Henderson County 4-H Newsletter March 2022 Edition

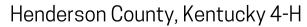




BEGIN PICKING 4-H CAMP PAPERWORK UP ON TUESDAY, MARCH 1, 2022 FOR MORE QUESTIONS, CONTACT THE OFFICE (270) 826-8387

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!









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.





4-H Clubs & Activities

Art Club
Bullseye Brigade Shooting Sports Club
Cloverbud Club
Cooking Club
Dog Club
Herdsmen 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: Herdsmen 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





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

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ACTIVITIES

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SONGS HEALTH HEART GAMES CRAFTS SNACKS NATURE HEAD FUN CLOVER



Henderson County 3341 Zion Road Henderson KY 42420

RETURN SERVICE REQUESTED

NONPROFIT ORG US POSTAGE PAID HENDERSON KY PERMIT 564



allie Brashor

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