



Breathitt County Extension

Monthly Newsletter

HELLO
JUNE

Source: Jennifer Tackett, 4-H youth development specialist

Social media is very much a part of our culture, with most young people and adults regularly using the outlets to connect with their friends and family. When used appropriately, social media can be very positive. However, misuse can lead to serious consequences. For example, cyberbullying has increased with the popularity of social media. In some cases, thieves have used social media accounts to target their victims.

Some social media outlets have member guidelines, such as Twitter and Facebook, that require account holders to be at least 13 years old. However, some young people falsify their ages to gain entry.

Here are some tips to help you and your children safely navigate social media platforms.

- **Ensure you and your child use your real names and ages when activating social media accounts.**
- **Don't post personal information, such as social security numbers, home addresses, phone numbers and details about when you're on vacation or not home, on social media sites to avoid becoming a target for thieves.**
- **Make sure you and your child personally know each person listed as your friends or followers.**
- **Use social media privacy settings but realize that what you say on social media is never really private.**
- **Monitor your child's accounts and your friends' and followers' feeds to ensure no one has posted private or inappropriate information about you or your family. Ask your friends to remove any information involving you or your family that you feel is inappropriate or private. Remove tags from any inappropriate photos your friends may post of you and your family.**
- **Remind your child that what they say and do online can have real-life consequences, both now and in the future.**
- **Encourage your children to talk to you if someone's online behavior makes them feel uncomfortable or threatened.**

For more information on online safety, contact Breathitt County Cooperative Extension Service.





HAY QUALITY 101

JUNE 1, 2023

5:30PM

FEATURING

DR. JIMMY HENNING
DR. BOB COLEMAN
TODD HOLBROOK (HOLBROOK EQUIPMENT)
CHAD ALLEN (MEADE TRACTOR)
MEAL WILL BE SERVED

SEED DRILL DEMO

COME CHECK OUT THE NEW SEED DRILL PURCHASED AND HOUSE AT RCARS FOR PROUDCER USE HERE IN EASTERN KENTUCKY!

HAY QUALITY 101

COME SPEND THE EVENING LEARNING ABOUT HAY PRODUCTION AND WHY QUALITY IS IMPORTANT. FEATURING HIGHLIGHTS AND DEMONSTRATIONS ON HOW TO USE PRODUCTS

PLEASE CALL YOUR COUNTY EXTENSION AGENT TO REGISTER!

UNIVERSITY OF KENTUCKY
RCARS (ROBINSON CENTER FOR APPALACHIAN RESOURCE SUSTAINABILITY)
130 ROBINSON ROAD, JACKSON, KY 41339





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



FREE Water Testing

Join us for this wonderful opportunity provided by the University of Kentucky to have your home drinking water analyzed. Testing will include looking for possible E-coli and nutrients.

Monday, July 31st at 10:00am to be held at the Breathitt County Extension Office

Information needed for research will be Name, Address, Phone, and if you have city or well water, or both?

Spots are very limited, Please call Breathitt County Extension Service at 606-666-8812 to get your spot.

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

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, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



 Disabilities accommodate with prior notifi

4- H SUMMER PROJECT DAYS

ROLLER COASTER DAY CAMP

THURSDAY, JUNE 8TH 2023

10:00 A.M. - 2:00 P.M.

BREATHITT COUNTY EXTENSION OFFICE

AGES 9 - 18

COME LEARN THE PHYSICS BEHIND ROLLER COASTERS, AND THEN DESIGN AND BUILD YOUR OWN.

MUST CALL THE EXTENSIONS 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

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, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546

4- H SUMMER PROJECT DAYS

STEM
Science, Technology,
Engineering, and Mathematics

Tuesday, June 27th 2023
10:00 A.M. - 2:00 P.M.
Breathitt County Extension Office

Ages 9- 18

Children will be provided materials, activities, and crafts in the 4-H content area of Science, Engineering, and Technology.

Spots are limited

You must 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

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, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546





4-H AFTER SCHOOL CLUB

TUESDAY, JUNE 7TH 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

COOPERATIVE EXTENSION



4-H SUMMER PROJECT DAYS

COOKING 101

JULY 20TH, 2022
10:00 A.M. - 2:00 P.M.
BREATHITT COUNTY
EXTENSION OFFICE

AGES 8-18

COME LEARN FOOD
PREPARATION SKILLS,
KITCHEN AND FOOD
SAFETY, AND HOW TO
MAKE YOUR OWN FOOD.

