



June 2023

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Memory Days Parade 2023

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Teen Council:

Will meet in September!

Homeschool:

Will meet in September!

Fishing Club:

The fishing meeting will be June 8th at 5:00pm at the Grayson Lake handicap boat ramp.

IMPORTANT DATES

4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment is open! We still have scholarship money left!

Longest Day of Play:

June 21st. Please see the attached flyer for more information.

Super Star Chef:

This is a 3-day cooking cap that will be happening once over the summer and is open to those that did not participate in the program last year. Please see the attached flyer for more information.



@CarterCountyKY4H



@cartercounty4h

Rebecca Hayes



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
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with prior notification.



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SUPER STAR CHEF CAMP

FREE 3-DAY COOKING CAMP

For Kids ages 9 to 12
who DID NOT participate in 2022 and
live or attend school in Carter County

June 27-29

9:30-2:30

Call 474-6686 to register

Spots are limited



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LONGEST DAY OF PLAY



Event Information:

 **June 21, 2023**

 **4-8 pm**


 **Grayson Sports Park**

Enjoy the playground and splash pad along with music, outdoor games, obstacle courses, art activities, giveaways, and more!

FREE
FUN FOR ALL
AGES
CONCESSIONS
WILL BE SOLD

More Information

 (606) 474-6686

 whitney.morrow@uky.edu



www.primaryplus.net

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E7/E8 Area Communication Contest

Congratulations to those that participated in the E7/E8 Area Communication Contest! They all did so well and we want to wish those that received the champion good luck at the State Contest!

Speech Categories:

- 18 speech- Kenzie Owens (blue, champion)
- 15 speech- Nevaeh Kouns (blue, champion)
- 14 speech- Josiah Wills (blue, champion)

Demonstration Categories:

- Junior Performing Arts Demo- Kylie Kouns (blue, champion)
- Senior Visual Arts Demo- Audrey Barker (blue, champion)





4-H SUMMER DAY CAMPS

For Ages 9-18 (except Cloverbuds)

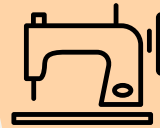
FULL

SEWING - MAY 24TH

9:30am-2:30pm

Learn basic hand sewing, hand embroidery,
and machine sewing.

At the Extension Office.



FULL

PHOTOGRAPHY - MAY 31ST

9:30am-11:30am

Learn basic photography skills.

At the Extension Office.



FULL

HISTORY - JUNE 7TH

8:15am

Travel to Fort Boonsboro and learn
some state history.

Call to sign up! **\$5**



CLOVERBUDS - JUNE 20TH

9:30am- 11:30am

Youth aged 5 - 8 can come to learn
the fun aspects of 4-H!

At the Extension Office.



FULL

COMMUNITY SERVICE - JULY 12TH

9:30am-2:30pm

Lend a helping hand in the community!

More information to come.

Call to sign up!



FULL

POLLINATOR - JULY 18TH

9:30am-2:30pm

Learn about pollinators and help
expand the office pollinator garden.

At the Extension Office.



Sign-ups begin May 1st. Call the office at 606-474-6686. Spots are limited!



Carter County 4-H Summer Camp 2023 August 1st - August 4th

Time Warp edition!

ENROLLMENT OPEN

What your youth will do:

- Make new friends
- Make memories that last a lifetime
- Work on independency
- Learning new skills
- Take classes
- Stay in a cabin with friends
- Participate in camp wide activities
- Get a week outside!

\$250

Full and partial
scholarships
available

Space is limited!!!

Ages 9+

Enrollment and scholarship
application deadline:

June 30, 2023




Money due: July 14, 2023

A \$20 non-refundable deposit is due at the time of registration

Email rebecca.hayes@uky.edu or call 606-474-6686 with any questions!
Receive and return applications at 94 Fairground Drive, Grayson, KY 41143



June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Hike & Learn @ 9 	2	3	
4	5	6	7 History Day Camp @ 8:15am \$5 fee 	8	9	10	
11	12	13	Teen Conference				17
18 Father's Day	19	20 Cloverbud Day Camp @ 9:30-11:30 	21 Longest Day of Play	22	23	24	
25	26	27	Super Star Chef				30 Camp Application Deadline

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**KID'S
DAY**



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Sponsored by **Anthem** 
Medicaid



This Summer, at the Carter County Farmer's Market, we will have two Kid's Day events one at each location! Join us for some fun activities to earn bucks that can be spent at the market any time it's open through October 31, 2023

OLIVE HILL: Mon. July 17th 3:00p-4:30p

GRAYSON: Sat. July 29th 9:30a-11:00a

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Broccoli Pizza

- 1½ cups** shredded Monterey Jack cheese
- 1 12-inch** whole wheat pizza crust
- 1 cup** chopped broccoli florets
- 1 medium** zucchini, thinly sliced
- 1 medium** onion, sliced into strips
- ½ medium** red bell pepper, cut into strips
- 1 medium** tomato, thinly sliced
- 2 cloves** minced garlic
- 1 teaspoon** dried Italian seasoning
- 2 tablespoons** vegetable oil

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.

- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.

Yield: 8 slices

Nutrition Analysis:

320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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



Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water

Source: www.fruitsandveggiesmatter.gov

and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

September 2011

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