



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

March 2025

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



NATIONAL AGRICULTURE WEEK
March 17 - 21, 2025

 @CarterCountyKY4H

 @cartercountky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

All meetings are held at the Carter County Extension Office unless otherwise stated.

Homeschool Club:

The next meeting will be March 18th at 10:00am.

Cloverbuds:

The next meeting will be March 10th at 4:30pm.

Livestock Club:

Livestock club meetings are TBD.

4-H Projects:

Projects will be due to the Extension Office on *April 28th* by 4:00 pm.

Communications Contest:

The speech and demonstration contests will be on May 1st. More information coming in April.

IMPORTANT DATES

School Clubs:

Prichard Cooking: March 11
Prichard STEAM: March 6
Olive Hill Cooking: March 17
Olive Hill STEAM: March 18

School Enrichment:

Tygart Creek 4th & 5th: March 10
Star 4th & 5th: March 27
Heritage 4th: March 19
Carter City 4th: March 24
CCA: March 25 & 26

Teen Conference:

High Schoolers can explore what the University has to offer at this awesome Leadership Conference June 10-13. More information to come!

4-H Summer Camp:

Save the Date for summer camp, June 30-July 3. Registration will start March 1st and the cost is \$325 with limited scholarships available.

Carter County has a market value of ag products sold of \$7,897,000!

When schools are closed due to weather or sickness, all 4-H programs are cancelled

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky's 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification

Rebecca Hayes





Martin-Gatton
College of Agriculture,
Food and Environment

4-H SUMMER CAMP

JUNE 30 - JULY 3, 2025

At North Central 4-H Camp

- Meet new friends
- Try new activities
- Gain new skills
- Swim every day
- Learn about the outdoors
- Cabin life
- Find your "SPARK"
- Amplify your summer break

Registration open March 1 - May 16, 2025

Ages 3rd grade and up
rebecca.hayes@uky.edu

606-474-6686



Scholarships
Available!

Cooperative
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Family and Consumer Sciences
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Disability
accommodations
available upon request

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair and North American International Livestock Exposition** possible.

KENTUCKY AGRICULTURE!

Our Farms, Food, & Future



Kentucky farmers grow crops and raise animals for foods we eat every day.

Products from farms can also be used to make fabrics, fuels, paper, and other items we use at home and at school.
Kentucky farmers care for the land and water so we can grow food in the future.

I am thankful for Kentucky agriculture.

