



Breathitt County Extension

OCTOBER

Monthly Newsletter

Time to plant your fall garden
Published on Sep. 11, 2024

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 but not wet until seeds have germinated. Be aware that cool nights slow growth, so plants take longer to mature in the fall than in the summer.

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: Bibb lettuce, leaf lettuce, kale, mustard greens, radishes, spinach, snow peas and turnips for greens.

For more information about planting your fall garden, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.



Disabilities
accommodated
with prior notification.

The Kentucky Department of Agriculture is hosting an



AMNESTY DISPOSAL and RINSE AND RETURN



**October 3rd, 2024
10:00 am - 12:00 pm**

Breathitt County Extension Office Parking Lot

If you have any old pesticides, herbicides, or fungicides you would like to properly dispose of or to recycle any empty pesticide jugs, bring them that morning for the disposal FREE of charge.



FARM & HOME SAFETY FIELD DAY

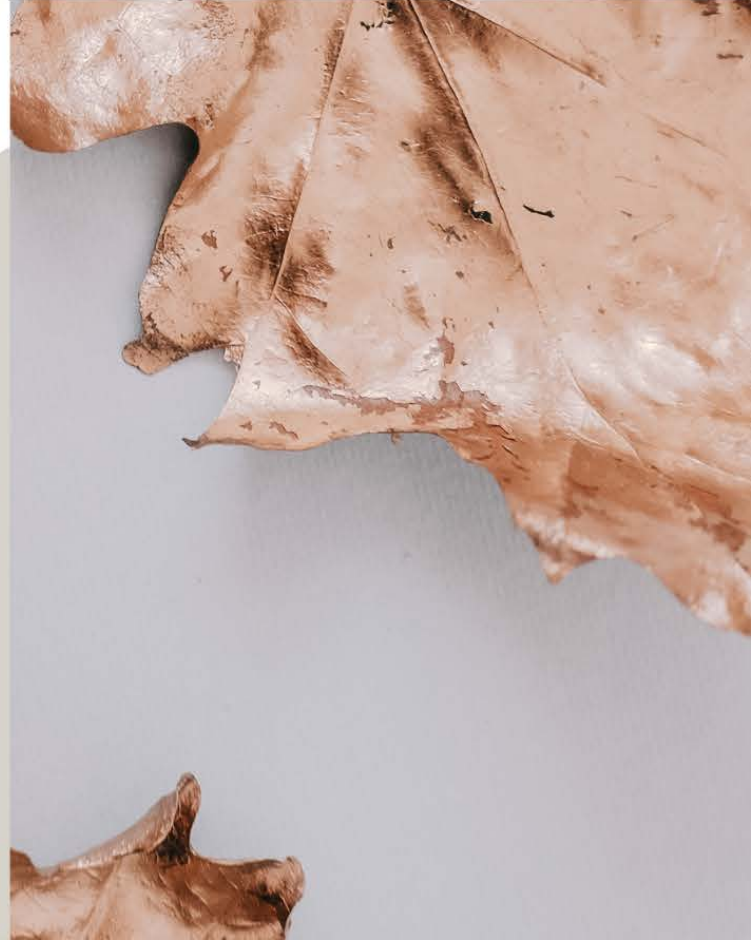
**October 1, 2024
5:30 PM**
Hazel Green Park
202 Pet Lane
Hazel Green, KY 41332

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe County Farm Bureau

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



CAIP Informational Meeting



OCTOBER 30, 2024 / 6:00PM

INFORMATIONAL MEETING FOR THE COUNTY COST SHARE PROGRAM

If you're interested in the cost share program, this will be an opportunity to learn about the application process and pick up the application, eligible items, etc.

