



Breathitt County

Extension

Monthly Newsletter

Source: Rachel Rudolph, UK horticulture extension specialist

Springtime in Kentucky is the perfect time to get outside and start your home garden. A few tasks will help you have a successful season.

Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source and dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

1. Grow vegetables that will produce the maximum amount of food in your available space.
2. Plant during the correct season for the crop.
3. Choose varieties recommended for Kentucky.
4. Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.

Consult the University of Kentucky College of Agriculture, Food and Environment's Home Vegetable Gardening publication ID-128, available online at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>.

For more information about gardening or other horticulture topics, contact the Breathitt County Cooperative Extension Service.

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FOOD BOX DISTRIBUTION

**MAY 17TH, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY MAY 15TH
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.**

CAMPER ORIENTATION

BREATHITT COUNTY
EXTENSION OFFICE

MAY 4TH, 2023
3:30 - 6:00



For more information
Call 606-666-8812

COOPERATIVE EXTENSION



University of
Kentucky

College of Agriculture,
Food and Environment



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.

4-H ROBOTICS CLUB

We will working to participate in the FIRST® LEGO® League that will introduce young people, ages 9 to 16* (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, May 16th 2023

3:30 P.M. - 5:00 P.M.

Children Ages 9-16

Breathitt County Extension Office

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

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4-H AFTER SCHOOL CLUB

TUESDAY, MAY 2ND 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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4-H & TSC

TRACTOR SUPPLY CO. PROUDLY SUPPORTS CREATING OPPORTUNITY FOR ALL KIDS



Since 2010, 4-H has partnered with Tractor Supply Company for two annual fundraising drives. One hundred percent of donations received support high-quality positive youth development programming (90% to Arizona, 10% to National 4-H Council). There will be two Paper Clover fundraising events in 2023: one in April and one in October.

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



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4- H SUMMER PROJECT DAYS

ROLLER COASTER DAY CAMP

THURSDAY, JUNE 8TH 2023

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

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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

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LAUGH & LEARN

Thursday May 4th
10 am
Breathitt Co. Extension
Call to register
606-666-8812
Theme: Plants





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

Make & Take

Wood Burning Sign

May 8th @ 5pm
Breathitt County Extension Office
Class is FREE
Call to register at (606) 666-8812



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Educational programs of Kentucky Cooperative Ext
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status, genetic information, age, veteran status, or
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May 5th & 18th
@ 5 pm
Breathitt Extension Office
Call to register 666-8812

Discussion of Chapters
1-5 on May 5th &
Chapters 6-10 on
May 18th





Cultural Exploration

A Night in...

Mexico

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

May 11th @ 5pm
Breathitt County Extension
Food will be provided.
Call 666-8812



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Laken Campbell

ELEMENTS & PRINCIPLES OF ART

Art can be defined as "decorative or illustrative elements in printed matter" that influence our thought processes, emotions, and behaviors. And the fundamental elements and principles of art (or design) consciously and subconsciously affect our perception of what we are viewing. Understanding these elements and principles can guide an artist during the creative process or help a viewer objectively evaluate the finished product. Join the Extension Office in learning more about the Elements and Principles of art through hands-on activities. Laken Campbell, Lee County FCS Agent will be teaching the lesson.



May 19, 2023
1 pm Lunch & Learn
Breathitt Extension Office

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Breathitt County Extension Office.

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KAYAKS WELCOME ALSO!

**Saturday
June 3rd, 2023**



**Fun and educational
for the whole family
and friends!**

**Breathitt County
Ag & Natural
Resource Annual
Canoe Trip**

**Come join us for the Annual
Breathitt County Extension Canoe
Trip down the North Fork of the
Kentucky River! Lunch and a T-
shirt will be provided.**

**Registration begins at 8:00 am.
Program starts at 8:30 am.**

**\$ 20 per person-required
to reserve a canoe- MUST
PRE-PAY**

**\$10 Per person if you bring
your own canoe
Children 12 & under FREE!**

**Transportation will be provided
back to Jackson Parks and
Recreation**

**PLEASE CALL TO REGISTER
606-666-8812**

**Breathitt County Extension Office
1155 Main Street
Jackson, KY 41339
(606) 666-8812**



SWEET POTATO SLIP ORDERS

Contact:
**Breathitt County Extension
Service**
1155 Main Street
Jackson, KY 41339
(606) 666-8812



2023 Sweet Potato Slips Order

***Beauregard**—\$90/1,000 slips A bushy, vine-type sweet potato with rose-colored skin and a light, moist, orange flesh. It resists cracking and is an excellent yielder with a 90 day growing season. Long time favorite.

***Orleans**—\$90/1,000 slips Very similar to Beauregard in appearance with same great flavor, but noted for more uniform potatoes. North Carolina producers are replacing Beauregard with Orleans due to consistency in shape leading to better market sales.

***White Bonita**—\$90/1,000 slips White variety, great flavor! Replaces O’Henry. It is a good yielder with a growing season of 100 days.

***Covington**—\$90/1,000 slips A favorite commercial bushy variety, that is very uniform in shape with exceptional results. A high-quality eating potato with rose-colored skin that is slightly darker than Beauregard and a moist, orange flesh. 120 days

***Murasaki**—\$90/1,000 slips Purple skin with white flesh. 120 day growing season.

****Bundles of 25 are \$3.00****

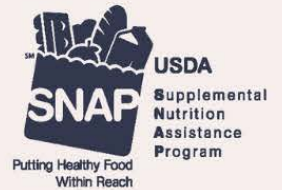
There are approximately 1,000 plants per box.

Orders due May 5th. ***All orders must be prepaid. ***

Expected arrival date is the week of May 29th.



Easy Tortilla Breakfast Pizza



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

Nutrition facts per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% 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

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings

Serving size: 1/3 of pizza

Cost per recipe: \$3.25

Cost per serving: \$1.08



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

RETURN SERVICE REQUESTED



Cooking with a Twist

MAY 23, 2023

5:00 PM

BREATHITT COUNTY EXTENSION OFFICE

MUST PRE-REGISTER BY CALLING 666-8812