



December 2022

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Cloverbuds:

No December meeting!!! We are in need of a volunteer leader for this club. If you are interested, please email Rebecca!

Teen Council:

Will meet on December 20th at 4:30 pm! They will meet on the Third Tuesday of each month at the Extension Office. This is open to youth in grades 6-12.

Homeschool:

Will meet on December 20th at 11:00 am! They will meet on the Third Tuesday of each month at the Extension Office.

Lego Robotics:

Will meet on December 13th at 5:00 pm! They will meet on the Second Tuesday of each month at the Extension Office.

Heritage School Club:

First Tuesday of each month at school. December 6th is the next meeting!

Tygart Creek School Club:

The first meeting will be on November 9th from 3:30pm-4:30pm at school.

IMPORTANT DATES

School Enrichment Dates:

January 9th- Virtual Academy January 11th- Star Elementary January 12th- Olive Hill Elementary January 17th- Prichard Elementary January 24th- Tygart Creek Elementary

Cloverbud Summer Camp:

June 2-4 at North Central 4-H Camp. Enrollment information will be announced in the spring

4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment information will be announced in the spring.











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.



On November 15, the Carter County Teen Council, including Kelsey Wilson, Brooklyn Middleton, Nevaeh Kouns, and Darrin Yates, made holiday cards to be delivered to the residence at the Friendship House, the Chapel House, and the nursing home. If you are interested in joining the Teen Council, we meet every 3rd Tuesday of the month at the Carter County extension office.

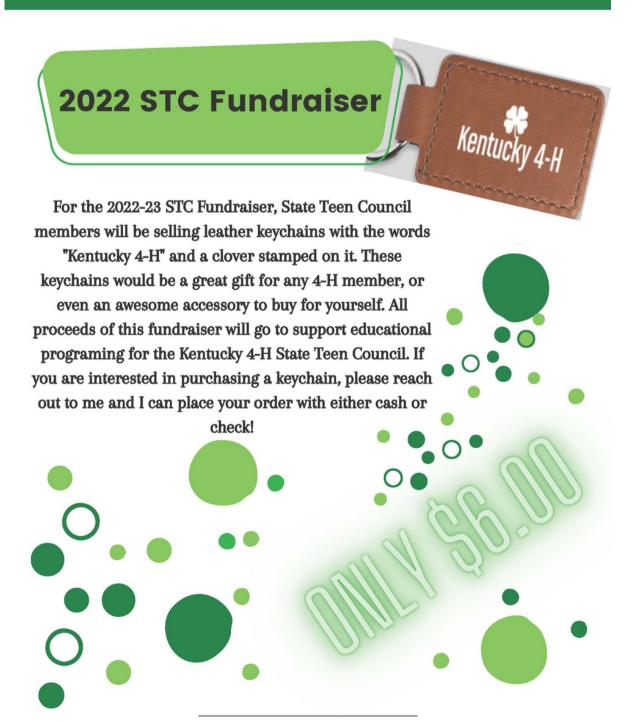
Submitted by Kelsey Wilson





Carter County 4-Her, Kenzie Owens, is on the Kentucky 4-H State Teen Council and they are doing a fundraiser. If you are interested in ordering one of these keychains, please email her at ccakenziemarie@gmail.com

Kentucky 4-H State Teen Council





4-A Summer Camp

ARE YOU WANTING TO GIVE THE GIFT OF SUMMER CAMP?

IF SO... EMAIL REBECCA.HAYES@UKY.EDU
TO SPONSOR A SCHOLARSHIP!
DEADLINE IS JUNE 30.

What you will be funding:

- New Friends
- Memories that last a lifetime
- Independency

LEXINGTON, KY 40546

Learning new skills

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.





Save the Date 4-H Summer Camp 2023 August 1st - August 4th





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





University of Kentucky College of Agriculture, Food and Environment



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

Make and Take

Worshops

Charcuterie Boards-October 24, 5:00pm

Cookie Decorating-November 21, 5:00pm

Fresh Winter Centerpieces and Bows-December 14, Noon

Basic Quilting- January 27, 9am-3pm

Edible Arrangements- February 9, 5pm

Embroidery- March 23 11am & 5pm

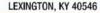
Tie Dye-April 6, 1:00

Mother's Day Floral Arrangements-May 11, Noon

Workshops are offered at the Carter County Extension Education Center for all ages. Pre-Registration is required, and cost of supplies will vary. Collaboration between ANR, 4-H, and FCS Extension. Schedule is subject to change.

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.











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







Honey Raisin Muffins

1/2 cup + 2 tablespoons all purpose flour

1/2 cup + 2 tablespoons whole wheat flour

3/4 teaspoon baking powder

- 1. Combine flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- 2. In a large mixing bowl, combine cereal, milk and honey; let stand for 2 minutes to soften. Stir in egg whites, applesauce 6. Cool 10 minutes before

1/4 teaspoon baking soda

1 teaspoon ground cinnamon

1/4 teaspoon salt

2 cups bran flake cereal with raisins

1 cup skim milk

1/2 cup honey

2 egg whites

3 tablespoons

unsweetened applesauce

2 tablespoons canola oil

Yield: 12 muffins.

Nutrition Analysis:

150 calories, 3 q fat, 0 mg cholesterol, 170 mg sodium, 30 a carbohydrate,

2 g fiber, 15 g sugar, 4 g protein.



and oil: mix well.

- 3. Add dry ingredients and stir until moistened.
- 4. Fill a greased or paperlined muffin pan 3/3 full.
- 5. Bake at 400°F for 15-18 minutes.
- removing from pan.

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

Kentucky Honey

SEASON: Honey is harvested in July and August.

NUTRITION FACTS: 1 tablespoon of honey has 60 calories, 0 g fat, 17 g carbohydrate, 0 g protein.

SELECTION: Bees prepare honey from nectar collected from the flowers and blossoms of trees. Color and flavor is determined by the blooms.

STORAGE: Store honey at room temperature, in an air-tight container for up to 2 years.

PREPARATION: Honey can be used in cooking in place of sugar. For baking with honey, substitute honey for up to ½ the sugar in recipes. Reduce

Source: www.honey.com

the liquid in the recipe by 1/4 cup for each cup of honey used. Add ½ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent overbrowning. Honey has a higher

sweetening power than sugar. It will take less to sweeten your recipe.

HONEY

Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Nutrition and Food Science students

March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE EXTENSION SERVICE

