



# Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

February was another month of chaotic weather in Kentucky. Despite the challenges brought on by the devastating Eastern Kentucky flood, we came together to support those in need. Our clothing drive initiative was a great success with the help of our communities generous donations providing free clothing to over 75 individuals through our online form system and even more in person. After helping those we could that were affected by the flood, we opened up the clothing to anyone in need.

We had a wonderful time at the Laugh and Learn Playdate, where several youth connected through togetherness and enjoyed a fun, interactive hour of learning through play. The Paper Trails workshop was another great program, encouraging creativity to preserve memories through the art of scrapbooking.

March has many things in store from the in school sessions through 4-H, the Laugh & Learn Playdate, Paper Trails, Teen Cuisine, It's Your Reality Program at MCHS and more!

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## Stay Connected



606-298-7742



[martin.ca.uky.edu](http://martin.ca.uky.edu)



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# Family & Consumer Sciences

## Paper Trails

We kicked off an exciting new program last month titled Paper Trails. Our after-hours scrapbook class invites participants to bring their own photos and binders or notebooks to create personalized memory keepsakes while connecting with others. We plan to offer this program monthly with our next meeting being March 20th at 5pm. We can't wait to see you there!



## Laugh & Learn

In February, we hosted another successful Laugh & Learn Playdate, where the children had a blast celebrating Valentine's Day! The little ones had the chance to decorate personalized Valentine's Day cards, create Fruit Loop bird feeders, enjoy a healthy strawberry parfait snack, and much more. Laugh & Learn is held monthly for children ages birth to five. Registration is limited to 15 and is a series. Once you register for the event, you will not need to register again until August. However, if you miss two consecutive Playdates, your name is removed from the list to make room for the waitlist.





# MONEYWISE

## VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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### THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

#### SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

#### PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

**Variable costs**, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

#### Cooperative Extension Service

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with your assistance

with your assistance

## NOTE EACH MONTHLY "PAY DAY" (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and "extras" are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly "pay day" (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

#### SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don't go grocery shopping until you've shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we're trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

#### LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren't wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered "a penny saved is a penny earned."





**MARCH 2025**  
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://ces-hes.ca.uky.edu/content/health-bulletins>

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**THIS MONTH'S TOPIC**  
**THE POWER OF POSITIVE LANGUAGE AROUND FOOD**



**T**he way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthier relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

**Continued on the next page** →



**While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.**

→ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are "good" and others are "bad." While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like "enjoying," "savoring," or "appreciating," we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

**REFERENCES:**

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus/96> are-you-ready-to-stop-feeling-bad-about-your-eating
- Elyn Satter Institute. (n.d.). The Joy of Eating: Being a competent eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-eat-the-joy-of-eating-being-a-competent-eater>







## Giving Back

Two key values emphasized in 4-H are community service and leadership.

This month, in light of the devastating flooding in our county and surrounding areas, there has been no shortage of opportunities to volunteer. While we have observed many youth from our community actively volunteering in various ways, six young individuals dedicated their time to our office, supporting our clothing drive initiative.

Our 4-H motto is "Learn by Doing," and these youth have not only done just that, but they have also Lead by doing.

We want to highlight their efforts and spotlight their humanitarian actions as the first members of a group we would like to call the Martin County 4-H Changemakers; Isabella Jarrell, a MCHS student, Kennedy Maynard, Harleigh Maynard, Christal Hinkle and Madelyn Hinkle all students of MCMS and Bailey Hinkle a student of Eden Elementary. Learn more about these 4-H'ers on pages 6 & 7.

## News and Updates

- Photography Exhibit Tentatively April 10th.
- Reality Store @ MCHS rescheduled to April.
- Teen Cuisine MCHS scheduled for March 19.
- Paper Trails scrapbooking class April 20th @ 5pm
- Middle School Afterschool Programs on Thursday 3:15-4:00
- Inez Elementary Afterschool Programs on Tuesdays 3:15-4:00
- Camp Information coming soon.

