



MAY



Breathitt County Extension Monthly Newsletter



Source: Ric Bessin, UK extension entomologist

Our homes serve as tranquil havens, offering a space to retreat and relax. It's essential to safeguard our living spaces and maintain privacy diligently. As the weather continues to warm up, the emergence of insect pests within, and around, our homes can disrupt this privacy.

To address pest infestations, some may use pesticides to restore order to their gardens, landscapes and indoor spaces. When applying pesticides, employing smart, cautious approaches is crucial for the safety of your household.

Here are several strategies to mitigate these improper pesticides usage risks for you and your family:

- **Select the appropriate pesticide:** Identify the pest causing damage to ensure the ideal pesticide to use. Misusing a pesticide fails to resolve the issue, wasting resources and exposing your family to unnecessary risks. Extension offices are available to assist in accurately identifying pests and selecting the appropriate treatment.
- **Adhering to pesticide label instructions:** Pesticide labels carry legal authority, designed to ensure your safety. Applying a pesticide in a manner not specified could be unsafe or illegal. Additionally, certain pesticides may not be suitable for use in residential areas. You will ensure the safe and effective use of the product against pests by properly following the label's directions.
- **Avoiding combining pesticides with household items:** Use designated equipment for pesticide application, refraining from repurposing these items for household tasks. Mix only the amount of pesticide needed for the task. Properly dispose of any leftovers without using drains or toilets.
- **Wearing protective clothing:** Minimize exposure to pesticides by donning appropriate gear. While specific protective equipment may be recommended on the pesticide label, wearing plastic gloves, closed shoes, socks, long pants and long-sleeved shirts is a minimum safety standard.
- **Keep away from children and pets:** Ensure children and pets are not present in the area during pesticide application, adhering to label guidelines when it's safe to return. If timing is not specified, wait until the pesticide has completely dried is a good best practice
- **Thoroughly cleaning after application:** Clean reusable protective gear and wash application clothing separately from other laundry. Always cleanse your skin and hands thoroughly before consuming food, drinks or tobacco.
- **Storing pesticides safely:** Follow label instructions for proper storage, keeping pesticides out of reach of children and pets and in a temperature-controlled environment. Pesticides should be stored above 40 degrees Fahrenheit, while also avoiding extreme temperatures.

Adopting these practices can significantly reduce the risks associated with pesticide use, ensuring a safer environment for you and your family.

For more information on managing insect pests and correct pesticide use, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.

**Cooperative
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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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Disabilities
accommodated
with prior notification.

SWEET POTATO SLIP ORDERS



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

2024 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 Extension serve 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 \$5.00****

There are approximately 1,000 plants per box.

Orders due May 10th. ***All orders must be prepaid. ***

Expected arrival date is the last week of May.

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Lexington, KY 40506



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IMPROVE REPRODUCTIVE EFFICIENCY

Utilizing Technology on the Herd

Hands on Learning Experience Series at the Robinson Center



Estrus Synchronization

Join us as Dr. Anderson and Dr. Lehmkuhler demonstrate and explain estrus synchronization as well as the Cow Manager system.

May
1
NOON



Artificial Insemination

Join the specialist as they demonstrate and explain how to properly AI as well as the cost, discuss sexed semen benefits, and explore Stocket, the record keeping app.

May
9
NOON



Pregnancy Diagnosis

Join for the final meeting of the series as chute side pregnancy test kits are demonstrated. Final discussion of how cow manager has aided in this process for these heifers.

June
10
8:30AM

130 Robinson Road | Jackson, KY

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Educational programs of Kentucky Cooperative Extension Service will provide equal opportunity for all individuals regardless of race, sex, color, religion, national origin, marital status, age, or physical or mental disability. Persons with disabilities are encouraged to attend all programs. For more information on accessibility, contact the University of Kentucky Cooperative Extension Service at 1-800-477-6229 or visit www.uky.edu/extension.





Spring Weather Can Bring Heavy Rain and the Risk of Flooding



By Derrick Snyder – National Weather Service Paducah, KY

As we head deeper into spring, we want to talk to you about something that's on our minds this time of year: flash flooding. Now, we know Kentuckians are no strangers to heavy rain and overflowing creeks, but it's important to be prepared for the worst.

What can you do to be prepared before, during, and after a flash flood? Here are tips to keep in mind:

1. **Keep your eyes and ears open:** Listen for weather reports and stay alert for any signs of flooding in your area. If you see water starting to rise, don't wait until it's too late to take action.
2. **Have a plan in place:** Talk to your family about what you would do in case of a flood. Make sure everyone knows how to get to high ground and where to meet up if you get separated.
3. **Don't take any chances:** Never try to drive or walk through flooded areas. The water might look shallow, but it could be a lot deeper and faster than you realize. It only takes 12 inches of water to cause your vehicle to lose traction, and only 6 inches of water to sweep you off your feet.
4. **Get your homestead ready:** If you live in a flood-prone area, make sure you have sandbags or other barriers on hand to protect your home. Keep your gutters clean and your downspouts pointed away from your house.
5. **Stay safe during the flood:** If a flash flood does happen, get to higher ground as quickly as possible. And if you have to wade through water, be sure to wear rubber boots and stay away from downed power lines to avoid a shock hazard.

There's one more thing you can do to help keep your community safe during floods: report rainfall measurements to the National Weather Service. Measuring and reporting rainfall can help the Weather Service better predict flooding and issue alerts for flash floods.