SPOTS ARE LIMITED

YOU MUST 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

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, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

We would like to thank everyone who donated to Breathitt County 4-H during the 2023 Fall Paper Clover Drive at the Breathitt County Tractor Supply. We also want to thank all of the Tractor Supply employees for their work during this event and look forward to working with them again during the Spring Paper Clover Drive.

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

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, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



EQUINE PASTURE STOCKING RATES

Horses generally eat 1 1/2 to 2% of their body weight daily.

Recommended pasture allowance for a 1,000 lb horse is 2 to 4 acres per horse.

If pastures become overgrazed, they provide lower quality forages because of a lack of plant growth.

Under-stocking (a horse on more than 2 to 4 acres) can also be an issue because the horse(s) may not be able to keep up with the vegetation growth, result in greater selective grazing and lowering the quality of forage over time.

Should you be concerned?

The European hornet is non-native, like the Northern giant hornet, but has been in the U.S. and Kentucky for over 150 years at this point. They are a stinging pest, particularly when their nest is threatened. Worker hornets will vigorously defend the colony and each individual hornet can sting multiple times. They can be commonly encountered in the woods, but they are attracted to perimeter lights at night, and sometimes queens may construct their nest in an attic or wall void. Turning off outside lights can result in less attraction to your property and pest proofing, as has been previously described, can keep them from attics and wall voids.

European Hornets vs. Murder Hornets



SHEEP FIELD TOUR, HOOF-HEALTH CLINIC & LAMB DINNER



The Southeast Kentucky Sheep Producers Association (SEKSPA) and the Perry, Breathitt, Knott, Leslie, Letcher and Harlan County Extension Offices invite you to attend a **Field Tour, Hoof-Health Clinic** and **Lamb Dinner** on a reclaimed surface mine in Perry Co, KY to demonstrate the productivity potential of reclaimed surface mines in our region.

Tuesday, June 6th at 2:00 pm

There are approximately 735,000 acres of surface mines in Central Appalachia that have been reclaimed to hay and pastureland, most of which are in the coal fields of Eastern Kentucky. SEKSPA is conducting a large-scale, open-range sheep grazing project in Perry County.

Location: Daniel Sumner Farm

1297 Right Fork Montgomery Creek Road,

Vicco, KY 41773

(GPS will get you to the top of the mountain where the pavement ends and where the gravel road to Daniel's house starts. Signs will show where to go from there)

- **2:00-5:00 pm** - Field Tour of Surface Mine & Herding Dog Demonstration
- **5:00-6:00 pm** - Lamb Dinner
- **6:00 pm** – Hoof Health and Hoof Trimming Clinic

Registration is required by texting your name, number in attendance and email address to 606-312-5264. Registration is FREE for SEKSPA members and includes a delicious Lamb Dinner! SEKSPA membership is \$10.00 per year.



Hoof-Health Clinic paid for by the Kentucky Sheep & Goat Check-Off



Cultural Exploration

A Night in...

Egypt

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

**June 29th
@ 5pm
Breathitt County Extension
Food will be provided.
Call 666-8812**



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

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, political belief, sex, sexual orientation, gender identity, prior record, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546

Snacklebox

Make & Take

June 27th, 2023

5 PM
BREATHITT CO EXTENSION

Learn how to make a healthy snack box.

Call to register at 666-8812



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

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, political belief, sex, sexual orientation, gender identity, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546





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

Sit & Sew

5PM
BREATHITT COUNTY
EXTENSION OFFICE

June 8th

BRING YOUR OWN PROJECTS



June 9th & 23rd

@ 5 pm

Breathitt Extension Office

Call to register 666-8812

Where the Crawdads Sing

Discussion of Chapters

1-15 on June 9th &

Chapters 16-30 on

June 23rd





Buzz, Fly

or Crawl on Over for...

LAUGH & LEARN



Thursday June 15th
10 AM
Breathitt Co Extension
Call to register
606-666-8812
Theme: Bugs





Blueberry Cheesecake Bars



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

Crust:

- 1 cup graham cracker crumbs (9-10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce

Topping:

- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.

4. Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Makes 16 servings

Serving size: 1 bar

Cost per recipe: \$7.42

Cost per serving: \$0.46

Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service



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

RETURN SERVICE REQUESTED

Source: Heather Norman-Burgdolf, assistant extension professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients.

Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

For more information on meal prepping, food safety, and balanced eating, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.