KENTUCKY
BEEF[®]
 COUNCIL



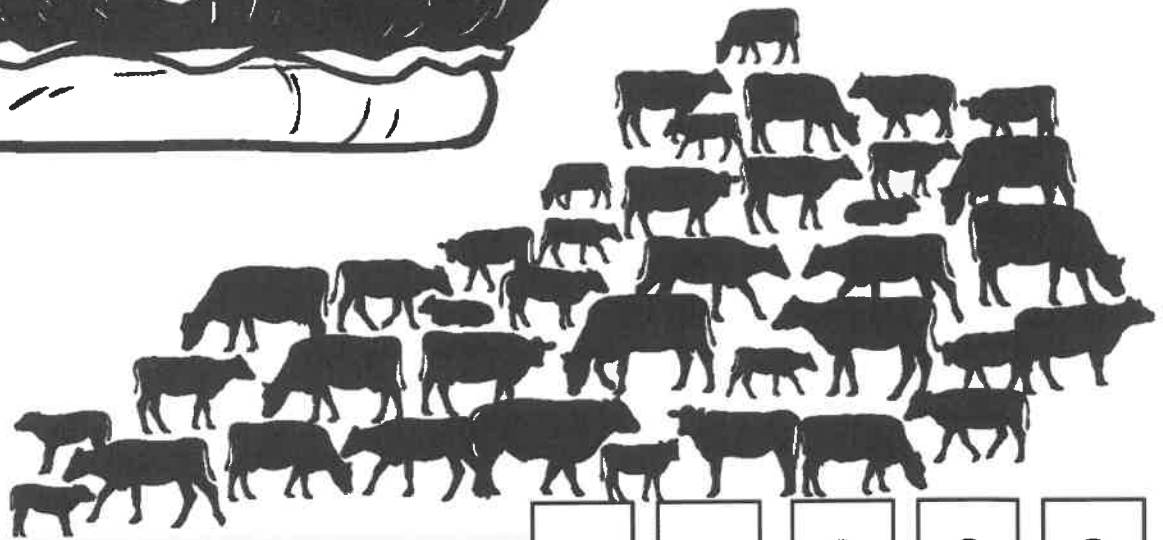
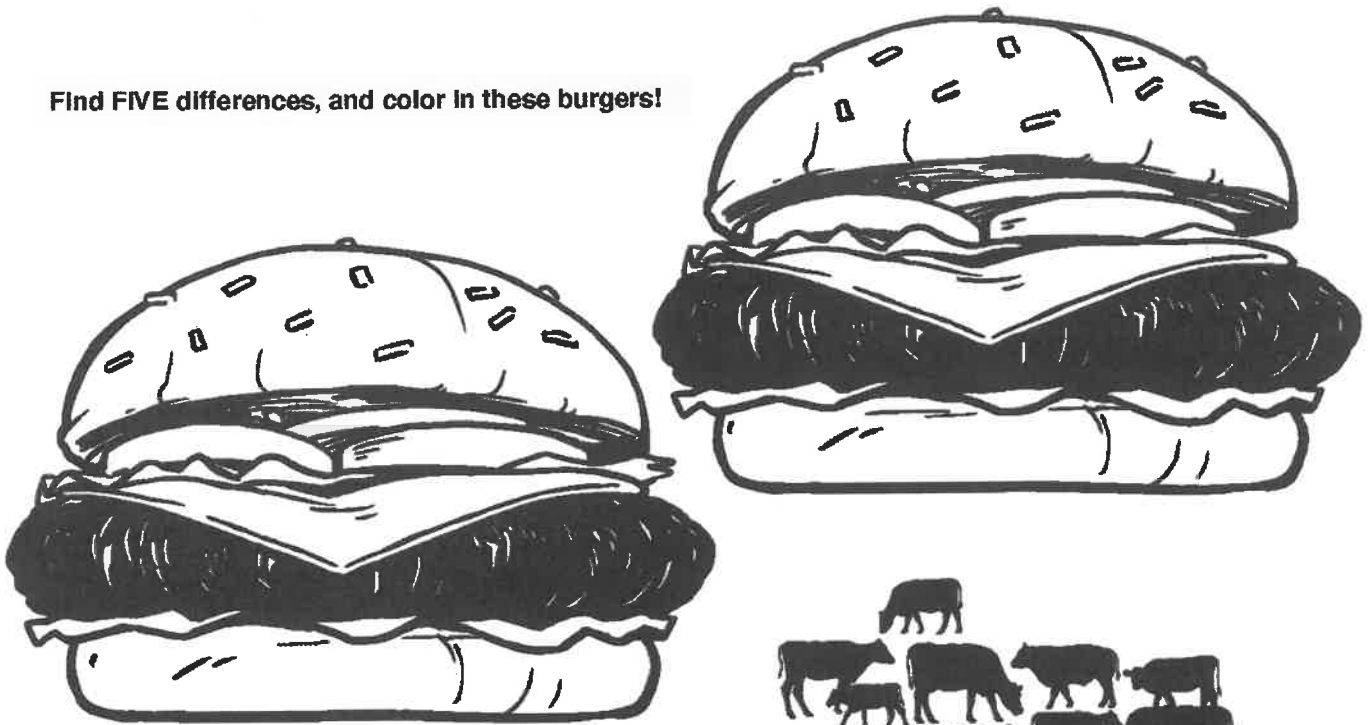
Unscramble the cuts of **BEEF**

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OIRNLIS	<input type="text"/>
OURDN	<input type="text"/>
OILN	<input type="text"/>
CUKHC	<input type="text"/>
NALFK	<input type="text"/>
REOILTNDEN	<input type="text"/>

H S G P O D F A R M E R I M Q N N I H E
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 J A L P W A C A W N G T G Z K A Q N A U
 J D U V Q N P U T P J R X W N Q C N F U

Find these words: **BEEF, CATTLE, DINNER, FARMER, GRILL, HAMBURGER, KENTUCKY, MEATBALL, NUTRITION, PROTEIN, RIBEYE, STEAK, SUSTAINABILITY**

Find FIVE differences, and color in these burgers!



ONE cow = ONE THOUSAND cattle farms.
How many cattle farms are in Kentucky?

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KENTUCKY _____

BEEF®

_____ COUNCIL

go to www.kybeef.com to learn more!

Fantastic French Toast

Servings: 4 Serving Size: 1 slice Recipe Cost: \$0.56 Cost per Serving: \$0.14



Ingredients:

- 2 eggs
- 1/2 cup skim milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 4 slices whole-wheat bread
- Nonstick cooking spray
- Syrup or other toppings (optional)

Directions:

1. Preheat a griddle or frying pan over medium heat or heat an electric frying pan to 375 degrees.
2. Put eggs, milk, vanilla and cinnamon in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or in the frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes per side.
6. Serve with syrup, applesauce, fruit slices, or jam (optional).

Make it a Meal

Pair your french toast with yogurt, orange juice and water.

Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 95mg cholesterol; 190mg sodium; 15g total carbohydrate; 0g fiber; 4g sugar; 0g added sugar; 9g protein; 6% Daily Value vitamin d; 10% Daily Value calcium; 6% Daily Value iron; 4% Daily Value potassium.