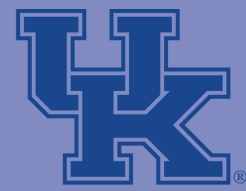


Henderson County

4-H Newsletter

MAY 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

Kentucky 4-H Teen Conference

June 14-17, 2022

University of Kentucky

Price: \$250

Due: Wednesday, May 18, 2022

8th - 12th Grade Students

Become acquainted with college life, career readiness, explore degrees, improve communications skills, expand social skills, have fun and expand 4-H Core Content area knowledge!



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

May 2022 Monthly Club & Activity Schedule

May 2: Summer Day Camp Sign Ups (call the office, (270) 826-8387)

May 3: Jefferson After School Club

May 4: East Heights After School Club

May 5: Cairo After School Club

May 6: Cloverbud Camp Paperwork Due

May 7: Livestock Tag-In (Henderson County Fairgrounds)

May 10: Holy Name After School Club

May 10: Cooking Club, 4 pm (Expo Kitchen)

May 10: Herdsman Club, 6 pm (Expo 1 & 2)

May 11: Bend Gate After School Club

May 12: Niagara After School Club

May 12: Riverside Riders, 6 pm (Expo 1 & 2)

May 14: Green River Area Horse Camp

May 17: Spottsville After School Club

May 17: Art Club, 4 pm (Expo Building)

May 17: Livestock Education, 6 pm (Expo Building)

May 18: South Heights After School Club

May 19: A.B. Chandler After School Club

May 24-25: Babysitting Camp (call the office to sign up (270) 826-8387)

May 24: Cloverbud Club, 5 pm (Expo Building)

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

May 30: Memorial Day (Henderson County Extension Office CLOSED)

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)
\$5/person - 20 spots

June 23 Natural Resources Day Camp,
9 am - 3 pm (Location TBA)
\$5/person - 30 spots

June 28-29 Fair Project Day Camp,
9 am - 2 pm (Expo Building)
\$10/person - 30 spots

July 14 Cloverbud Day Camp,
8 am - 12 pm (Expo Building)
\$5/person - 20 spots

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

A MESSY KITCHEN IS A SIGN OF HAPPINESS!



Honey Raisin Muffins

½ cup + 2 tablespoons all purpose flour	¼ teaspoon baking soda	1 cup skim milk
½ cup + 2 tablespoons whole wheat flour	1 teaspoon ground cinnamon	½ cup honey
¾ teaspoon baking powder	¼ teaspoon salt	2 egg whites
	2 cups bran flake cereal with raisins	3 tablespoons unsweetened applesauce
		2 tablespoons canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

- and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
 - 4. Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
 - 5. Bake** at 400°F for 15-18 minutes.
 - 6. Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



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



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

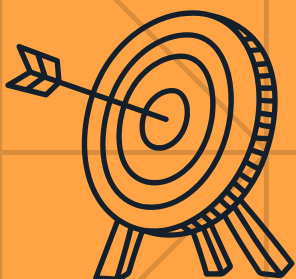
Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





JOIN US FOR THE Bullseye Brigade Kick Off

Friday, April 29, 2022 - Rangers Gun Club
(weather permitting)



Check on Facebook for
updates if there are changes.





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

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

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In honor and in memory of those who have selflessly given and valiantly served our Nation, we thank you!



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