



HELLO
SEPTEMBER!

Snakes! Learn more, fear less

Source: Matthew Springer, assistant extension professor of wildlife management

Around Kentucky, a fascinating world often misunderstood by many unfolds—the world of snakes. Despite their infamous reputation, these creatures are far more complex and essential to the state's ecosystem than meets the eye. More than 30 snake species live in Kentucky, but only four possess venom, while the rest contribute to the intricate balance of nature.

Kentucky's diverse landscapes provide an ideal habitat for these often-maligned creatures. The venomous snakes, ranging from the secretive copperhead and Western cottonmouth, aka water moccasin, to the pygmy rattlesnake and the graceful timber rattlesnake, are vital to the state's environment. They often go unnoticed, keeping populations of mice and other rodents in check. Numerous non-venomous snakes such as the common garter snake and the North American black racer thrive throughout the state.

The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment offers a comprehensive website to help you identify and learn more about snakes you may encounter around your home or farm.

A user-friendly interface allows you to pinpoint snake species based on its geographic location and unique characteristics. A snake's head shape, body structure or color patterns all offer clues to help with identification. Whether you find a snake while hiking through the woods or exploring your own backyard, this platform will help you fight fear with information.

Photographs and descriptions offer a visual encyclopedia for both venomous and non-venomous species in the region. If you come in close contact with a venomous snake, use caution and respect. You may learn to appreciate them from a safe distance and admire them in their natural habitats.

The website details each snake's unique natural history and conservation status. With newfound knowledge, you may see snakes in a new, fresh light.

Visit the website at Add a subheading. For more information about Kentucky wildlife and other topics, contact the Breathitt County Cooperative Extension Service.



Honey Festival Canoe and Kayak Races



Monday September 4, 2023

Canoe Race at 11:00AM

Kayak Race at 12:00PM



***Parent/ Child Canoe
Race
Child (15 and under) and
adult will partner in a
canoe**

***Men's and Women's
Division Kayak Race
All ages Men's Division
All ages Women's Division**

Race will start at Lakeside boat ramp

**Call 606-
666-8812
to register**



Trophies awarded



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FREE FOR BREATHITT COUNTY PRODUCERS

East KY Hay Testing

Samples must be taken by September 29th, 2023

**FOR MORE INFORMATION CONTACT THE
BREATHITT COUNTY EXTENSION OFFICE AT
606-666-8812**

**Testing provides nutritional value of hay and
haylage/baleage, rations, and can result in: reduced feed
costs, increased animal performance, and information to
improve forage stands.**

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You may use polyethylene row covers to extend the growing season of frost-sensitive crops, such as tomatoes, peppers and cucumbers. This helps trap heat from the soil and protect the crop from chilly night temperatures.

Often Kentucky experiences a period of mild weather after the first killing frost. If you protect frost-sensitive vegetables at critical times in the fall, you could extend the harvest season by several weeks.

Once these vegetables die due to lower temperatures, you may be able to plant cool-season crops in their place. Leafy greens like lettuce and spinach may grow into November or December under polyethylene row covers if outside temperatures do not drop below the teens. Be sure to allow for ventilation on sunny days to prevent overheating.

You may successfully seed or transplant the following vegetables now for fall harvest: beets, Bibb lettuce, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, collards, endive, leaf lettuce, kale, mustard greens, spinach, snow peas and turnips. For more information about horticultural topics or classes near you, contact the Breathitt County Cooperative Extension Service.

Time to plant your fall garden
Source: Rick Durham, UK extension horticulture specialist
As the summer warmth begins to wane, you don't have to bid farewell to the joys of cultivating your garden. This time between seasons offers a golden opportunity to plant a vibrant fall vegetable garden, promising an uninterrupted flow of produce throughout autumn. Alternating balmy days and brisk nights support a variety of cool-season vegetables for your family to enjoy.

Some of the best quality vegetables are produced during fall's warm days and cool nights. These environmental conditions add sugar to late-season sweet corn and cole crops, such as cauliflower and cabbage, and add crispness to carrots.

Fall vegetables harvested after early September consist of two types: the last succession plantings of warm-season crops, such as corn and bush beans, and cool-season crops that grow well during the cool fall days and withstand frost.

When planting a fall garden, group crops the same way you would in the spring; plant so taller plants don't shade out shorter ones. To encourage good germination, fill each seed furrow with water and let it soak in. Keep the soil moist until seeds have germinated. Be aware that cool nights slow growth, so plants take longer to mature in the fall than in the summer.



FARM & HOME

SAFETY FIELD DAY

OCTOBER 5, 2023

5:30 PM

**Robinson Center for
Appalachian Resource Sustainability
130 Robinson Rd, Jackson, KY 41339**



DINNER | DOOR PRIZES | FREE!

