



Breathitt County Extension Newsletter May 2010

Breathitt County
Cooperative Extension Service
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INSIDE THIS



4-H News



Agriculture News



Healthy Woman



On the Light Side



Upcoming Events

May 4, Homemakers Spring Tour, "Quilt Trails", van will leave the Extension Office at 8:30 a.m. You must call 666-8812 to reserve your seat.

May 5, Piecekeepers Quilt Club, Extension Office Sewing Lab 12:00—4:00 p.m.

May 6, Healthy Woman Health Fair and Women's Expo, First Church of God, 5:00 p.m.

May 9, Mothers Day

May 10, 11, 12, State Homemaker Meeting.

May 17, One Step Meeting, Douthitt Park, 5:30 p.m.

May 17, Sewing Circle Extension Office Sewing Lab, 9:00-1:00 p.m.

May 26, Lunch & Learn taught by Ann Hollon, Home Cleaning "Green", Extension Office 12:00 noon.

May 31, Memorial Day

June 19, Canoe Trip

Healthy Woman Health Fair & Women's Expo Kickoff



Thursday, May 6, 2010
First Church of God
1773 Hwy. 30 West
Jackson, KY. 41339

5:00—8:00 p.m. Health screenings, exhibits, giveaways

5:30—6:30 p.m. Free Dinner

6:45—7:45 p.m. National Speaker Dale Smith Thomas

Dale Smith Thomas was born and raised in rural Mississippi. She is an unapologetic optimist and a woman whose passion for making a difference is stamped on every page of her life. Dale's message has been seen and heard by millions of people. She has been on The Dr. Phil Show, The Big Idea on CNBC, CMT, Vh1, and MTV. She has also appeared on a Fox Reality show.

For more information, please call Glenna Ritchie at 606-666-6394 or visit www.kentuckyrivermc.com



4-H: COMING FROM THE HEART

Source: Jann Burks



It's not enough merely to be good at what you do. Many people are proficient in their fields. But what's the something extra that makes a leader? What stirs people to leave a positive impact in their wake? It's heart, one of the four core values of 4-H.

The 4-H honors program was created to help youth develop into self-directing, responsible, productive citizens with insight and skills in community service and leadership. Divided into three levels, the program accepts youth into the bronze level beginning at the age of 14, followed by silver and gold no earlier than ages 15 and 16, respectively.

Together, the levels help young people develop a well-rounded set of skills, as well as the ability to think critically and to view their community with an eye toward improving it.

At the bronze level, young people examine and analyze their own personal development and growth since joining 4-H. They evaluate where they've been, what they've learned, and they begin to look at where they're going.

The silver level is about expansion. Youth begin to plan and evaluate experiences they've had as a senior member of 4-H. They develop communication and marketing skills through speeches, demonstrations and community service. And they begin to identify the leadership opportunities they've had, or currently have, as a senior member.

Once 4-H'ers have reached the gold level, it's time for them to take the lead on a project that will positively affect their community. By closely examining the issues their community faces and leading a team composed of both 4-H'ers and non4-H'ers, a gold level member learns the process by which positive change is accomplished.

Teens who have won the gold medal honor have led teams that have cleaned up a town and repaired homes after a devastating tornado; presented teddy bears and encouraging messages to young people at a center for youth with behavior problems; organized a book drive for a local library; and worked with businesses to get plants and trees donated for a local park. One project brought 4-H'ers together with a local hospital, a printing company and emergency medical technicians to provide important emergency information that helps young children in car seats whose parents are hurt in a car accident. The hospital staff was so impressed with the project that they made sure that every baby born there went home with an emergency packet.

For 4-H'ers, the road to adulthood is about more than picking up a skill here and there. It's about developing into a compassionate citizen who is capable of taking on leadership roles. It's about becoming a contributing member of society. It's about being a positive role model in their community. In short, it's about heart.

If you need additional information, contact the Breathitt County Extension Office at 666-8812.





Agriculture News

Lowell Hamilton, CEA for Ag & Natural Resources



Shop Smart at Your Farmers Market

Source: Sandra Bastin, extension specialist for food and nutrition

Farmers markets are flourishing. According to the U.S. Department of Agriculture, more than 5,000 exist today. Chances are one is located in your neck of the woods.

Many of Kentucky's popular "homegrown" offerings become available this month as markets around the state open for the 2010 season. An hour perusing the stalls at your local market is a fun way to spend a morning, and the bonus is flavorful food straight from the garden to the table. Here are a few tips to help you get the most from your trip to the market.

- Shop early. First of the season offerings like blueberries, peaches and sweet corn will quickly disappear from market tables. Arrive early for the best selection.
- Make friends with farmers. The person selling you produce is likely the person who grew it. Growers are full of information including everything from when the product was picked to the best way to prepare it for the table. This is your opportunity to find out about what you eat, where it comes from and who you are supporting with your purchase.
- Shop for produce that is in season. Smaller markets offer fruits and vegetables that are ripened on the vine right in your own community or surrounding area. Larger markets might include produce from no more than 100-150 miles away. Climate will determine what is in peak season. Eating in season means eating the best that nature has to offer at any given time. This is the most efficient way to take advantage of the earth's bounty.
- Learn the difference between heirloom varieties and those mass produced for large markets. The charm of a farmers market is finding a source for that special tomato your grandmother grew. Heirlooms are meant to be ripened on the vine and your local market is the place to find variety and flavor not available just anywhere.
- Ask about growing methods. Many small farms employ organic growing methods but are not able to afford the expense of becoming certified under the National Organic Program. An apple grown locally without pesticides may be a better choice than a certified organic one that has traveled across the globe. Keeping pesticides out of our water supply and using sustainable practices that prevent erosion help care for the local environment and ensure the land will be usable in the future.
- Buy for value but don't quibble over price. Some crops may cost less than their grocery store counterparts but other specialty or hard to find items may cost more due to economies of scale. Often, produce found at your local market has been hand raised with lots of TLC and the difference in flavor and quality should be evident.
- Take cash and a reusable shopping bag. Some large markets do accept debit/credit cards but many neighborhood markets aren't equipped for electronic transactions. By bringing your own reusable shopping bag, you help eliminate the need for excess plastic which allows for a more organic experience all around.

Remember, locally grown foods are picked at their peak for freshness and flavor. They are full of vitamins and minerals and don't have to travel far from the field to the table. Eating or cooking the foods after they have just been picked allows you to retain those nutrients, too. A visit to your farmers market supports your local farmer, your community and your local economy and provides a flavorful experience at the family dinner table.



Visit our local Robinson Center Farmer's Market located at the corner of Hwy.15 and Hwy. 1812 open on Tuesdays, Fridays, and Saturdays at 8:00 a.m. For more information on this Farmer's Market contact Dr. David Ditsch at 606-666-2438.

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University of Kentucky**

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Answers to last month's quiz: 1. Hydrangea 2. Snapdragon 3. Pumpkins 4. Bougainvillea 5. Clematis
6. Amaryllis 7. Marigolds 8. Magnolia

Mother's Day

The United States celebrate Mother's Day on the second Sunday in May. In the 1880s and 1890s there were several attempts to establish a Mother's Day, but they didn't succeed beyond the local level. The holiday was created by Anna Jarvis in Grafton, West Virginia, in 1908 as a day to honor one's mother. Jarvis wanted to accomplish her mother's dream of making a celebration for all mothers. She kept promoting the holiday until President Woodrow Wilson made it an official national holiday in 1914.



**Martha Yount
County Extension Agent for Family and Consumer Sciences**

