



Extension Edition

Cooperative Extension Service

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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter May 2023



May is mental health awareness month

*A smooth sea
never made a
skilled sailor*

-Franklin D. Roosevelt

In This Issue:

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- Easy Tortilla Breakfast Pizza Recipe
- Broccoli Salad Recipe



Wolfe County Extension Office

Jessica Morris

Wolfe CES/Agriculture & Natural Resources-
4-H Youth Development

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.

Beginning Sewing at Wolfe County Extension Office-June 15, 2023. Must pre-register and pre-pay by mail to V Boggs at Leslie CCES- address next page

Who is a Beginning Sewer?

A beginning sewer is anyone that has an interest in sewing but has limited or absolutely no sewing experience.

Who is a Kentucky Master Clothing Volunteer?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

How do you become a Kentucky Master Clothing Volunteer?

You can apply if you have basic knowledge and good skills in clothing construction. State-wide training seminars are conducted in the even years. We will be accepting new volunteers in spring/summer 2024. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

CARD WALLET

Carole Dunhuber will teach you how to make this beautiful Card Wallet.



GROCERY BAG HOLDER

Betty Harris will teach you how to make this easy Grocery Bag holder.



JEWELRY POUCH

Lisa Ison will teach you how to make this one of a kind beautiful Jewelry Pouch.

COOPERATIVE EXTENSION



Come Sew with Us

**Hosted by
Cooperative
Extension Service and
Quicksand Master
Clothing Volunteers**

**June 8, 2023
Perry County Extension Office
10 a.m. - 1:30p.m.**

**June 15, 2023
Wolfe County Extension Office
10 a.m.—1:30 p.m.**



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Register early! Class size is limited. Please register by May 19th.

Mail this form with registration fee of \$5.00 to:

Vicki R. Boggs, 22045 Main Street #514, Hyden KY 41749



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

Registration Form



MEMORY BEAR

Rita Rogers will teach you how to make a Memory Bear from your child's outgrown sleeper.

TRAVEL NEEDLE BOOK

Gail Halsey will teach you how to make this handy little Travel Needle Book.



WRIST STRAP KEYCHAIN

Nancy Pratt will teach you how to make a cute Wrist Strap Keychain.



PLACEMAT

Cheryl McCauley will teach you how to make a beautiful Placemat for your table.



FREEZER POPS HOLDERS



Ashley Phipps will teach you how to make these easy fabric Freezer Pops Holders.

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m.

- CARD WALLET
 GROCERY BAG HOLDER
 JEWELRY POUCH
 MEMORY BEAR
 PLACEMAT
 FREEZER POPS HOLDERS
 TRAVEL NEEDLE BOOK
 WRIST STRAP KEYCHAIN
- PLEASE CHECK ONE BELOW:**
- PERRY WOLFE

Name _____

Address _____

Phone _____

Email _____

Mail form and \$5.00 registration fee to:

Vicki R. Boggs
Leslie County Extension Office
22045 Main Street #514
Hyden, KY 4179

Must pre-register by May 19th for classes.



Join us for all the fun!

4 - H

Cloverbud Club

TUESDAY

MAY 9, 2023

4:00PM-5:00PM

WOLFE COUNTY EXTENSION OFFICE



Please call 606-668-3712 to register so we have enough supplies!

WOLFE COUNTY

4-H •CAMP•

JUNE 6-9, 2023

**JM FELTNER 4-H CAMP
LONDON, KY**

SIGN UP APRIL 18

PLEASE CALL WOLFE COUNTY EXTENSION OFFICE WITH ANY QUESTIONS!



Brunch & Learn

Friday May 19, 2023

WOLFE COUNTY EXTENSION OFFICE

10:00AM

PRINCIPLES OF ART! FUN AND LEARNING WILL OCCUR!
LAKEN CAMPBELL, LEE FCS AGENT WILL BE PRESENTING!

Please call 606-668-3712 to register!