## SAVE THE DATE

4-H Camp 2025

July 29-August 1





# MARTIN COUNTY 4-H CHANGEMAKERS!

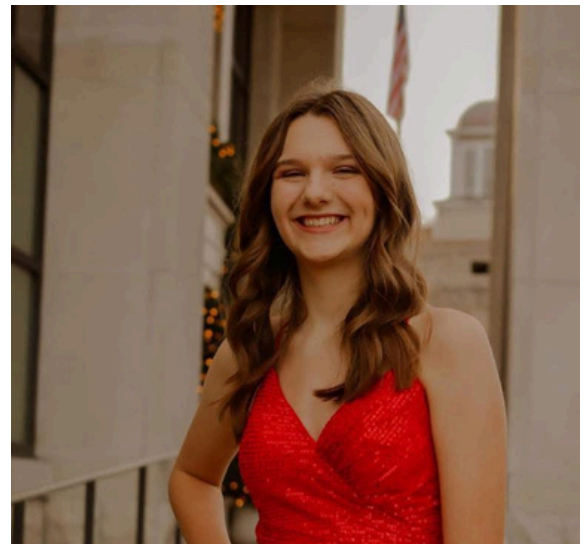


My name's Harleigh Maynard. I'm 13 years old and I attend Martin County Middle School. I spend a lot of time playing softball and basketball but one thing I love doing best is helping others in need!! I love helping people because I love seeing people happy and to see them succeed. Having a positive impact on someone else could help you change your own outlook and attitude, making you become a glass half full type of person.

*Harleigh has attended 4-H Camp, been a part of 4-H activities and volunteered her time at our office to sort, fold and separate clothing donations for people affected by the recent flooding! She is a great role model and leader in our community and we look forward to seeing more of her leadership skills in the future.*

Hi, my name is Christal Hinkle and I attend Martin County Middle School. I love playing softball and going fishing, but most of all I love helping people. Seeing the smiles on peoples faces always makes my day, especially because you never know how much the little things may mean to someone.

*Christal has attended 4-H Camp, participates in many 4-H activities, actively volunteers regularly in afterschool programs, in office events and recently spent countless hours at our office during school closures to sort, pack and deliver clothing to those affected by flooding. She is a great leader and role model in the community!*



Kennedy Maynard is a seventh grader at Martin County Middle School. Her interests are Wrestling, Volleyball and Traveling. She wanted to help because she saw people losing everything and wanted to offer a helping hand and give back to her community.

*Kennedy has attended 4-H camp and recently donated and helped sort and organize several donations during our clothing drive for those affected by the floods. She also volunteered her time in other ways helping those in need in other areas of our community. She is a great role model and leader in Martin County!*



My name is Madelyn Hinkle, I am in 7th grade at Martin County Middle School. I like to play softball and spend time with my family and friends. I like to help people because you never know what other people are going through and it makes me happy to know that I could help make another persons day a little better.

*Madelyn has attended 4-H camp for two consecutive years. She actively is involved in setting up and cleaning up programs in our office and at afterschool programs. She helped sort and organize clothing during the recent clothing drive for those affected by the flood, and has worn the Wally Cat Costume at Inez Elementary and for the Harvest Festival Parade last fall. She is a great leader and role model in our community.*



Hello, my name is Isabella Jarrell! Dancing and spending time with my loved ones are some of the things i hold closest to my heart. This community has always been more than just a place to live. Its where I built memories with so many others who call it home too, and when the flood struck it was so heartbreaking to see so many people lose so much suddenly. I felt it was important to help in any way I could, because I know I'd want someone to do the same if I were in their position.

*Isabella attended 4-H camp last year as a teen counselor in training. She was a mentor to younger campers and was actively involved in guiding and leading younger youth in their weeklong adventures at camp. She also was a big help in sorting clothing at our clothing drive and has been involved in several 4-H and Extension programming as a teen leader. We look forward to continuing to see her thrive as a community leader and mentor!*

Hi, I am Bailey Hinkle, I am 8 years old and in second grade. I like to play Roblox, go camping, play outside and play baseball. I like to help people because you never know what other people are going through.

*Bailey has not been able to attend camp yet, but she is eagerly awaiting next year when she will finally be old enough to attend. She has been a big help in several events helping prepare and clean up after. Recently she sorted childrens shoes section of our clothing donations and made a system of putting the shoes in boxes with the sizes on them to make finding a size much easier. Bailey is already showing great leadership skills!*



# Agriculture & Natural Resources

## March Gardening Tips for a Successful Spring Season

As the soil begins to dry and the temperatures warm, it's time to get your garden ready for the spring growing season. Here's a quick guide to help you plan your March plantings and ensure a productive garden this year.

