

March 2023

HELLO MARCH

**Breathitt County
Extension**

Monthly Newsletter

4-H promotes environmental stewardship

Contact: Ashley Osborne, extension specialist for 4-H central operations

We are dependent on Earth's natural resources. Everything from the air we breathe, the water we drink and the soil we use for food production is vital to our existence. Good stewardship ensures we protect these resources for the next generation.

4-H offers programs to help young people develop an understanding and appreciation for our natural environment and to give them a glimpse at potential careers. Through various hands-on activities and experiences, 4-H fosters an increased understanding and appreciation of Kentucky's natural resources. Projects and activities are available in environmental science, entomology, forestry, geology, soils, water, wildlife and shooting sports. In addition, a wide variety of county- and state-level 4-H natural resources programs and projects are available across the commonwealth, including nature, environmental, outdoor adventure, shooting sports clubs, forestry field days, environmental education camps, geology along with insect- and leaf-collection projects and more.

For more information about 4-H natural resource programs in your area, contact the Breathitt County Extension office at 606-666-8812.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

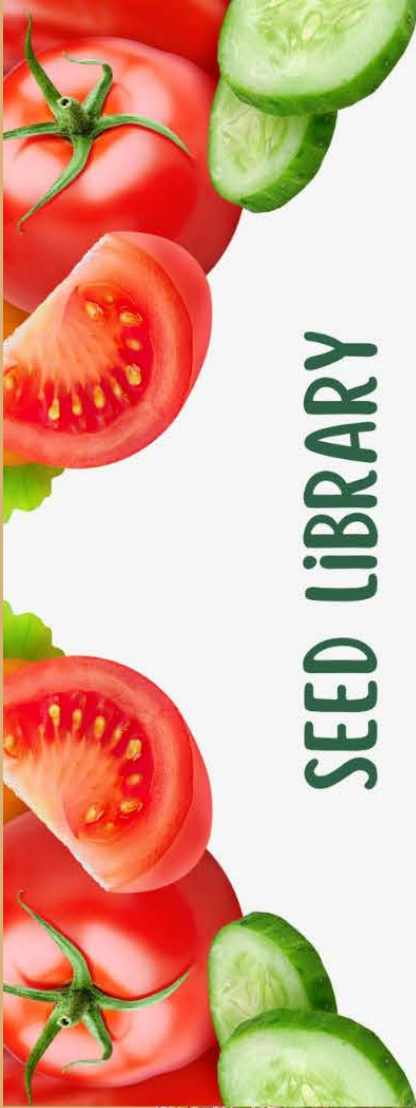
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodate
with prior notit



SEED LIBRARY GARDEN RECOVERY PROGRAM

**FREE SEEDS AND SERVICES FOR
FAMILY GARDENS**



March 14, 2023
5:30 p.m.

Quicksand Community Center (RCARS)

**To register,
Please scan the QR Code or
Click link in the description**



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Cooperative Extension Service
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Fruit Tree Grafting Class

Thursday, March 9

Offering two class times: 1:00 PM and 5:00 PM

Breathitt County Extension Office

Participants will get
to graft their own
apple tree to take
home!

Please call 606-666-8812
to register your spot.

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EASTER PROGRAM

ON THE GO



PICK-UP ON

TUESDAY, APRIL 4TH 2023

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



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University of Kentucky
College of Agriculture,
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4-H TEEN CLUB

TUESDAY, MARCH 7TH 2023

3:30 P.M. - 4:30 P.M.

BREATHITT COUNTY EXTENSION OFFICE

AGES 11 - 18

TEENS WILL FOCUS ON LEADERSHIP SKILLS, PUBLIC SPEAKING, AND COMMUNITY SERVICE.

PLEASE CALL THE EXTENSION OFFICE AT 606-666-8812 TO REGISTER

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Breathitt County

BOOK CLUB

March 10th & 24th

@ 5 pm

Breathitt Extension office

Discussion of chapters of 9-17 on March 10th
& chapters 18-26 on the 24th
of *Rocket Boys* by Homer Hickam



Make & Take

We will be creating a Spring door hanger

March 20th @ 5pm

Breathitt County Extension Office

Class is FREE

Call to register at (606) 666-8812





Lunch & Learn

Transferring Cherished Possessions

Thursday March 16, 2023
Breathitt County Extension
Noon

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

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Disabilities
accommodated
with prior notification.

Cultural Exploration

A Night in...

Ireland



Join us as we explore Irish culutre through food, crafts , and history.

March 23, 2023
@ 5 pm

Food will be provided.
Please call 606-666-8812 to register.

Local Food for Schools Cooperative Agreement Program Grant Training



All Trainings are located at the county's local Extension Office

- March 2: Hopkins County**
75 Cornwall Drive Madisonville, KY 42431-8780
- March 3: Warren County**
5162 Russellville Road Bowling Green, KY 42101
- March 8: Franklin County**
101 Lakeview Ct Frankfort, KY 40601-8750
- March 10: Pendleton County**
45 David Pribble Drive Falmouth, KY 41040
- March 14: Breathitt County**
1155 Main Street Jackson, KY 41339
- March 15: Laurel County**
200 County Extension Rd. London, KY 40741
- March 16: Bath County**
2914 East Hwy 60 Owingsville, KY 40360-8815
- March 17: Hardin County**
111 Opportunity Way Elizabethtown, KY 42701-9370



Join us for LFS grant Training. The goal of this program is to provide students with access to fresh, local foods and increasing producers' access to consistent markets. Pre-register now at <https://www.surveymonkey.com/r/LFSTrainingPreRegistration>

Contact Kacy McLean at (502)-352-3706 or Kacy.McLean@ky.gov for more information

Cooperative Extension Service

FOOD BOX DISTRIBUTION

**MARCH 15, 2023
PICK UP DAY**

MUST SIGN UP ON MONDAY MARCH 13TH 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.



Vegetarian Taco Soup



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 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65

Nutrition facts per serving:

220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension



**Breathitt County Extension
Service**

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

RETURN SERVICE REQUESTED



Cooking with a Twist

MARCH 30, 2023

5:00 PM

BREATHITT COUNTY EXTENSION OFFICE

MUST PRE-REGISTER BY CALLING 666-8812