DROP IT LIKE IT'S HOT

New Monthly Program

At each weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 606-668-3712.**

Weigh in: First Week of EACH month

Time: 8:00AM - 4:30PM

Location: Wolfe County Extension Office

For: Anyone looking to make a healthy change

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



May 2023

Sun	Mon	Tue	Wed
	1	2 Adult Education Classes starting at 10 AM	3
7	8	9 Adult Education Classes starting at 10AM <i>Clover-buds 4:00 to 5:00 PM</i> 	10
14 Mother's Day 	15	16 <i>Commodities</i> Adult Education Classes starting at 10 AM	17
21	22	23 Adult Education Classes starting at 10 AM	24
28	29 Memorial Day  Office closed	30 Adult Education Classes starting at 10 AM	31

**All classes are held at the Wolfe County Cooperative
Extension Service Office unless otherwise noted**

	Thu	Fri	Sat
	4 Sweet Potato Orders due	5	6
	11	12	13
	18	19 Webinar-"Improving Hay Quality" Choose 10:00 Am or 1:00 PM Register <i>Homemakers Brunch & Learn at 10 AM</i>	20
	25	26	27
		<p>Looking ahead:</p> <p>Beginning Sewing with Master Clothing Volunteers June 15 at 10 AM to 1:30 PM must preregister and prepay by mail. Remember to mail in time to register by May 19,</p>	<p>Please Note: In case of inclement weather, call the office to determine if programs have been cancelled.</p> <p>4-H programs <i>will</i> be cancelled if school is cancelled.</p>

SWEET POTATO SLIP ORDERS



Reply to:

**Cooperative
Extension Service**
Morgan County
1002 Prestonsburg St.
West Liberty, KY 41472
Phone: (606) 743-3292
Fax: (606) 743-3184

**For more information,
contact:**
Sarah Famin, Morgan Co.
CEA for ANR
606-743-3292

2023 Sweet Potato Slips Order

***Beauregard**—\$85/1,000 slips A bushy, vine-type sweet potato with rose-colored skin and a light, moist, orange flesh. It resists cracking and is an excellent yielder with a 90 day growing season. Long time favorite.

***Orleans**—\$85/1,000 slips Very similar to Beauregard in appearance with same great flavor, but noted for more uniform potatoes. North Carolina producers are replacing Beauregard with Orleans due to consistency in shape leading to better market sales.

***White Bonita**—\$85/1,000 slips White variety, great flavor! Replaces O’Henry. It is a good yielder with a growing season of 100 days.

***Covington**—\$85/1,000 slips A favorite commercial bushy variety, that is very uniform in shape with exceptional results. A high-quality eating potato with rose-colored skin that is slightly darker than Beauregard and a moist, orange flesh. 120 days

* **Murasaki**—\$90/1,000 slips Purple skin with white flesh. 120 day growing season.

There are approximately 1,000 plants per box.

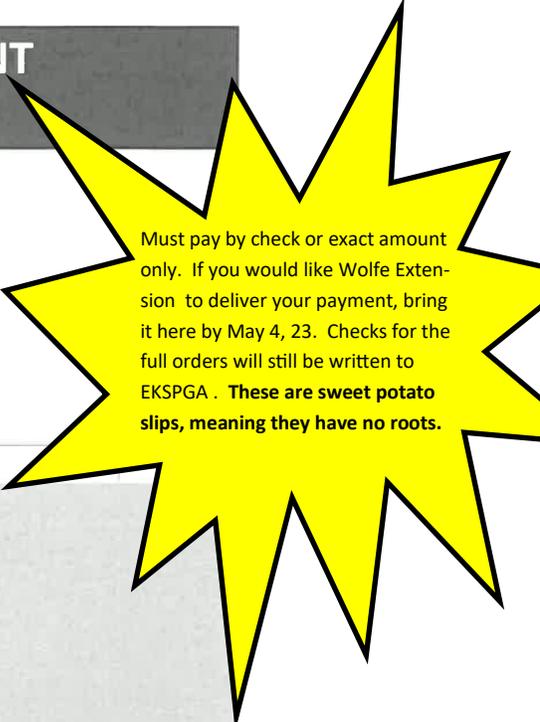
Shipping costs are included—there is a \$5 annual membership fee.

