

Henderson County

4-H Newsletter

March 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service



BEGIN PICKING 4-H CAMP

PAPERWORK UP ON

TUESDAY, MARCH 1, 2022

FOR MORE QUESTIONS, CONTACT

THE OFFICE (270) 826-8387

WE WANT TO TAKE THE TIME TO SAY
THANK YOU TO TYSON FOODS HATCHERY
FOR DONATING EGGS TO OUR CHICK
INCUBATION PROGRAM. STAY TUNED FOR
PICTURES NEXT MONTH!



Henderson County, Kentucky 4-H



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

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

March 2022 Monthly Club & Activity Schedule

March 1: 4-H Camp Paperwork ready for Pick Up ONLY

March 1: Jefferson Afterschool Club
March 2: East Heights Afterschool Club
March 2: North Middle School Afterschool Club
March 3: Cairo Afterschool Club
March 8: Holy Name Afterschool Club
March 8: Cooking Club, 4 pm (Expo Kitchen)
March 8: Herdsman Club, 6 pm (Expo 1 & 2)
March 9: Bend Gate Afterschool Club
March 10: Niagara Afterschool Club
March 10: Riverside Riders, 6 pm (Expo Conference Room)
March 15: Spottsville Afterschool Club
March 15: Art Club, 4 pm (Expo Project)
March 15: Livestock Education, 6 pm (Expo Building)
March 16: South Heights Afterschool Club
March 17: A.B. Chandler Afterschool Club
March 22: South Middle School Afterschool Club
March 22: Cloverbud Club, 5 pm (Expo Building)
March 30: North Middle School Afterschool Club

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) or Ella Fourqurean (ella.fourqurean@uky.edu) OR call the Henderson County Extension Office (270) 826-8387.

BEGIN PICKING PAPERWORK UP ON
TUESDAY, MARCH 1, 2022

JULY 5-8, 2022



4-H CAMP SIGN UP BEGINS
FRIDAY, APRIL 1, 2022, 7 AM

COME HAVE FUN
WITH US!

Let's cook!

Apple Dough-less Donuts

- 8 oz. vanilla Greek yogurt
- 1 2/3 teaspoons honey, divided
- 1 tablespoon cocoa powder
- 2 apples, any variety
- Granola
- Mini chocolate chips

Divide the Greek yogurt into two bowls. In one bowl, add half the honey and stir to combine. In the other bowl, add cocoa powder and the remaining honey and mix to combine. If needed, add a little water to help stir in the cocoa powder; set aside. Wash, core, and slice the apples into 1/8- to 1/4-inch slices. Spread 1 tablespoon of the yogurt mixture on the apple slices and decorate as desired.

Number of servings: 8

Serving size: 2 slices

Nutrition facts per serving:

70 calories; 1 g total fat;
10 mg sodium; 14 g carbohydrates;
1 g fiber; 3 g protein

Source: North Dakota State University Extension



Southwestern Pepper Cups

- 5 medium green bell peppers, halved and seeded, or use red or yellow peppers
- 1/3 cup chopped onion
- 1 1/2 garlic cloves, chopped
- 1 tablespoon vegetable oil
- 3 cups cooked brown rice
- 1 10.5-ounce can diced tomatoes with chilies, undrained
- 1/2 can (8.5 ounces) whole kernel corn, drained
- Vegetable cooking spray
- 1/3 cup shredded cheddar cheese

Wash hands. Preheat oven to 350 degrees F. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes. Combine rice, tomatoes with chilies,

corn, and onion mixture. Mix well. Spoon mixture into pepper halves, place on baking sheet coated with cooking spray. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese. Bake again for 5 to 10 minutes or until cheese melts.

Number of servings: 10

Serving size: 1/2 prepared pepper

Nutrition facts per serving:

110 calories; 2 g total fat;
1 g saturated fat; 4 mg cholesterol;
169 mg sodium; 20 g carbohydrates;
3 g fiber; 3 g sugar; 4 g protein

Source: Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Can you find them all?

4-H Word Search

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

CAMP
SCIENCE
MEMBERS
HANDS
FRIENDS
ACTIVITIES

WHITE
PLEDGE
LEADERS
GREEN
FLAG

SONGS
HEALTH
HEART
GAMES
CRAFTS

SNACKS
NATURE
HEAD
FUN
CLOVER

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant

Ella Fourqurean

Ella Fourqurean,
4-H Youth Development Agent