

December 2022/January 2023

# Breathitt County Extension

MONTHLY NEWSLETTER

Merry  
Christmas



The staff at the Breathitt County Extension Office would like to wish all of our monthly readers a very Merry Christmas and Happy New Year to you and your family.

The Breathitt County Extension Office is a part of the University of Kentucky and Kentucky State University off-campus network. We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies, and healthier lives.

All of us here at the Breathitt County Extension Office would like to thank each of you for being a part of our office and making us stronger.

Contact us today and see how we can make a difference in your life.

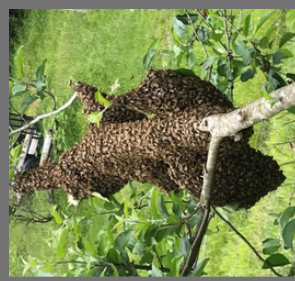
**In keeping with the University of Kentucky,  
and on campus Holiday scheduling the  
Breathitt County Extension Office will be  
closed December 26-January 2.**



College of Agriculture,  
Food and Environment  
Cooperative Extension Service







**EASTERN  
 KENTUCKY  
 VIRTUAL  
 BEEKEEPING  
 SCHOOL**



**SATURDAY, JANUARY 21, 2023**  
**All times are Eastern time**

- 9:00 a.m. *Opening comments, Charles May, Perry County Extension Agent for ANR and Missy Fugate, President, Perry County Beekeepers Association.*
- 9:30 a.m. *Hive Health Sampling, Kenneth Holbrook, Kentucky State University.*
- 10:00 a.m. *Honey Testing lab and its Service, Dr. Audrey Law, Bluegrass Community and Technical College. 10:30 a.m. Beginner Beekeeping Equipment, Dr. Tammy Potter, KY State Apiarist.*
- 11:00 a.m. *The Role of Genetics and Purdue Lab Services, Dr. Brock Harpur, Purdue University.*
- 12:00 p.m. *Beginner Beekeeping II, Where to get Bees, Dr. Tammy Potter, KY State Apiarist.*
- 12:30 p.m. *Question and Answer / Adjourn*

For more information and to register for the Virtual Beekeeping School, call the Perry County Extension Office (606-436-2044), provide your name, address, phone number and email address. A link will be sent to your email sometime a week before the school. This virtual Beekeeping school will be presented Via Zoom. Visit the Perry County Extension Service web page at <http://ces.ca.uky.edu/perry> and click on the Agriculture & Natural Resource Link for a registration form. Or contact Charles May at [cmay@uky.edu](mailto:cmay@uky.edu).

**BREATHITT  
 COOPERATIVE  
 EXTENSION  
 OFFICE  
 IS  
 NOW  
 TAKING  
 PLANTS  
 ORDERS!**

PLANT	PRICE
AllStar Strawberry	\$5.00 (bundle of 25)
Earligrow Strawberry	\$5.00 (bundle of 25)
Natchez Blackberries	\$4.00 each
Duke Blueberries	\$8.00 each
(two varieties needed for pollination)	
Chandler Blueberries	\$8.00 each
(two varieties needed for pollination)	
Prelude Raspberries	\$4.00 each
(bare root)	
Bristol Black Raspberries	\$4.00 each
Asparagus (Millennium)	\$1.00 each
Onion Plants (Candy)	\$5.00 (bundle of 60)



Payment is required  
 at pickup

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.

To order your plants call the  
 Breathitt County Extension Office at  
 (606) 666-8812.







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

JANUARY

**31**

TUESDAY



# FARM RECORDKEEPING

**NOON @ BREATHITT CO. EXTENSION OFFICE**

LUNCH PROVIDED

OR

**5:30PM @ WOLFE CO. EXTENSION OFFICE**

DINNER PROVIDED

What we'll cover:

**LIVESTOCK RECORDS  
GARDEN/CROP RECORDS  
CHEMICAL RECORDS  
FARM TAXES**

**RECORDKEEPING APPS/PROGRAMS**

**Speakers: Reed Graham, Breathitt ANR Agent  
& Heather Graham, Wolfe ANR Agent**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification



# BREATHITT COUNTY 4-H COUNTRY HAM PROJECT

Monday, January 16th 2023

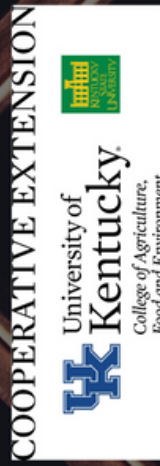
Breathitt County Extension Office

4-H'ers that registered for the country ham project will attend the first meeting for the project, and will begin the process of curing their country ham.

For more information call the

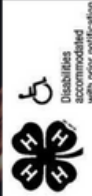
Breathitt County Extension Office at

606-666-8812



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

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LEXINGTON, KY 40546



# 4-H TEEN CLUB

TUESDAY, JANUARY 24TH 2023

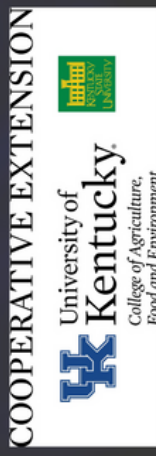
3:30 P.M. - 4:30 P.M.

BREATHITT COUNTY  
EXTENSION OFFICE

AGES 13 - 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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# TIPS FOR MANAGING STRESS EATING

**HAVE YOU EVER WONDERED WHY STRESS LEAVES YOU  
CRAVING OR REACHING FOR FAVORITE COMFORT FOODS?**

Join us for a class where you will learn about  
why we stress eat, strategies to manage stress  
eating, and tips for savoring comfort foods.

**February 2, 2023**

**12:00/Noon**

**Breathitt County Extension Office**

For more information, contact:

Stacy Trent, Breathitt Co. FCS Agent  
1155 Main Street  
Jackson, KY 41339  
606-666-8812



JANUARY  
LUNCH AND LEARN



PEOPLE LEARN WITH A  
**PURPOSE**

*Understanding why and how you learn best is  
the key to a positive learning experience.*

SEE YOU THERE!  
*12:00 PM, January 24*  
*Lunch Provided*



# FOOD BOX DISTRIBUTION

**JANUARY 18, 2023  
PICK UP DAY**

**MUST SIGN UP ON TUESDAY, JANUARY 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.**



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

**RETURN SERVICE REQUESTED**



**Kentucky  
Rabbit Stew**



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



USDA  
Supplemental  
Nutrition  
Assistance  
Program  
Putting Healthy Food  
Within Reach



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

# Cooking with a Twist

JANUARY 31, 2023

5:00 PM

BREATHITT COUNTY EXTENSION OFFICE

**MUST PRE-REGISTER BY CALLING 666-8812**

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1155 Main Street  
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