Orders due May 5th. *All orders must be prepaid.*****

Expected arrival date is the week of May 29th.

Wolfe County Extension will offer smaller bundles of 25 plants (slips) of the Beauregard and White Bonita varieties for \$5.00. This will be a limited amount and 1st come- 1st served. Orders for the small bundles must also be pre-paid in exact amount and to the Wolfe County office by May 4, 2023

Sweet Potato ORDER FORM & PAYMENT			
DUE MAY 5, 2023			
NAME	<input style="width: 100%;" type="text"/>		
ADDRESS	<input style="width: 100%;" type="text"/>		
CITY/ST/ZIP	<input style="width: 100%;" type="text"/>		
PHONE #	<input style="width: 100%;" type="text"/>		
CELL PHONE #	<input style="width: 100%;" type="text"/>		
EMAIL	<input style="width: 100%;" type="text"/>		
PLANT	Price	NUMBER ORDERED	Total
Beauregard, 90 days <i>Red Variety</i>	\$85.00/1,000 plants	<input style="width: 50px;" type="text"/> X \$85.00	\$ <input style="width: 50px;" type="text"/>
Orleans, 90 days <i>Beauregard replacement, more uniform</i>	\$85.00/1,000 plants	<input style="width: 50px;" type="text"/> X \$85.00	\$ <input style="width: 50px;" type="text"/>
White Bonita, 100 days <i>White Variety, replaces O'Henry</i>	\$85.00/1,000 plants	<input style="width: 50px;" type="text"/> X \$85.00	\$ <input style="width: 50px;" type="text"/>
		<i>GREAT FLAVOR!</i>	
Covington, 120 days <i>Red Commercial type</i>	\$85.00/1,000 plants	<input style="width: 50px;" type="text"/> X \$85.00	\$ <input style="width: 50px;" type="text"/>
Murasaki, 120 days <i>Purple skin, white flesh</i>	\$90.00/1,000 plants LIMITED	<input style="width: 50px;" type="text"/> X \$90.00	\$ <input style="width: 50px;" type="text"/>
SHIPPING	included	included	\$ <input style="width: 50px;" type="text"/> 0
MEMBERSHIP FEE	\$5.00/person		\$ <input style="width: 50px;" type="text"/> 5.00
Please note:****ORDERS MUST BE PREPAID			
Make checks payable to "EKSPGA."			
		Total Order:	\$ <input style="width: 100px;" type="text"/>
<i>For office use:</i>			
Cash or Check#	<input style="width: 100%;" type="text"/>		
Date paid:	<input style="width: 100%;" type="text"/>		
Amount paid:	<input style="width: 100%;" type="text"/>		
Date picked up:	<input style="width: 100%;" type="text"/>		
Orders should arrive the last week of May.			
Plan on picking up plants at the Morgan County Extension Office or through arrangements made with your local Extension Office.			Return form with payment to: Morgan Co. Extension Service Sarah Fannin, Ag Agent P.O. Box 35 West Liberty, KY 41472



The Morgan County Extension Office does NOT ship these plants once they arrive at our office.

Flooding Safety

For Rural Communities

Why Should I Be Concerned About Flooding?

This preparedness guide explains flood-related hazards and suggests lifesaving actions you can take. With this information you can recognize flooding potential, develop a plan, and be ready when threatening weather approaches. Remember...your safety is up to YOU!

On average, floods (especially flash floods) kill more people in the United States than other types of severe weather. Flash floods are the most dangerous kind of floods, because they **combine the destructive power of a flood with incredible speed**. Flash floods occur when heavy rainfall exceeds the ability of the ground to absorb it, even in locations that normally don't experience regular river flooding. They can also develop rapidly, in minutes, and may occur in locations downstream from where the actual rainfall occurred. Valley locations are especially susceptible, as mountains and steep hills produce rapid runoff into the valleys, which causes streams to rise quickly. Floods can roll boulders the size of cars, tear out trees, destroy buildings and bridges, and pose a significant threat to human lives.