Dinner will be provided

BREATHITT COUNTY EXTENSION OFFICE

Please pre register at (606) 666-8812

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Lexington, KY 40506



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FOOD BOX DISTRIBUTION

**OCTOBER 16TH, 2024
PICK UP DAY**

MUST SIGN UP ON MONDAY OCTOBER 14TH

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**



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



Sweet Potato Hash



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

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Nutrition facts per serving:
 270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:
 Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service



HALLOWEEN PROGRAM ON THE GO

PICK-UP ON
MONDAY, OCTOBER 28TH 2024

AGES 8-18

CHILDREN WILL BE PROVIDED
MATERIALS, AND ACTIVITIES THAT
ARE HALLOWEEN THEMED AND
WILL FOCUS ON THE CONTENT
AREAS OF FAMILY AND CONSUMER
SCIENCES AND EXPRESSIVE ARTS.

SPOTS ARE LIMITED

**CALL BREATHITT COUNTY
EXTENSION OFFICE AT
606-666-8812 TO REGISTER**

 **Martin-Gatton**
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

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

Lexington, KY 40506



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4-H AFTER SCHOOL CLUB

OCTOBER 14TH, 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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Lexington, KY 40506



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BREATHITT COUNTY 4-H ESPORTS CLUB

OCTOBER 22ND 2024
3:30 P.M.

BREATHITT COUNTY
EXTENSION OFFICE

AGES
8 - 18



FOR MORE
INFORMATION CALL
606-666-8812

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LUNCH & LEARN

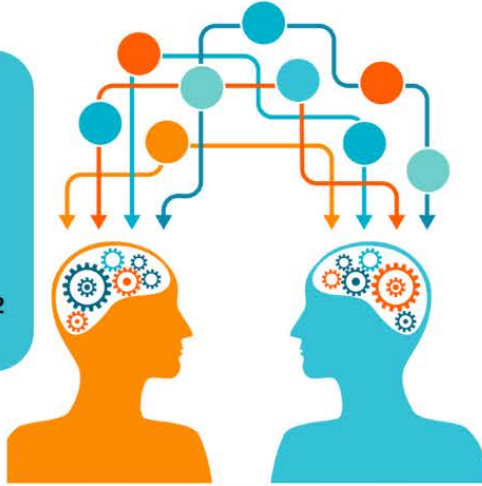
COMMUNICATION SKILLS FOR GOOD IMPRESSIONS

To better understand the importance of effective speech for influencing others. To recognize the importance of non-verbal communication. To critique the elements of active listening in an effective communication process.

 **October 10, 2024**

 **12:00 PM**

 **Breathitt Co Extension**
Call to register 666-8812



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POTTERY

WORKSHOP



OCTOBER 11, 2024

5:00 PM

BREATHITT CO. EXTENSION

\$25 REGISTRATION FEE
MUST PREPAY BY OCT. 4TH
PARTICIPANTS WILL MAKE A SLAB MUG
AT WORKSHOP

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QUICKSAND AREA

Homemaker meeting

October 24th

Registration @ 10:30am

Letcher Co. Extension

Pre-register & pay by Oct. 10th

606-666-8812

\$12 catered meal



Silent auction proceeds go toward Ovarian Cancer screenings



Sit & Sew

October 29th, 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





SUMMER SAUSAGE & CHARCUTERIE BOARD WORKSHOP

October 28th
2 PM | 5 PM

Breathitt Co
Extension Office

\$10 per person

Limited Spots

Call 606-666-8812 to register

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Lexington, KY 40506



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Sponsored by Breathitt Co. Homemakers

Breathitt County Extension Office

1155 Main Street
Jackson, KY 41339



HOLIDAY *Bazaar*

Saturday, November 2nd
10AM-4PM

Sponsored by Breathitt Co. Homemakers

VENDORS *wanted for* HOLIDAY *Bazaar*

Saturday, November 2nd
10AM-4PM

**\$25 Vendor Fee
includes table & chairs**

We are looking for vendors offering handmade crafts,
Christmas gift ideas and more.

Spots are limited on a first come-first serve basis.

If you are interested in participating in this event, please call the
Extension Office @ 606-666-8812 and sign up by October 18th.

NONPROFIT ORG
 US POSTAGE PAID
 JACKSON, KY
 PERMIT 4339

**Breathitt County Extension
 Service**

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

RETURN SERVICE REQUESTED



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		