

♥ *hello* ♥

↔ **FEBRUARY** ↔

Breathitt County

Extension

Monthly Newsletter

Source: Annhall Norris, extension specialist, food preservation and food safety

When it comes to food safety, one of the most important items in your kitchen is the refrigerator.

Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

For more information on food safety, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.

2024

Breathitt County Extension Plant Sales

PLANT and PRICE:

- * AllStar Strawberry \$6.50 (bundle of 25)
- * Earligrow Strawberry \$6.50 (bundle of 25)
- * Natchez Blackberries \$4.00 each
- * Duke Blueberries \$9.00 each (two varieties needed for pollination)
- * Chandler Blueberries \$9.00 each (two varieties needed for pollination)
- * Prelude Raspberries \$4.00 each (bare root)
- * Jewel Black Raspberries \$4.00 each
- * Asparagus (Millennium) \$1.00 each
- * Onion Plants (Candy) \$5.00 (bundle of 60)

Plants are expected to ship from the nursery during the first week of April. We will contact you when the plants are available for pickup.

**Order due by
March 10, 2024**

**Please call
606-666-8812 to
place your order**

Breathitt County Extension ROOTSTOCK AND GRAFTING CLASS



**March 19th, 2024
10am to 5pm
Come and Go classes**

Price is **\$10** which includes:

- 10 rootstock of your choice (depending on availability)
- Scion wood to graft your rootstock

Apple Varieties include:

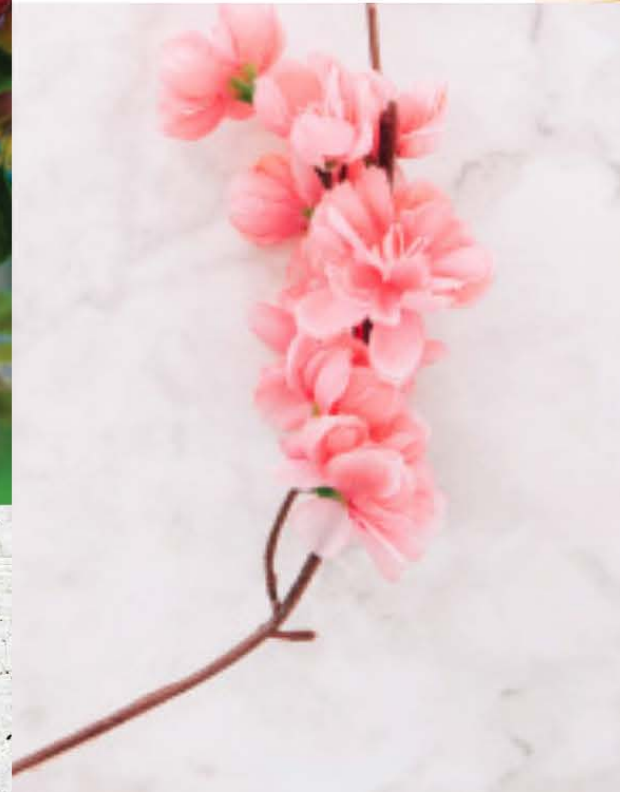
- **M.7** (3/16" or 1/4")- is a semi-dwarfing tree. It is resistant to fireblight, powdery mildew and root collar rot.
- **M.111** (3/16" or 1/4")- a vigorous, well anchored, drought tolerant rootstock. It creates a large semi dwarf tree 15-17 ft. if unpruned. Widely adapted to light or heavy soils. Resistant to collar rot.
- **G202** (1/4")- a semi-dwarfing rootstock. It is fire blight and phytophthora resistant, but also had good resistance to woolly apple aphid, a rootstock pest.
- **G41** (3/16" or 1/4")- A fully dwarf. It is highly resistant to fire blight and phytophthora and in initial tests it appears to be tolerant of replant disease. It produces trees similar in size to the M.9, but had higher yield efficiency and produces few root suckers.



All extra Rootstock is \$2.00/ plus tax each

**Please call
606-666-8812
to register**

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Kentucky Department of Agriculture

NUISANCE WEED SPRAYING PROGRAM

KDA provides sprayer and enough chemical for 10 acres.

You provide the tractor, operator, and water.

Applications available February 1-29-2024

Only 7 people per county accepted.

Apply online at :

<https://www.kyagr.com/consumer/nuisance-weed-spraying-program-application.aspx>

Contact the Breathitt County Extension Office if you need assistance at (606)666-8812

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notice



Logger WebTV

FEBRUARY 27, 2024

KY COUNTY EXTENSION OFFICES

9 a.m. - 4 p.m. EST

Hosted at the following Extension Offices:

Boone, **Breathitt**, Breckinridge, Casey, Crittenden, Cumberland, Elliott, Fleming, Graves, Grayson, Hancock, Harlan, Henderson, Jefferson, Letcher, Logan, Madison, Martin, Morgan, Nelson, Ohio, Owen, Perry, Russell, Taylor and Whitley counties

