

april

Breathitt County Extension Monthly Newsletter

Source: Ashley Osborne, extension specialist for 4-H youth development

With the temperatures beginning to warm up, now is a great time to encourage children to put down their electronic devices and go outside to enjoy nature. Getting outdoors has many advantages, including increased vitamin D levels, more physical activity, improved mood, better concentration and faster healing, according to research from Harvard Medical School.

Here are some ideas to encourage children to go outside.

- Offer enjoyable activities. Bubbles and sidewalk chalk are both excellent low-cost incentives for outdoor play. Additionally, many young people enjoy fun chores, like walking the dog.
- Make it a contest. Kickball and dodgeball can be enjoyable games to play with your family or with neighbors. Another option is to play a game of hide and seek.
- Conduct an insect safari to teach children to listen and look for insects. To contribute to a 4-H digital insect collection, they might even want to take pictures of the insects they find.
- Introduce children to nature's wonders. As a family, observe sunrises, sunsets, or the night sky. Take a stroll and observe the buds on the various tree species.

For more ideas on ways to get young people outdoors, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Chicken Butcher Workshop



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Join us at the Breathitt County
Extension Office May 5th 2023 at
10:00 am
*Lunch will be provided.

Only \$15.00 per person
Spots are very limited
Please call 606-666-8812 to
register

***Also presenting
will be Dr. Jackie
Jacobs**



In this class you will learn to how to:

1. Dispatch the chicken
2. Eviscerate the chicken
3. Save all the parts of the internals of the chicken for food
4. Part out the chicken in to pieces
5. Learn how to sterilize the tables the water and keep everything germ free

You will receive the life skills and confidence to process your own chickens at home and be able to store your chickens for your family. You will also receive 1 whole chicken to take home and cook in your home.

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

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LEONINGTON, KY 40546



University of Kentucky
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TOUR Eden Shale Farm



TUESDAY, APRIL 11

What is Eden Shale?

A 961 acre farm managed by the Kentucky Beef Network. The farm consists of 500 acres of forages and a commercial cowherd.

What you'll see:

Best management practices, that include centralized watering points, winter feeding, water harvesting and wind solar energy, among other emerging practices that are feasible for producers to implement on their own farms.

Why should you go?

This is a great networking opportunity for you to meet Agriculture Extension Agents from the region and other cattle producers. Not to mention, the chance to take ideas back to your operation!

REGISTER BY

Calling your local Extension Office by:

Friday, March 31

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

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4-H TEEN CLUB

TUESDAY, APRIL 4TH 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

COOPERATIVE EXTENSION



University of
Kentucky
College of Agriculture,
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Cooperative Extension Service
Agriculture and Natural Resources
4-H Youth Development
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Disabilities
accommodated
are your preference

4-H & TSC

TRACTOR SUPPLY CO. PROUDLY SUPPORTS
CREATING OPPORTUNITY FOR ALL KIDS



Since 2010, 4-H has partnered with Tractor Supply Company for two annual fundraising drives. One hundred percent of donations received support high-quality positive youth development programming (90% to Arizona, 10% to National 4-H Council). There will be two Paper Clover fundraising events in 2023: one in April and one in October.

Event Date

April 26, 2023 to May 07, 2023

Location

All Tractor Supply Company locations



WHAT'S THE BUZZ ABOUT



HONEY

Lunch & Learn

Honey is one of the most ancient food sources, but what do you really know about honey? Join us to learn about Kentucky honey production, its benefits, and ways to use honey in our diets and cooking.

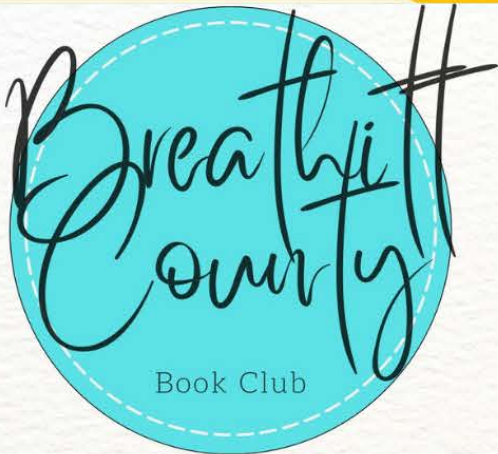


**APRIL 14TH
NOON**

**Breathitt Co. Extension
Register at 666-8812**

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Book Club

April 6th & 20th

@ 5 pm

Breathitt Extension Office

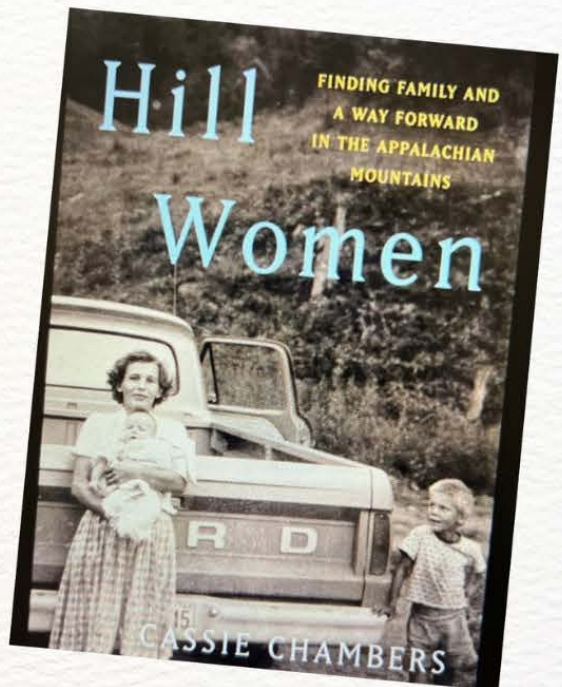
Call to register 666-8812

Discussion of Chapters 1-9 on April 6th

& Chapters 10-18 on April 20th



University of Kentucky
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Cooperative Extension Service





BEGINNER SEWING CAMP

Join us for a two day camp to learn the basics
of a sewing machine.

choose

April 10th & 24th
@ 2pm

OR

April 10th & 24th
@ 5pm

Breathitt Co. Extension
Call to register 666-8812
8 spaces available



Cultural Exploration

A Night in...

Japan

Join us as we explore Japanese
culture through food, crafts, and
history.

April 27th

@ 5pm

Breathitt County Extension

Food will be provided.

Call 666-8812

Make & Take

DIY Mason Jar

April 11th @ 5pm
Breathitt County Extension Office
Class is FREE
Call to register at (606) 666-8812



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Laugh & Learn

TUESDAY APRIL 18TH
10 AM
AGES 2-5 (NOT ENROLLED IN SCHOOL)
BREATHITT COUNTY EXTENSION
CALL TO REGISTER
606-666-8812

JOIN OUR PLAYDATES!
A Laugh and Learn Playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten.
APRIL THEME:
Rain/Spring

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LEXINGTON, KY 40546



Disabilities accommodations
with notification.



Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative
Extension Service

Rainbow Pasta Salad



- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

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



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

Nutrition facts

per serving:
250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

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with prior notification.

FOOD BOX DISTRIBUTION

**APRIL 19TH, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY APRIL 17TH
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.**

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**Breathitt County Extension
Service
1155 Main Street (PO Box 612)
Jackson, KY 41339**

RETURN SERVICE REQUESTED



Cooking with a Twist

APRIL 25, 2023

5:00 PM

BREATHITT COUNTY EXTENSION OFFICE

MUST PRE-REGISTER BY CALLING 666-8812