Flood Watch (Be Prepared): A Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but if rains continue, it is possible.

Flood Advisory (Be Aware): Advisories are issued for conditions that could cause a significant inconvenience, and if caution is not exercised, could lead to situations that may threaten life and/or property.

Flood Warning (Take Action!): A Flood Warning is issued when flooding is imminent or already occurring, usually issued for rivers as they rise out of their banks and are expected to flood surrounding areas.

Flash Flood Warning (Take Action!): A Flash Flood Warning is issued when a flash flood is imminent or occurring. If you are in a flood prone area (in a valley and/or near a creek/stream that is rising) move immediately to higher ground.



Warning Signs

Warning signs (yellow) are permanent signs alerting drivers to existing or potentially hazardous road conditions. The Turn Around Don't Drown (TADD) warning signs are used in locations where the risk for flooding is high, flooding happens very quickly, and/or where flooding occurs in isolated locations harder for emergency officials to reach.

Barricades

If flooding has been reported on a road, making travel hazardous, emergency officials or road departments may close the road on either side of the flooding. They can do this either by parking emergency vehicles to block people from getting through, or by putting up barricades. If barricades are in place, do NOT attempt to drive around them, even if authorities are not present. You could be putting yourself in danger!



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Flooding Safety

For Rural Communities

BEFORE A FLOOD:

- ✓ **Have a Communication Plan...** Whether it is having a specific person identified to contact for status updates, or a safe location to meet up with family members, having a plan in place will give you peace of mind if disaster does strike.
- ✓ **Assemble an Emergency Kit...** It is good practice to have enough food, water and medicine on hand at all times to last you at least 3 days in the case of an emergency. You should also have blankets, a light source, first aid kit, rubber boots, rubber gloves, and a NOAA Weather Radio.
- ✓ **Know Your Risk...** Is your home, business or school in a floodplain? Where is water likely to collect on the roadways you most often travel? What is the fastest way to get to higher ground? Knowing the answers to these questions ahead of time can save your life.
- ✓ **Prepare Your Home...** Oftentimes flash floods can occur within minutes and sometimes without any sign of rain. Being prepared can save your life and give you peace of mind.
- ✓ **Prepare and Leave...** You may be evacuated, so pack in advance. Don't wait until the last moment to gather the essentials for yourself, your family and/or your pets.

DURING A FLOOD:

- ✓ **Stay Informed...** Keep a battery-powered NOAA Weather Radio for the most up-to-date information.
- ✓ **Get to Higher Ground...** If you live in a flood prone area or are camping in a low lying area, get to higher ground immediately.
- ✓ **Obey Evacuation Orders...** If told to evacuate, do so immediately. Lock your home when you leave.
- ✓ **Practice Electrical Safety...** If you see sparks or hear buzzing, crackling, snapping or popping noises--stay away! Do not drive over/under loose electrical wires. Stay out of water that may have electricity in it!

- ✓ **Avoid Flood Waters...** Don't walk through flood waters. It only takes 6 inches of moving water to knock you off your feet. If you are trapped by moving water, move to the highest possible point. Do NOT travel into flooded roadways or around a barricade; Turn Around, Don't Drown! Water may be deeper than it appears and can hide hazards such as sharp objects, washed out road surfaces, electrical wires, chemicals, etc.

AFTER A FLOOD:

- ✓ **Stay Informed...** Ensure water is safe to drink, cook or clean with after a flood. Authorities may ask you to boil water for a while after a flood.
- ✓ **Avoid Flood Waters...** Standing water hides many dangers including toxins and chemicals. There may be sharp objects under the water or the road could have collapsed.
- ✓ **Heed Road Closures...** They are put in place for your safety, so don't try to cross a closed road!
- ✓ **Wait for the All Clear...** Do not enter a flood damaged home or building until you're given the All Clear by authorities. Water can cause walls to collapse, ceilings to fall, toxic molds, etc.
- ✓ **Contact Your Family and Loved Ones...** Let your family and close friends know that you're okay!