**BROUGHT TO YOU BY: BREATHITT & WOLFE COUNTY EXTENSION
& BREATHITT & WOLFE COUNTY FARM BUREAU**

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Agriculture and Natural Resources
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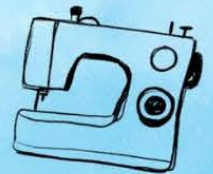
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Lexington, KY 40506





Join the Breathitt County Extension Homemakers!

Learn new skills
Share talents and new ideas
Make new friends



Call 606-666-8812 for more info

Sit & Sew

Tuesday, September 5th
5:00 PM
Breathitt Co. Extension

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit facebook.com/BreathittCoFCS/

for all FCS programming



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Source: Kerri Ashurst, senior extension specialist
For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye.

Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial so one learns to deal with the ebbs and flows of life. A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.



A Night in...

Canada

Monday, September 25 at 5:00 PM, Breathitt County Extension

Join us as we explore Canadian culture.

- Topics:
- History
 - Crafts
 - Food


visit facebook.com/BreathittCoFCS/ for all FCS programming

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

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According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression.

- These signs include
- sad feelings
 - frequent crying
 - loss of interest or pleasure in activities that once made a person happy
 - significant weight loss or weight gain
 - an increase or decrease in appetite
 - anger
 - agitation
 - fatigue
 - trouble concentrating
 - withdrawal from family and friends
 - change in sleep pattern
 - thoughts of death
 - thoughts, or plans or attempts at suicide.

Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches.

If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

More information on raising healthy families is available from the Breathitt County Cooperative Extension Service.



Fabric Sunflowers

Make & Take

September 19th, 2023

5pm

Breathitt Co. Extension

Call to register 606-666-8812

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.

Monday, September 18th and 25th

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

Children Ages 9-14

Breathitt County Extension Office

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

COOPERATIVE EXTENSION



University of
Kentucky



College of Agriculture,
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Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
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4-H AFTER SCHOOL CLUB

TUESDAY, SEPTEMBER 12TH 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

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We would like to thank all of the youth that worked so hard this year to complete the 4-H Country Ham Project. They worked to cure their own country hams, and then traveled to the 2023 Kentucky State Fair to give speeches on their project. We are so proud of you all, and look forward to being able to begin the project again in January.



Pictured above are 4-H Country Ham Project members during their day at the 2023 Kentucky State Fair. Not pictured Kirsten Spicer and William Justice Turner.

MOVE IT MONDAY

Walking Program

Monday's beginning
October 9th

Douthitt Park

5 PM



For more info or to
Register

call 606-666-8812

Registration deadline
October 3rd



\$15 Fee

Quicksand Area

HOMEMAKER MEETING

Please join us for our annual meeting on...

 **OCTOBER 12** 

Registration starts at **10:30 AM** and the
meeting will start at 11 AM

Lee County Extension Office
259 Industrial Park Road
Beattyville, Ky 41311

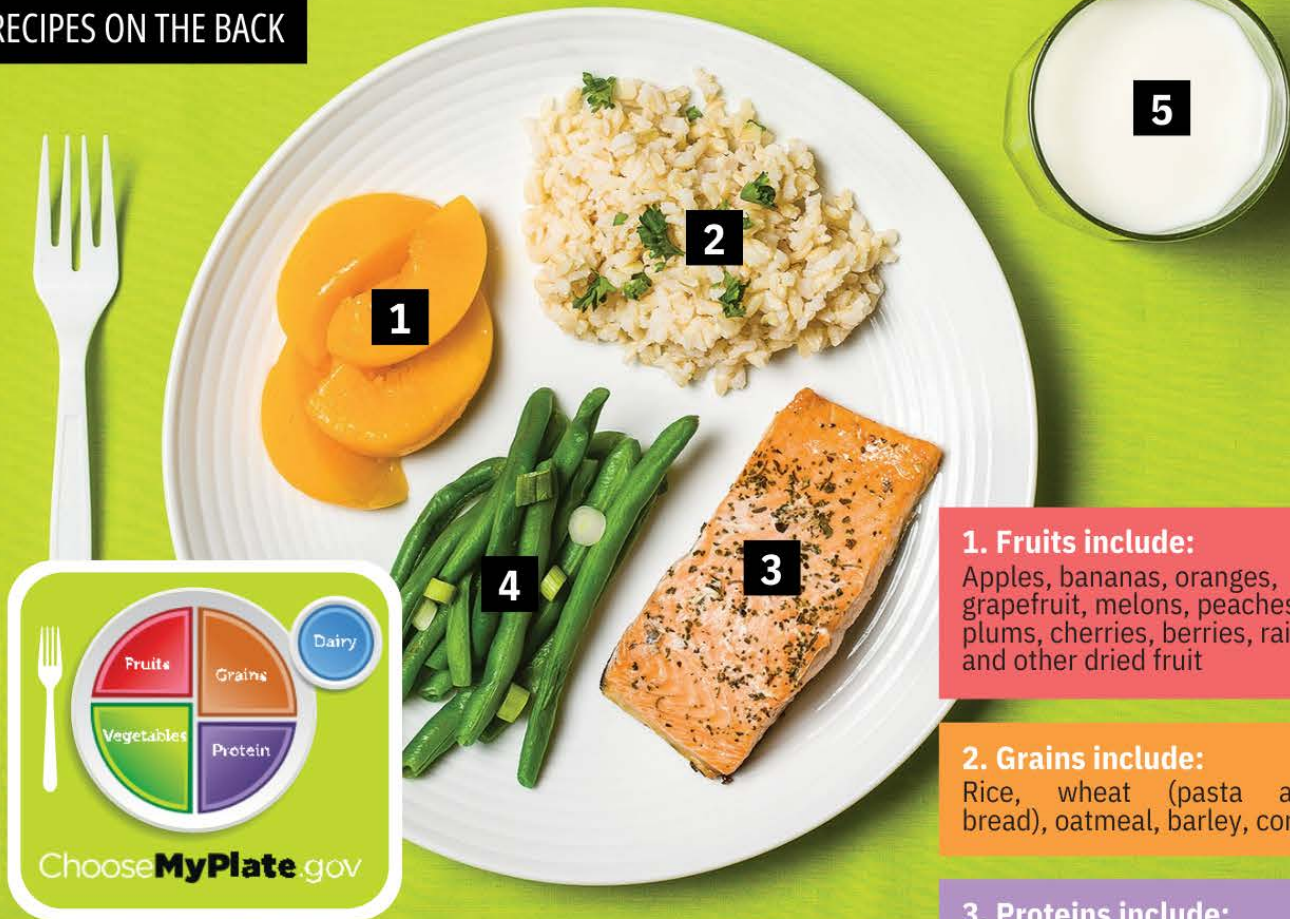
**Please Pre-Register with your
Local Extension Office by**

