

HENDERSON COUNTY

4-H NEWSLETTER

November 2024 Edition



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HENDERSON COUNTY,
KENTUCKY 4-H



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& follow

ALERT

 Cooperative Extension Service

Would you like to continue receiving the 4-H newsletter?

Beginning in January 2025 you must have completed a current enrollment form (2024-2025) to continue receiving the newsletter!

You may pick up an enrollment form at the Henderson County Extension Office or download a pdf by scanning the QR code!



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



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Disabilities accommodated with prior notification.

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NOVEMBER

/ 24

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27

28

29

30

31

1

2

3

4-H Banquet @ 2 PM

4

5

Extension Office Closed
Election Day



6

Spottsville Afterschool

7

A B Chandler Afterschool

8

10

11

Cairo Afterschool

12

East Height Afterschool
Cooking 4 PM
Herdsman Business 6 PM
Expo

13

Bend Gate Afterschool
NMS Crochet Club
Afterschool

14

Niagara Afterschool
Buyer's Dinner 6 PM

15

Area Teens Event 8-3

16

17

18

19

South Heights Afterschool
Cooking @ HCHS
State Fair Project 4 PM
Herdsman Edu 6 PM Expo

20

Jefferson Afterschool

21

Holy Name Afterschool
Country Ham 5:30 PM
Riverside Riders 6:30
Expo

22

24

25

North Middle Afterschool

26

South Middle Afterschool
Cloverbuds 5 PM Expo
Teen Club 6 PM Expo

27

28

Extension Office Closed

29

Extension Office Closed

30



Santa Claus is

coming to town!



When: December 7, 2024

Where: Henderson Co. Extension Expo

Time: 2:00pm-4:00pm

Cost: \$5.00

***Includes picture with Santa!**

 Hot cocoa and cookies will also
be available for sale! 



***All proceeds will benefit the Henderson
County Fairboard livestock shows!**



Henderson County 4-H

Bullseye Brigade

Presents:

Pancake Breakfast

with the Grinch & Chris Cakes



When: December 14, 8:30am-10:30am

Where: Henderson County High School
Enter through Gate 1 (Use South entrance)

Cost: Tickets are \$10 and include unlimited pancakes & sausage, pictures with the Grinch and a pancake flipping show!

Also come shop our Whoville Market!



For additional information or tickets email hcbullseyebrigade@mail.com

Tickets may also be purchased at the Henderson County Extension office.



EGGROLL IN A BOWL

Ingredients:

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg



Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.
4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through.
7. Stir all ingredients together and serve.
8. Store leftovers in the refrigerator within 2 hours.



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

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RETURN SERVICE REQUESTED



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Allie Brasher,
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Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant

Brianna Hill

Brianna Hill,
4-H Youth Development Agent