

# Henderson County 4-H Newsletter

February 2022 Edition



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## MARK YOUR CALENDARS!

### 4-H CAMP: JULY 5-8, 2022

Paperwork Pick Up: March 1, 2022

4-H Camp Sign Ups: April 1, 2022

For more information on 4-H Camp, contact the office  
at (270) 826-8387



## Kentucky 4-H Teen Summit

March 17-19, 2022

West KY 4-H Camp

**Deadline to register: February 14, 2022**

For more information on Teen Summit, contact the office  
at (270) 826-8387



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

## February 2022 Monthly Club & Activity Schedule

February 1: Jefferson Afterschool Club  
February 2: East Heights Afterschool Club  
February 3: Cairo Afterschool Club  
February 8: Holy Name Afterschool Club  
February 8: Cooking Club, 4 pm (Expo Kitchen)  
February 8: Herdsman Club, 6 pm (Expo 1 & 2)  
February 9: Bend Gate Afterschool Club  
February 9: North Middle School Afterschool Club  
February 10: Niagara Afterschool Club  
February 10: Riverside Riders, 6 pm (Expo Conference Room)  
**February 14: 4-H Teen Summit Sign-Up Deadline**  
February 15: Spottsville Afterschool Club  
February 15: Art Club, 4 pm (Expo Project)  
February 15: Livestock Education, 6 pm (Expo Building)  
February 16: South Heights Afterschool Club  
February 17: A.B. Chandler Afterschool Club  
February 22: South Middle School Afterschool Club  
February 22: Cloverbud Club, 5 pm (Expo Building)

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](mailto:allie.brasher@uky.edu)) or Ella Fourqurean ([ella.fourqurean@uky.edu](mailto:ella.fourqurean@uky.edu)) OR call the Henderson County Extension Office (270) 826-8387.**

4-H CAMP SIGN UP BEGINS  
FRIDAY, APRIL 1, 2022

JULY 5-8, 2022



BEGIN PICKING PAPERWORK UP ON  
TUESDAY, MARCH 1, 2022

COME HAVE FUN  
WITH US!

# SOMETHING SWEET, SOMETHING SAVORY



## Blackberry Peach Crumble

- 2 cups** fresh blackberries
- 2 cups** peeled and sliced fresh peaches or 1 (16 ounce) bag frozen peach slices, thawed
- 1 teaspoon** grated lemon peel
- 2 tablespoons** cornstarch
- 1/3 cup**, plus **1/2 cup** packed brown sugar
- 1/2 cup** all-purpose flour
- 1/2 cup** chopped blanched almonds, (optional)
- 1/4 teaspoon** salt
- 6 tablespoons** butter, cut into pieces

**Combine** blackberries, peaches, lemon peel, cornstarch and 1/3 cup brown sugar in a large bowl.

**Pour** ingredients into a lightly greased 8 inch baking dish.

**Mix** together flour, almonds, salt, and remaining 1/2 cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

**Sprinkle** flour mixture over fruit.

**Bake** in a pre-heated 400° F oven for 30 minutes.

**Cool** 10 minutes prior to serving.

**Yield:** 8, 1/2 cup servings

**Nutritional Analysis:** 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber. Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

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



## Green Bean Bundles

- 1 pound** fresh green beans
- 1/4 teaspoon** black pepper
- 12 slices** turkey bacon
- 2 tablespoons** unsalted butter
- 2 cloves** garlic, minced
- 1/8 teaspoon** ground cinnamon
- 1/4 teaspoon** allspice

**1. Preheat** oven to 400° F.

**2. Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.

**3. Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.

**4. Lay** each bundle, seam side down in a large

baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.

**5. Brush** the mixture over the top of each green bean bundle with a pastry brush.

**6. Cover** with foil and bake for 35 minutes.

**7. Remove** foil and bake for 15 additional minutes, until bacon is crisp.

**Yield:** 12 bundles

**Nutritional Analysis:** 60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.

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



# HENDERSON COUNTY EXTENSION SERVICE

## 2021 HALL OF FAME BANQUET 4-H VOLUNTEER WINNERS



BARN Dinner Participants  
Ana Claire Tichenor & Isaac Holland  
(Not Pictured: Raecy Adair  
& Travis Herndon)



Alice & the late Ralph Skaggs

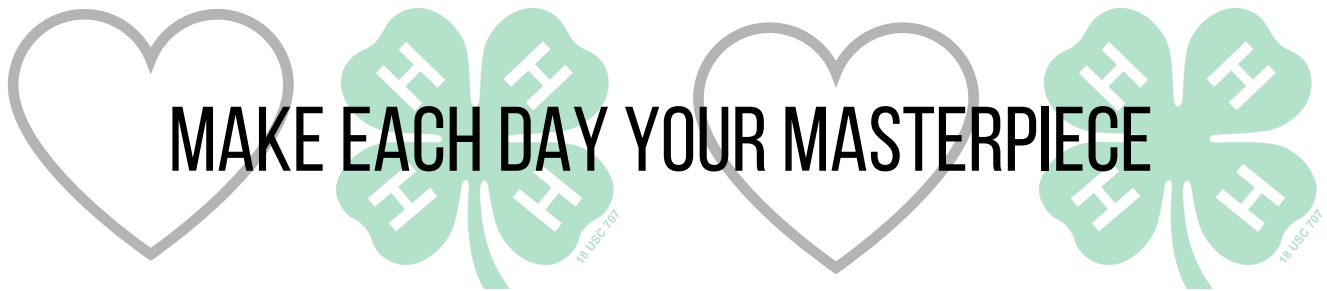


University of Kentucky  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED

NONPROFIT ORG  
US POSTAGE PAID  
HENDERSON KY  
PERMIT 564



Allie Brasher,  
4-H Youth Development Agent

Christi Johnson,  
4-H Youth Development Program  
Assistant

Ella Fourqurean,  
4-H Youth Development Agent