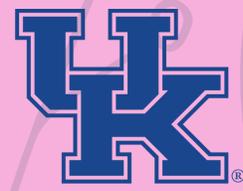


Henderson County 4-H Newsletter APRIL 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service



Join us in congratulating Isaac Holland for achieving GOLD! We are SO proud of him and all of his achievements throughout his years with Henderson County 4-H!



Henderson County, Kentucky 4-H

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

4-H Clubs & Activities

Art Club
Bullseye Brigade Shooting Sports Club
Cloverbud Club
Cooking Club
Dog Club
Herdsman Livestock Club
Photography Club
Riverside Riders Horse Club
Teen Club

April 2022 Monthly Club & Activity Schedule

April 1: 4-H Camp Sign Up
April 12: Jefferson Afterschool Club
April 12: Cooking Club, 4 pm (Expo Kitchen)
April 12: Herdsman Club, 6 pm (Expo 1 & 2)
April 13: East Heights Afterschool Club
April 14: Cairo Afterschool Club
April 14: Henderson County Speech & Demonstration Contest, 5 pm (Expo Building)
April 14: Riverside Riders, 6 pm (Extension Office Conference Room)
April 18: Rabbit Education, 6 pm (Expo Project Room)
April 19: Holy Name Afterschool Club
April 19: Art Workshop, 4 pm (Expo Project)
April 19: Livestock Education, 6 pm (Expo Building)
April 20: Bend Gate Afterschool Club
April 21: Niagara Afterschool Club
April 26: Spottsville Afterschool Club
April 26: South Middle School Afterschool
April 26: Cloverbud Club, 5 pm
April 27: South Heights Afterschool Club
April 28: A.B. Chandler Afterschool Club
April 30: Riverside Riders 4-H Fun Horse Show (Henderson County Fairgrounds)

Continue to follow our Facebook page for updates on meetings, date or time changes and information.

For more information on any of these clubs or activities, please contact either Allie Brasher (allie.brasher@uky.edu) or Ella Fourqurean (ella.fourqurean@uky.edu) OR call the Henderson County Extension Office (270) 826-8387.

Henderson County 4-H Summer Day Camp Schedule



May 26-27 Cooking Day Camp,
8 am - 1 pm (Expo Building)

June 23 Natural Resources Day Camp,
9 am - 3 pm (Location TBA)

June 28-29 Fair Project Day Camp,
9 am - 2 pm (Expo Building)

July 14 Cloverbud Day Camp,
8 am - 12 pm (Expo Building)

Sign-Ups will start on **May 2, 2022** by calling the office to
reserve your spot! (270) 826-8387

Let's head to the kitchen!



Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons
½ large cabbage head, chopped	¾ cup plain non-fat	olive oil
1 cup golden raisins	Greek yogurt or	½ teaspoon
1 cup halved red grapes	plain regular yogurt	Dijon mustard
1 pint sliced strawberries	3 tablespoons	1 teaspoon
½ small red onion, sliced	honey	poppy seeds
½ cup toasted and chopped	6 tablespoons	1 teaspoon salt
pecans (optional)	apple cider vinegar	½ teaspoon pepper

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped
1½ cups skim milk	1 loaf (12 ounces) French	almonds
1 tablespoon sugar	bread, cut into 1 inch cubes	Honey, if desired
½ teaspoon vanilla	3 ounces fat free cream	
¼ teaspoon salt	cheese, cut into ½ inch cubes	

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

2022 Kentucky Volunteer Forum Henderson County Award Winners



10 Year Award:
Mary Kate Miller, Emma
Mayes, Isaac Holland &
Paige Ford

TEAM Award:
Emma Mayes, Isaac
Holland, Montana Fehd,
Dedra Griffin & Heather
Fehd



Teen Community Service
Award: Raecy Adair

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



If you see someone without a smile,
give them yours.

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