\$50 course fee and, if required, \$25 renewal fee

INFO: Beth Williams, 859-257-6230



2024 BREATHITT COUNTY 4-H COUNCIL SENIOR SCHOLARSHIP APPLICATION



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

*** Must be a senior at a high school in Breathitt County to apply**

Name: _____ High School: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____ Date of Birth: _____

Scholastic

Current GPA: _____ Maximum possible GPA: _____ Rank in Senior Class: _____ Date of Graduation: _____
of _____

If you are taking or have taken accelerated classes or college classes, please list the subject and year: _____

Higher Education Institution Accepted to: _____

Anticipated Major or Program: _____

Length (1,2,4 year): _____

Please also attach the following to this application:

___ Official transcript from high school

___ A copy of an official acceptance letter to the higher education institution you plan to attend

___ A two-page (max) list describing your school activities, community involvement, achievements, and why you have an interest in your anticipated major/program/work field

___ A two-page (max) essay answering the following questions:

What 4-H projects and activities have you been involved with? What leadership roles have you experienced while being a member of Breathitt County 4-H? What is the most significant benefit you have received by being a 4-H member? What does 4-H mean to you?

The included information is to the best of knowledge accurate and true. I understand by falsifying the above information, I would be forfeiting my chances at the Breathitt County 4-H Council Scholarship.

Signature: _____ **Date:** _____

Deadline to apply is April 12, 2024. Applications must be returned in a sealed envelope to the Breathitt County Extension Office, at 1155 Main Street, Jackson, KY 41339. Up to two \$750 scholarships will be awarded. Recipients will be notified by May 3, 2024.



Valentine's Day Program on the Go

Pick-up on
Thursday, February 8th 2024

Ages 8-18

Children will be provided holiday themed materials that will allow them to complete various crafts, and activities

Spots are limited

Call the Breathitt County Extension Office at 606-666-8812 to Register



4-H AFTER SCHOOL CLUB

FEBRUARY 19TH, 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



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.

February 19th, 2024

4:30 P.M. - 6:00 P.M.

Children Ages 9-14

Breathitt County Extension Office

Call the Extension Office at 606-666-8812 to Register



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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

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FOOD BOX DISTRIBUTION

**FEBRUARY 21ST, 2024
PICK UP DAY**

**MUST SIGN UP ON MONDAY FEBRUARY 19TH
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.**



Heart DIY Sachets

Make & Take

February 8th

5pm

Breathitt Co. Extension

Call to register 606-666-8812



Cultural Exploration

Jamaica

February 15th, 2024
5pm

Breathitt Co. Extension
Call to register 606-666-8812

Sit & Sew

February 27th, 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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NEW YORK TIMES BESTSELLER

UK Cooperative Extension Service

THE ART OF RACING IN THE RAIN

A NOVEL

GARTH STEIN

"The perfect book for anyone who knows that compassion isn't only for humans, and that the relationship between two souls who are meant for each other never really comes to an end."

-JODI PICOULT

MORE THAN FOUR MILLION COPIES SOLD



Feb. 29th, 2024 @ 5pm

Book will be passed out during Jan. meeting

Call to register @ 606-666-8812

BOOK CLUB



UK Cooperative Extension Service



Lunch & Learn

Healthy Eating Around the World

Taught by Letcher Co. FCS Agent Nanette Banks

FEB 9TH

NOON

2024

Breathitt County Extension Office

Call to register @ 606-666-8812





Everything Tuna Melts



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

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. 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.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts per serving:
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED



Source: Kathryn Pettigrew, horticulture research analyst, and Rachel Rudolph, horticulture assistant professor
Winter is an excellent time for planning next year's garden. Take advantage of the shorter days and cooler weather
to create a vision for the upcoming growing season.

The first step is to look back on the previous growing season. Revisit any photos taken to refresh your memory of
the plants that brought enjoyment, utility or challenges. What grew well and what did not perform as expected? If
you took any notes or recorded activities in your calendar, review those items. If something was done a little late
or too early, think about how you could change your approach.

Evaluate the produce your household consumed last year. Consider if you need to grow additional quantities or
increase the amount grown. Also ask yourself if there are other varieties that you would like to try.

For your garden, list the plants you intend to grow and consider where they will be planted. Even a rough-draft
map can help you better understand what is possible. These records can serve as a shopping list and a reference
for later. Digital tools such as spreadsheets are excellent for this purpose as they can be easily located in
subsequent seasons and revised. However, the pen-and-paper method can serve the same purpose and be great
for mapping out the location of plantings. There are also apps available to digitally plan your garden bed.

Once you have a general idea of the plants you want for your home garden, you can more confidently turn your
attention to sourcing seeds. Seed companies can be located online, but if you prefer a physical catalog, call and
request one. Reputable seed sources will identify the variety sold as well as a description, germination rate and
lot number.

If you're unsure whether a seed company is reputable, don't hesitate to contact your county extension agent.
Seeds for popular varieties can sell out quickly, so purchasing things ahead of springtime is a good idea. Extra or
unused seeds can be stored in sealed bags or a plastic bin in a cool place and saved for later.

For more information on horticulture success, contact your Breathitt County Extension office.