October 3rd.



Diabetes Control MyPlate

RECIPES ON THE BACK



1. Fruits include:
Apples, bananas, oranges, grapefruit, melons, peaches, plums, cherries, berries, raisins and other dried fruit

2. Grains include:
Rice, wheat (pasta and bread), oatmeal, barley, corn

3. Proteins include:
Fish, seafood, poultry, lean beef, lean pork, mutton, soybeans, beans, legumes, eggs, tree nuts

4. Vegetables include:
Greens, squashes, pea pods, broccoli, cauliflower, onions, celery, carrots, sweet potatoes, peppers, green beans, tomatoes

5. Dairy includes:
Low fat milk, cheese and yogurt

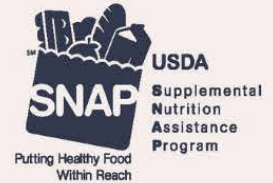
Healthy Eating Tips

- Fruits provide vitamins and minerals
- Make **half** your plate fruits and vegetables • **Half** of grains should be whole grains
- Choose lean meats (i.e. chicken, bean, etc.) • Dairy foods are important for healthy bones
- Bake, grill or steam foods for a healthier preparation
- “Paint your Plate” with colorful foods
- Use canola oil instead of vegetable oil

Jackie Walters, MBA, RD, Extension Specialist for Nutrition Education Programs; Elizabeth Bronner, Candidate, Masters of Science in Dietetics and Human Nutrition; Hazel Forsythe, PhD, RD, Associate Professor of Dietetics and Human Nutrition; A joint project of University of Kentucky Department of Dietetics and Human Nutrition and Family and Consumer Sciences Extension



One Pan Shrimp and Veggies



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

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.

3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$9.97

Cost per serving: \$1.99

Nutrition facts per serving:

290 calories;
14g total fat; 2g
saturated fat; 0g
trans fat; 135mg
cholesterol; 650mg
sodium; 22g total
carbohydrate; 2g
dietary fiber; 10g
total sugars; 1g
added sugars; 17g
protein; 0% Daily
Value of vitamin
D; 8% Daily Value
of calcium; 10%
Daily Value of iron;
10% Daily Value
of potassium.

Source:

Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

How to Pack a Cooler

The cooler

Choose a well-insulated cooler with thick walls. Before you pack it, wash it with hot, soapy water.

Healthy snacks

Your favorite healthy snacks should go on top for easy-access. Portion out perishable foods like cheese and yogurt in air-tight containers.

Meat products

Meat should be stored in an air-tight container at the bottom of the cooler to prevent cross-contamination.

Fruits & vegetables

Whether a snack or a side, fruits and vegetables are great for a meal outdoors. Serve in air-tight containers to preserve their quality.

Ice

Layer ice on the bottom of the cooler, between each layer of food, and on top. The fuller the cooler, the cooler it will stay.

Milk & other beverages

After adding a thin layer of ice on the bottom, pack beverages first, especially if they are perishable like milk.

Plan while you pack.

Make your meal-away-from-home count by planning meals and snacks around nutrient-rich foods like fruits, vegetables, dairy foods, whole grains and lean proteins.