### Soil Preparation

March is the perfect time to start preparing your garden soil. If you have a small area to work with and the soil is easy to manage, you can skip heavy tilling. Instead, opt for light digging with a shovel or hoe to get things ready for planting. This will help create the right environment for your crops to thrive.

### Crops to Plant in March

Different crops thrive at different times of the month, so here's what to plant depending on the time of March:

- Early March: Start by planting spinach and peas. These cool-season crops can tolerate early spring conditions and will establish quickly.
- Mid-March: It's a good time to plant collard plants, onion sets and seeds, radishes, rhubarb, asparagus crowns, beets, kale, and parsley. These hardy varieties will do well as the weather continues to warm up.
- End of March: Plant cole crops like cabbage, cauliflower, and broccoli, along with potatoes and lettuce. These vegetables thrive as the soil continues to warm and the days get longer.

### Regional Timing

Planting times can vary depending on where you live. In Kentucky, these dates are generally the best for planting. If you're in the western part of the state, you can plant a little earlier, while in the eastern part, it's better to wait a bit longer. Always check seed packets for specific temperature recommendations to get the best results.

### Planting Tips

For the best results, follow the planting depth and spacing instructions on your seed packets. When planting crops like lettuce, radishes, and spinach, consider planting them closer together and thinning them out as they grow. If you're short on space, you can also try growing "baby" vegetables, which are perfect for a variety of dishes.

### Engage the Kids

Gardening can be a fun and educational experience for children. Encourage your little ones to get involved by planting and harvesting. Growing baby vegetables, which are smaller and easier to manage, can be a great way to get kids excited about trying new veggies they may not have considered before.

### Cutworm Protection

If you notice any damage from cutworms (small, destructive larvae), gently dig around the affected plants to remove them. To protect your young transplants, create a simple barrier around the base of the plant using cardboard or aluminum foil. This will keep the cutworms away for the first few weeks as your plants establish themselves.

### Start a Garden Journal

Documenting your gardening efforts is a great way to track your progress throughout the season. Keep a journal of what you plant, including the varieties, planting dates, and how they grow. Encourage your children to add photos to the journal as well, making it a fun family project that can be looked back on for years to come.

Happy gardening!



# Agriculture & Natural Resources



## Soil Samples

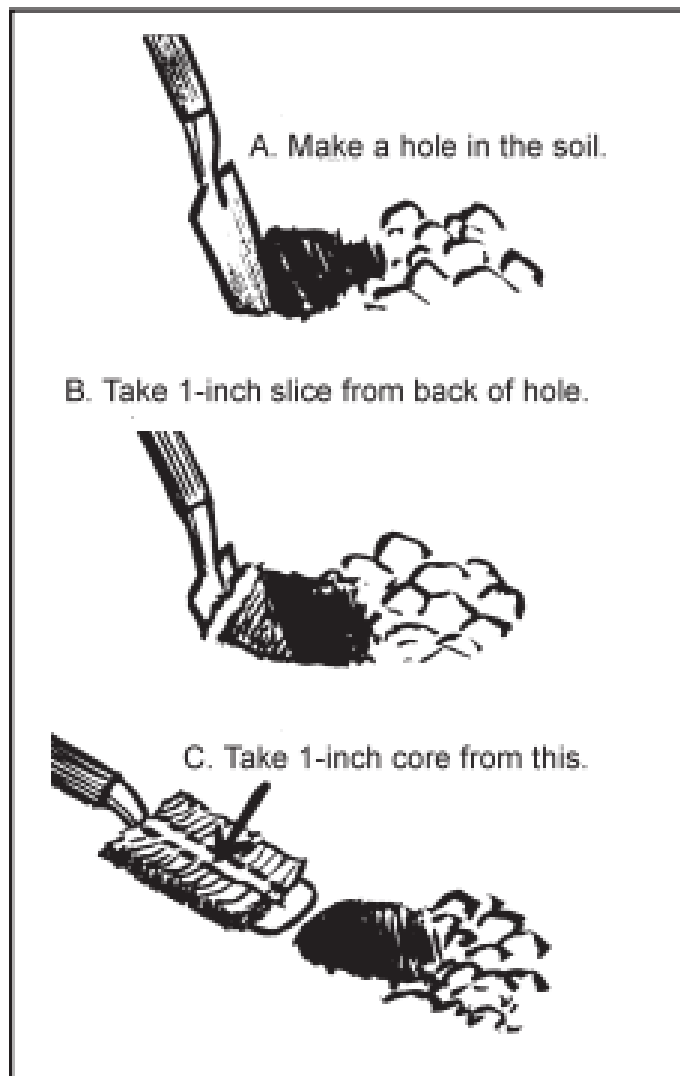
**Why should you get a soil sample?** The test results help determine fertilizer and lime requirements. This will save you time and money in the long run by helping you to determine the requirements based on what you want to grow. After you take the sample, return it to The Extension office. We will send your sample to UK for analysis. UK will send the ANR agent the analysis and will contact you with the information. The agent will help you with any questions and guide you in your garden planning as needed.

