

HENDERSON COUNTY

4-H NEWSLETTER

February 2025 Edition

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HENDERSON COUNTY,
KENTUCKY 4-H



*Every
chapter is
a new
adventure*

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



Disabilities
accommodated
with prior notification.

FEBRUARY

02

/ 25

SUNDAY

MONDAY

TUESDAY

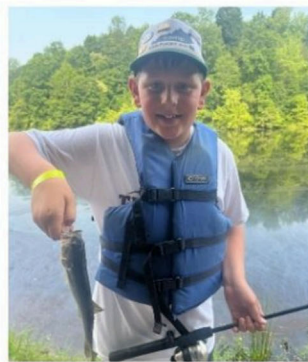
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	31	1
2	3	4 Cairo Afterschool	5 Spottsville Afterschool	6 A B Chandler Afterschool	7	8
9	10	11 East Heights Afterschool Cooking Club 4 PM Expo Herdsmen 6 PM Expo	12 Bend Gate Afterschool Riverside Riders 3:30 Expo	13 Niagara Afterschool Riverside Riders 6:30 Expo	14	15
16	17	18 South Heights Afterschool State Fair Projects 4 PM EXPO Herdsmen Edu 6 PM Expo	19 Jefferson Afterschool Riverside Riders 3:30 Expo	20 Country Ham 5:30 Riverside Riders 6:30 Expo	21	22
23	24 North Middle Afterschool 3:30	25 South Middle Afterschool 3:30 Cloverbuds 5 PM Expo	26	27	28 Riverside Riders 6:30 Expo	1



UK Cooperative
Extension Service

4-H Camp

JUNE 24-27



Payment Accepted:

- Cash
- Check
- Credit/Debit Cards

COST: \$105

Activities include: Zip-Lining, Canoeing/Kayaking, Swimming, Archery, Riflery, Agriculture, Nature, Low Ropes, crafts, sports, Gaga Ball, Hammock-ing, indoor/outdoor cooking, recreation, hair braiding, fishing, and more!

***AGES: 9-15**

4-H Camp sign-ups will begin March 28 at 7am!

Spots are limited!! We need male and female volunteers (16+) to attend!

Registration will not be accepted earlier than March 28, 2025*

This is an overnight camp located in Dawson Springs, KY. We will take a bus from the Henderson County Extension Office, leaving Tuesday morning and returning Friday afternoon

***Volunteers (teens (15-17) and adults) attending 4-H Camp may sign up and turn their paperwork in prior to camper registration sign up date.**

For more information or to sign up please stop by the Henderson County Extension Office located at 3341 Zion Rd in Henderson, KY, call 826-8387, or email Allie.Brasher@uky.edu



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4-H Youth Development
Community and Economic Development

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Project Club made snowman creations this month. Livestock club learned about meat cuts and proper cooking techniques.



KENTUCKY SWEET POTATO BREAD

Ingredients:

- ¼ cup margarine
- ½ cup brown sugar
- 2 eggs
- 1 cup cooked mashed sweet potatoes
- 3 tablespoons milk
- 1 tablespoon grated orange peel
- 1 ½ cups self-rising flour
- ½ cup whole wheat flour
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- 2 tablespoons chopped pecans



Directions:

1. In a mixing bowl, cream ¼ cup margarine and ½ cup brown sugar.
2. Add eggs and mix well.
3. Add sweet potatoes, milk, and grated orange peel; mix well.
4. In a separate bowl, mix flours, allspice, nutmeg and pecans.
5. Blend the wet and dry mixtures, stirring only until just combined.
6. Spray a 9-inch x 5-inch x 3-inch loaf pan with nonstick cooking spray.
7. Pour mixture into pan and bake at 350°F for 45 to 50 minutes.
8. When the loaf is removed from the oven, allow to cool for 10 minutes before applying glaze.



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

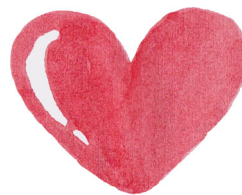
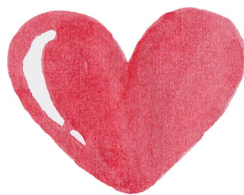


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Brianna Hill

Brianna Hill,
4-H Youth Development Agent