



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

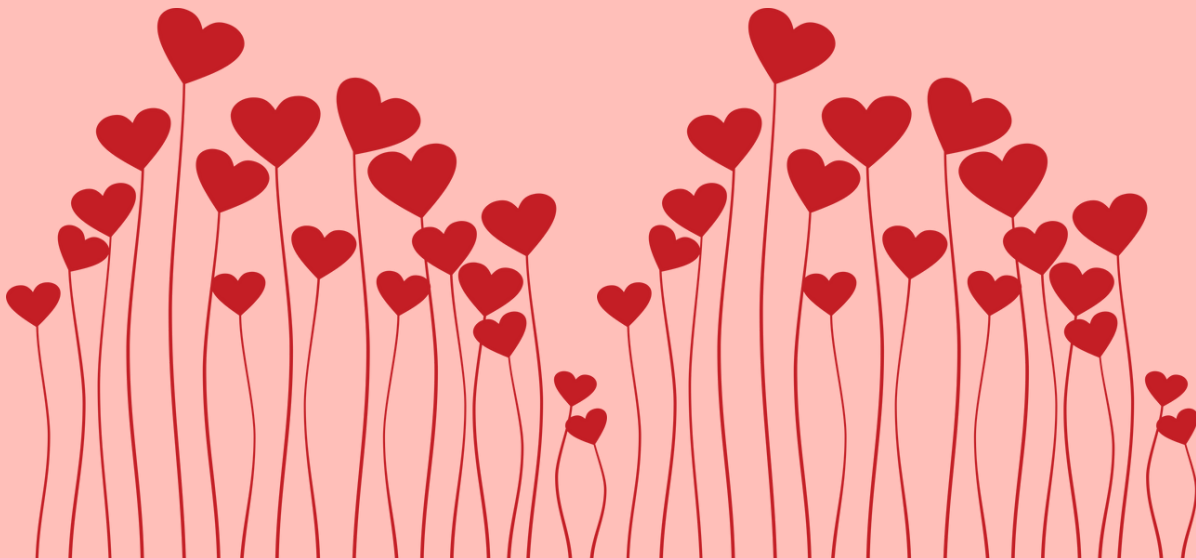


February 2023

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

February



Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Teen Council:

Will meet on February 21st 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 February 21st at 11:00 am!
They will meet on the Third Tuesday of each month at the Extension Office.

Lego Robotics:

Will meet on February 14th at 5:00 pm!
They will meet at the Extension Office on the Second Tuesday of each month.

Heritage School Club:

Contact Nicole Flaughter for more information!

Tygart Creek School Club:

Contact Zoie Morrison for more information!

Livestock Club:

February 3rd, 13th, and 27th from 5:30pm - 7:00pm at the Extension Office

IMPORTANT DATES

School Enrichment Dates:

February 6th- Virtual Academy
February 7th- Olive Hill Elementary
February 15th- Star Elementary
February 21st- Prichard Elementary
February 28th- Tygart Creek Elementary

Communications Day:

Speech and Demonstrations will be on April 20th. Sign-up information will be announced in the March Newsletter.

Projects:

Completed projects are due to the office by 4:30 pm on April 21st.

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.

If Carter County Schools are canceled due to weather, there are no 4-H activities that day!



@CarterCountyKY4H



@cartercounty4h

Rebecca Hayes



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



State 4-H Information

KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

Songwriting

Poetry

Original Monologue

Press Release

Public Service Announcement

"What 4-H Means to Me" Essay



Written Communication Contest:

The deadline to turn in your written communication entry is
February 24th by 4:30 pm.

Have it emailed to rebecca.hayes@uky.edu.



CARTER COUNTY 4-H PRESENTS



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4-H Youth Development

BECOME A VOLUNTEER



VOLUNTEERS NEEDED

**16
FEB**

REALITY STORE

WEST CARTER MIDDLE SCHOOL

Carter County 4-H will be providing Reality Store for Carter County 8th graders! We are partnering with FRYSC to provide this educational opportunity for youth to learn "hands-on" what it takes to live day-to-day. More information to come. Please email Rebecca if you are interested in volunteering!

REBECCA.HAYES@UKY.EDU

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4-H Youth Development

4-H

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**
- Learning new skills**

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Save the Date

4-H Summer Camp 2023

August 1st - August 4th



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Make and Take

Workshops

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.

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Honey Raisin Muffins



½ cup + 2 tablespoons
all purpose flour

½ cup + 2 tablespoons
whole wheat flour

¾ teaspoon baking
powder

¼ teaspoon baking soda

1 teaspoon ground
cinnamon

¼ teaspoon salt

2 cups bran flake cereal
with raisins

1 cup skim milk

½ cup honey

2 egg whites

3 tablespoons

unsweetened applesauce

2 tablespoons canola oil

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

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.



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 $\frac{1}{2}$ the sugar in recipes. Reduce

the liquid in the recipe by $\frac{1}{4}$ cup for each cup of honey used. Add $\frac{1}{2}$ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent over-browning. 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.

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Source: www.honey.com