**To take a soil sample,** push a spade 7 inches into the soil and throw the soil aside. Take another 1-inch slice of soil from the back of the hole the full depth of the hole. Remove all the soil but the center 1- to 2-inch-wide core. Place this core of soil in a clean bucket (Figure 20.1). Repeat the procedure in different spots to get a representative sample of the whole garden and to get about 1 pint of soil. Mix the composite sample well and put it on some paper to dry for about two days at room temperature.

For more information, please contact us at 606-298-7742.

*Source: Publication ID-128, Home Gardening in Kentucky*

**Figure 20.1.** Taking a soil sample.



### Remember:

- Label your sample with your name, phone number, email or mailing address.
- Be sure to **DRY** your sample at room temperature for about two days to ensure the sample is ready to be processed.
- Put the sample in a ziplock bag or grocery bag once dry to transport to the Extension Office.





# MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



## PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY  
AGRICULTURE  
FAMILY & CONSUMER SCIENCES  
NATURAL RESOURCES

HEALTH & WELLBEING  
LEADERSHIP  
COMMUNICATION  
EXPRESSIVE ARTS

**Paper Trails**

Just bring a notebook or scrapbook, your photos, and any extras you'd like to add!

March 20th  
5:00  
9 Holy St, Inez KY  
41224

an equal opportunity organization

# IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



## PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY  
AGRICULTURE  
FAMILY & CONSUMER SCIENCES  
NATURAL RESOURCES

HEALTH & WELLBEING  
LEADERSHIP  
COMMUNICATION  
EXPRESSIVE ARTS

# LAUGH & LEARN PLAYDATE

Dates:

Jan 24th

Feb 14th

Mar 21st

Apr 18th

May 16th

June 20th

Ages  
Birth-5!

Limited  
Spots  
Available!

Time: 11:00 am

Location: 9 Holy St. Inez, KY 41224

Register via QR Code or call (606) 298-7742





# Cooperative Extension Service

## Tentative Calendar of Events

# MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Heirloom Quilters @ 5	4 Pieciful Quilters	5 Hometown Homemakers @ 11	6 MCMS Afterschool	7	8
9	10 Heirloom Quilters @ 5	11 Pieciful Quilters EDB Meeting @ 4 IES Afterschool	12 HANDS Baby Shower MCMS Afterschool	13 GPAP @ 11	14 It's Your Reality @ MCHS	15
16	17 Heirloom Quilters @ 5 	18 PSAP 11-1 Pieciful Quilters IES Afterschool	19 MCHS Teen Cuisine MCMS Afterschool	20 EES K-2 Paper Trails @ 5	21 Laugh and Learn @ 11	22
23	24 Heirloom Quilters @ 5	25 Pieciful Quilters IES Afterschool	26 MCMS Afterschool	27 EES 3-6 Head Start Parent Meeting Food Pantry	28	29
30	31					



# Crunchy Air Fryer Fish



**Prep time: 10 minutes**

**Rest 10 minutes**

**Cook time: 10-15 minutes**

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the

- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

*No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.*

Makes 4 servings  
Serving size: 4 ounces  
Cost per recipe: \$7.72  
Cost per serving: \$1.93

**Nutrition facts**

**per serving:**  
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

**Source:**

Brooke Jenkins,  
Extension Specialist for  
Curriculum, University of  
Kentucky Cooperative  
Extension Service



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