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Table 15. Earliest and latest planting dates in the garden in Kentucky. (If producing your own transplants, begin two to 12 weeks earlier than these listed dates.)

Crops	Earliest Safe Planting Date			Latest Safe Planting Date ¹		
	Western	Central	Eastern	Eastern	Central	Western
Asparagus (crowns)	Mar 10	Mar 15	Mar 20	(Spring only)		
Beans (snap)	Apr 10	Apr 25	May 1	July 15	July 25	Aug 1
Beans (lima)	Apr 15	May 1	May 10	June 15	June 20	July 1
Beets	Mar 10	Mar 15	Mar 20	Aug 1	Aug 10	Aug 15
Broccoli (plants)	Mar 30	Apr 5	Apr 10	July 15	Aug 1	Aug 15
B. Sprouts (plants)	Mar 30	Apr 5	Apr 10	July 1	July 15	Aug 1
Cabbage	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Carrots	Mar 10	Mar 20	Apr 1	July 1	July 15	Aug 1
Cauliflower (plants)	Mar 30	Apr 5	Apr 10	July 15	July 20	Aug 5
Celery	Apr 1	Apr 5	Apr 10	June 15	July 1	July 15
Chard	Mar 15	Mar 20	Apr 1	June 15	July 15	Aug 1
Collards	Mar 1	Mar 10	Mar 15	Aug 15	Aug 20	Aug 30
Sweet Corn	Apr 10	Apr 20	May 1	June 15	July 10	July 20
Cucumbers	Apr 20	May 1	May 10	June 15	July 1	July 15
Eggplant (plants)	May 1	May 10	May 15	June 1	June 15	July 1
Garlic	-	-	-	Nov 1	Nov 7	Nov 15
Kale	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Kohlrabi	Mar 15	Mar 20	Mar 25	July 15	Aug 1	Aug 15
Lettuce (leaf)	Mar 15	Mar 25	Apr 1	Aug 1	Aug 15	Sept 1
Lettuce (bibb plants)	Mar 15	Mar 25	Apr 1	July 15	Aug 1	Aug 15
Lettuce (head plants)	Mar 15	Mar 25	Apr 1	July 1	July 15	Aug 1
Muskmelons	Apr 20	May 10	May 15	June 15	July 1	July 15
Okra	Apr 20	May 10	May 15	July 1	July 15	Aug 1
Onions (sets)	Mar 1	Mar 10	Mar 15	(Spring only)		
Onions (plants)	Mar 15	Mar 25	Apr 1	June 15	July 1	July 15
Onions (seed)	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Parsley	Mar 10	Mar 20	Apr 1	July 15	Aug 1	Aug 15
Parsnips	Mar 10	Mar 20	Apr 1	June 1	June 15	July 1
Peas	Feb 20	Mar 1	Mar 15	(Spring only)		
Peppers (plants)	May 1	May 10	May 20	June 15	July 1	July 15
Irish Potatoes	Mar 15	Mar 15	Mar 20	June 15	July 1	July 15
Sweet Potatoes	May 1	May 10	May 20	June 1	June 10	June 15
Pumpkins	Apr 20	May 5	May 10	June 1	June 15	July 1
Radishes	Mar 1	Mar 10	Mar 15	Sept 1	Sept 15	Oct 1
Rhubarb (crowns)	Mar 1	Mar 10	Mar 15	(Spring only)		
Rutabaga	Mar 1	Mar 10	Mar 15	July 1	July 10	July 15
Southern Peas	Apr 20	May 5	May 10	June 15	July 1	July 15
Snow Peas	Feb 20	Mar 1	Mar 15	July 20	Aug 1	Aug 8
Spinach	Feb 15	Mar 1	Mar 10	Aug 15	Sept 1	Sept 15
Summer Squash	Apr 20	May 10	May 15	July 15	Aug 1	Aug 15
Tomatoes (plants)	Apr 20	May 5	May 15	June 1	June 15	July 1
Turnips	Mar 1	Mar 10	Mar 15	Aug 1	Aug 10	Aug 20
Watermelons	Apr 20	May 5	May 15	June 15	July 1	July 15
Winter Squash	Apr 20	May 10	May 15	June 15	July 1	July 15

