



College of Agriculture,
Food and Environment
Cooperative Extension Service

HENDERSON COUNTY 4-H NEWSLETTER

February 2023 Edition

H A P P Y
Valentine's Day



Henderson County, Kentucky 4-H

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

February 2023 4-H Club & Activity Schedule

After School 4-H Clubs
Bullseye Brigade Shooting Sports Club
Cloverbud Club (5-8 years old)
Cooking Club
Fair Project Day
Herdsman Livestock Club
South Middle School Club
Riverside Riders Horse Club

February 5: Poultry, 4 pm (Expo Project Room)

February 7: Cairo After School

February 8: South Heights After School

February 9: A.B. Chandler After School

February 14: East Heights After School

February 14: Cooking Club, 4 pm (Expo Kitchen)

February 14: Herdsman Club, 6 pm (Expo Building)

February 16: Niagara After School

February 16: Riverside Riders, 6 pm (Expo Project Room)

February 20: Area Teen Council, 7th to 12th Graders (more information to follow)

February 20: Rabbit, 6 pm (Expo Project Room)

February 21: Spottsville After School

February 21: State Fair Project, 4 pm (Expo Project Room)

February 21: Herdsman Education, 6 pm (Expo Building)

February 22: Bend Gate After School

February 23: Jefferson After School

February 28: Cloverbud Club, 5 pm (Expo Kitchen)

To sign up for Cooking Club, State Fair Project
& Cloverbuds use the QR code! Spots are limited.



**Be sure to check our Facebook page for updates, changes or new club announcements!
Don't hesitate to call the office if your child is interested in the clubs listed above!**



MARK YOUR CALENDARS!

KENTUCKY 4-H PRESENTS
SUMMER
CAMP 2023
TIME WARP



West Kentucky 4-H Camp
Dawson Springs, KY

4-H Camp Dates: June 27-30
Paperwork Pick Up: March 1
4-H Camp Sign Ups: March 31

For more information on 4-H Camp, contact the office at (270) 826-8387.

LOOK AT THESE ROCKSTARS FROM OUR COOKING CLUB & STATE FAIR PROJECTS!





KINDNESS IS HOMEMADE



Ingredients:

- 1 Strawberry
- 10 Blueberries and/or raspberries

Directions:

1. Cut a "V" in the top of the strawberry, removing the core and forming a heart-shape.
2. Skewer the blueberries on a kabob-stick, top each the wand with the heart-shaped strawberry.

Source: Eat Smart to Play Hard: Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

Ingredients:

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

Directions:

1. Spread tortilla with a thin layer of ranch dressing.
2. Place turkey and diced vegetables on top of salad dressing.
3. Roll up and slice in half.

Source: Eat Smart to Play Hard: Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service

Tips

For a vegetarian option, replace turkey with 1/4-cup shredded cheddar.



Recipes courtesy of
University of
Kentucky NEP Plan, Eat,
Move

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Kind people are the best kind of people.

Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant

Ella Fourqurean

Ella Fourqurean,
4-H Youth Development Agent