

HENDERSON COUNTY 4-H NEWSLETTER

March 2024 Edition

Reminders

Herdsmen Lock In:
March 8th 6PM-11:30PM
CAMP SIGN UPS:
March 15th 7AM
Horse Camp:
May 3-5 ~ Sign ups due
March 15th




HENDERSON COUNTY 4-H BULLSEYE BRIGADE PRESENTS:

Pancake Breakfast

with the Easter Bunny & Chris Cakes 

WHEN: MARCH 16, 8:30AM-10:30AM
WHERE: NORTH MIDDLE SCHOOL
1707 SECOND ST, HENDERSON, KY

COST: TICKETS ARE \$10 AND INCLUDE:
UNLIMITED PANCAKES AND SAUSAGE, PICTURES WITH THE EASTER BUNNY, AND A PANCAKE FLIPPING SHOW!



For more information or to buy tickets call (270) 826-8387 or stop by the Henderson County Extension Office at 3341 Zion Rd.





Michael Biggs receiving the Achievement Award for Certified Shooting Sport Volunteer at the Kentucky Volunteer Forum



We recently returned from the Kentucky Volunteer Forum 2024. This program is built for Volunteers of all extension program members to attend activities like workshops, seminar on wheels, and various award ceremonies.

Henderson Co was represented by 17 volunteers and county extension staff. We had three members receive awards.

**Save the date for the next Forum
February 26th - 28th, 2026**



Rebecca Beard (3rd from the left) being recognized for completing the Master Accreditation Program at the Kentucky Volunteer Forum



Roman Beard receiving his 10 year 4-H Membership award at the Kentucky Volunteer Forum





Bullseye Brigade had their STEM project for the trap team. They built a double sided gun rack. The first thing that was done was a safety lesson on the tools by Coach Mike!



Cooking club youth showing off their charcutier board making



This month our Area Teen group went to Nashville to attend a Predators Hocket game. They toured the stadium and learned about different careers within the stadium and stadiums like it.





Crispy Oven Zucchini Fries

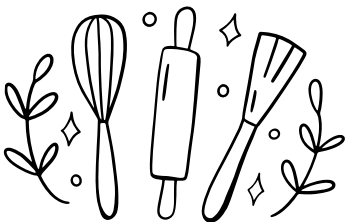
Ingredients

- 1/2 Cup All-Purpose Flour
- Pinch of Salt
- 1/2 teaspoon black pepper
- 1 egg
- 1/2 cup plain or panko breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon paprika
- Dash of salt
- 4 medium zucchini
- Nonstick Spray



Directions

1. Preheat oven to 450 Degrees
2. In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika, and a dash of salt.
3. Slice zucchini lengthwise into 1/2 inch thick pieces. Cut into 4-inch lengths and then into “fries” or strips.
4. Dip zucchini strips into the flour, then the egg, and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
5. Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.



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



Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant

Brianna Hill

Brianna Hill,
4-H Youth Development Agent