¹ Based on average of early maturing varieties. Mid-season and late-maturing varieties need to be planted 15 to 30 days earlier than latest date. Nearly all of the fall-planted garden crops will require irrigation during dry periods. Additional insect controls may be necessary for these tender young plants.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



-Natural Disasters-
Trauma Series
#2

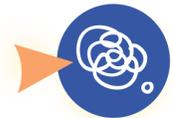
RECOGNIZING SIGNS

TRAUMA

When we experience trauma, it is helpful to remember that we are under extreme stress. Because of the trauma and stress, our brain puts us into survival mode (fight-flight), which helps keep us alive but can impair our ability to recognize the signs of trauma and recover.



Most people experience powerful emotional and physical responses immediately after the traumatic event, and in many cases, for months afterward.



The initial and long-term signs of trauma after a natural disaster can differ based on the events and experiences of the individual. We've included some immediate and long-term signs of trauma, below, to help you recognize them.



Immediate Signs of Trauma (< 3 months after event)

- Feeling numb or like nothing is real
- Problems focusing or feeling confused
- Easily startled or scared
- Intense anger or sadness
- Heart racing when thinking about the event
- Difficulty sleeping or having nightmares about the disaster
- Headaches and/or fatigue
- Feeling worried or fearful
- Digestive problems, like upset stomach

Long-term Signs of Trauma (> 3 months after event)

- Feeling irritable or bitter
- Difficulty thinking or making decisions
- Socially isolating from family or friends
- Avoiding places that bring back painful memories of the event
- Easily startled or scared by certain sights or sounds
- Problems completing work tasks
- Recurrent thoughts about the disaster or future disasters
- Difficulty sleeping, unable to sleep, or sleeping too much
- Fatigue
- Worrying more or fearful about future disasters
- Intense grief for weeks and months

For more resources or to
talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

References:
National Child Traumatic Stress Network. (2006). Psychological First Aid Field Operations Guide 2nd Edition. Rockville, MD: National Child Traumatic Stress Network

Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

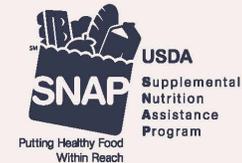
Substance Abuse and Mental Health Services Administration. (2022). Coping Tips for Traumatic Events and Disasters. Substance Abuse and Mental Health Service Administration. <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

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



Easy Tortilla Breakfast Pizza



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

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: \$3.25
Cost per serving: \$1.08

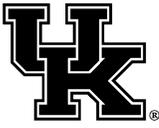
Nutrition facts per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service





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

Wolfe County
 20 N Washington Street
 PO Box 146
 Campton, KY 41301-0146

Non Profit
 US Postage Paid
 Permit # 4
 Campton, KY

RETURN SERVICE REQUESTED



Broccoli Salad with Creamy Feta Dressing

- | | | |
|---|---------------------------------|--|
| ½ cup reduced -fat feta cheese, crumbled | 2 cloves garlic, minced | 1 can (7 ounces) chick peas, drained and rinsed |
| ½ cup non-fat plain yogurt | ½ teaspoon black pepper | ½ cup red bell pepper, chopped |
| 1 tablespoon lemon juice | 3 cups broccoli, chopped | ½ cup red onion, chopped |

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl.

Add broccoli, chickpeas, red pepper and onion.

Toss to coat.

Serve at room temperature or chilled.

Yield: 5, 1 cup servings.

Nutritional Analysis: 100 calories, 3 g fat, 7 g protein, 13 g carbohydrate, 5 mg cholesterol, 260 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