Here's how to do it:

1. **Get a rain gauge:** You can buy a rain gauge at a hardware store or online. Make sure it's placed in an open area away from trees or buildings. You can obtain a high-quality rain gauge by becoming an observer with a nationwide network known as the Community Collaborative Rain, Hail, and Snow Network (CoCoRaHS). Learn more at cocorahs.org or call your local National Weather Service (NWS) office.
2. **Measure rainfall:** After a rainfall event, go outside and check the gauge. Write down the amount of rainfall in inches, to the nearest hundredth of an inch. Don't forget to dump your gauge so it's ready for the next event!
3. **Report the measurement:** You can report the rainfall measurement to the NWS by calling your local weather office or by visiting their website. Be sure to include your location, the amount of rainfall you measured, as well as the period for which you measured the rain.

**3 SIMPLE STEPS FOR
FLASH FLOOD SAFETY**

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.

1 GET TO HIGHER GROUND
Get out of the areas subject to Flooding

2 DO NOT DRIVE INTO WATER
Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.

3 STAY INFORMED
Monitor local radar, television, weather radio, internet or social media for updates.

WHEN FLOODED
TURN AROUND
DON'T DROWN

weather.gov/flood

FOOD BOX DISTRIBUTION

**MAY 15TH, 2024
PICK UP DAY**

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

***Limit 4 people per call**

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER



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

KAYAKS WELCOME ALSO!



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Saturday
May 25th, 2024

Visit and be guided
through a natural
treasure in Eastern KY

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.

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

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

Registration begins at
8:00 am. at Douthitt
Park boat ramp
Program starts at 8:30
am.

DEADLINE TO REGISTER
WILL BE MAY 10TH
606-666-8812

Breathitt County
Ag & Natural
Resource Annual
Canoe Trip

Transportation will be provided
back to Jackson Parks and
Recreation



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Extension, Cooperative Extension, KY 40306



Individuals
accommodated
with prior notification

COOPERATIVE EXTENSION



BY POPULAR REQUEST AT WOLFE - BREATHITT

HIGH TUNNEL FIELD DAY



MUST REGISTER IN ORDER TO ATTEND

MAY 7, 2024

10:00 AM

HOWARD FARMS | DR. RACHEL RUDOLF PRESENTING

Call
606-666-8812
to register

WILL MEET AT THE BREATHITT COUNTY EXTENSION OFFICE AT 9:30AM ON DAY OF EVENT FOR TRANSPORTATION!

MUST WATCH VIDEOS AT THIS LINK PRIOR TO FIELD DAY -

<https://www.youtube.com/playlist?list=PLQEQoZRMbybIHAPvsLDmHGIn9YeJgEGj->



Martin-Gatton
 College of Agriculture,
 Food and Environment
 University of Kentucky



Farmer's Market Senior Vouchers

Sign ups will be Monday May 20th at 8:00 am, call our office at 606-666-8812 to reserve your time and date for pickup.

\$50 card
***Must be age 60+**
***Meet Income guidelines**

INCOME GUIDELINES

60 Years of Age and Older Based on 185 % Federal Poverty Income Guidelines

Senior participants will self-declare their income which is less than or equal to 185% of the poverty level.

Household Size	Annual Income	Monthly	Weekly
1	\$ 27,861	\$ 2,322	\$ 536
2	\$ 37,814	\$ 3,152	\$ 728
3	\$ 47,767	\$ 3,981	\$ 919
4	\$ 57,720	\$ 4,810	\$ 1,110
5	\$ 67,673	\$ 5,640	\$ 1,302
6	\$ 77,626	\$ 6,469	\$ 1,493
7	\$ 87,579	\$ 7,299	\$ 1,685
8	\$ 97,532	\$ 8,128	\$ 1,876
For Each Additional Family Member Add	\$ 9,953	\$ 830	\$ 192

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Disabilities accommodated with prior notification.

Lexington, KY 40506

2024

4-H CAMP MAY 28TH - MAY 31ST

UNDER THE BIG TOP



REGISTRATION
FEE \$25

CONTACT
BREATHITT COUNTY
EXTENSION OFFICE

606-666-8812

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

Registrations Available until May 7th

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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.

May 20th, 2024

4:30 P.M. - 5:30 P.M.

Children Ages 9-14

Breathitt County Extension Office

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



4-H AFTER SCHOOL CLUB

MAY 20TH, 2024

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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Basic Photography Workshop

May 23, 2024
5 PM

Breathitt County Extension

Join us & embark on a visual adventure
and unlock the full potential of your
digital and phone cameras.

Bring your own camera/phone
Call to register @ 666-8812



BINGOCIZE

**BINGO+EXERCISE: A 10-WEEK HEALTH
PROMOTION PROGRAM THAT
COMBINES BINGO WITH EXERCISE.**

STARTS THURSDAY, MAY 2ND @ 2PM

BREATHITT COUNTY EXTENSION OFFICE

CALL TO REGISETER @ 666-8812



Sit & Sew

May 28th, 2024

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disability
accommodations
with prior notification.



MAKE & TAKE

Decoupage Tin

May 9th @ 5PM
Breathitt Co. Extension
Call to register
@ 606-666-8812



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED

ARE YOU A FARMER IN SOUTHEAST KY?

· SHARE YOUR VOICE ·
**SHAPE THE LANDSCAPE OF AGRICULTURE
IN OUR AREA**

THE FOOD CONNECTION AT THE UNIVERSITY OF KY, COMMUNITY FARM ALLIANCE, GOD'S PANTRY FOOD BANK, & WAREHOUSES4GOOD ARE COLLABORATING TO GATHER INFORMATION FROM FARMERS THAT PRODUCE FOOD PRODUCTS.

Information gathered from this survey will be used to provide you with helpful resources, connect you with new markets, and determine the feasibility of aggregating & distributing food in Southeastern KY.



For more info, or to complete the survey via phone or email, contact:
Heather Graham
heather.graham@uky.edu
606-495-1026