 1st Annual Hay Auction @Robinson Research Center**