

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

 Why fit in when you were born to stand out?

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

RSVP or visit

Call the Extension Office to



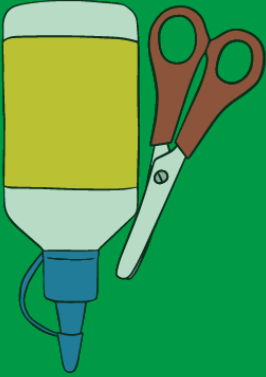
Time for both classes will be
4:00 p.m.

Expo Project Room

(T) April 18th

Art Club 4-H State Fair Project

4-Hers (starting at 9 yrs old)



Expo Kitchen

(T) April 11th

Cooking Club

4-Hers (starting at 9 yrs old)



4-H State Fair Project

Cooking and Art Club





We are sorry but happy to announce Ella has accepted a position within the Kentucky State Fair organization.

Her last day with Henderson County 4-H is May 1st.

Ella will be missed but we wish her all the best in this next chapter of her life.



APPLE & CHICKEN SALAD



Ingredients:

- 2 red apples
- 2 stalks celery
- 1/2 cup raisins
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 cups cooked chicken, chopped
- 18 lettuce leaves

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If needed, cook chicken using the [How to Cook Chicken](#) recipe.
3. Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.
4. Using the cutting board and knife, dice 2 stalks of celery.
5. Chop 2 red apples, remove the core and seeds.
6. Combine chopped apples, celery, and 2 cups diced chicken in a bowl.
7. Add 1/4 cup Greek yogurt, 1/2 cup raisins, 1/4 cup light mayonnaise, 1/4 teaspoon salt and 1/8 teaspoon pepper to bowl.
8. Stir all ingredients together.
9. Arrange 3 lettuce leaves on a plate and top with 1 cup of apple and chicken salad mixture.
10. Store leftovers in bowl with a lid in refrigerator for 3-4 days.

FRUIT TREAT



Ingredients:

- 1/2 cup butter, softened
- 1 cup flour
- 1/4 cup brown sugar
- 1/4 cup old-fashioned oats
- 1/2 teaspoon salt
- 2 cups plain Greek yogurt
- 4-5 teaspoons honey, to taste
- 1 cup strawberries, sliced
- 2 cups blueberries
- 2 bananas, sliced

Directions:

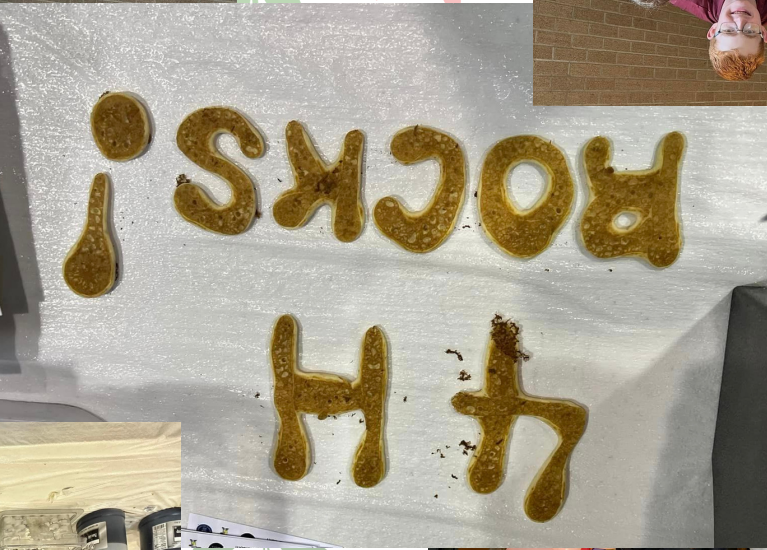
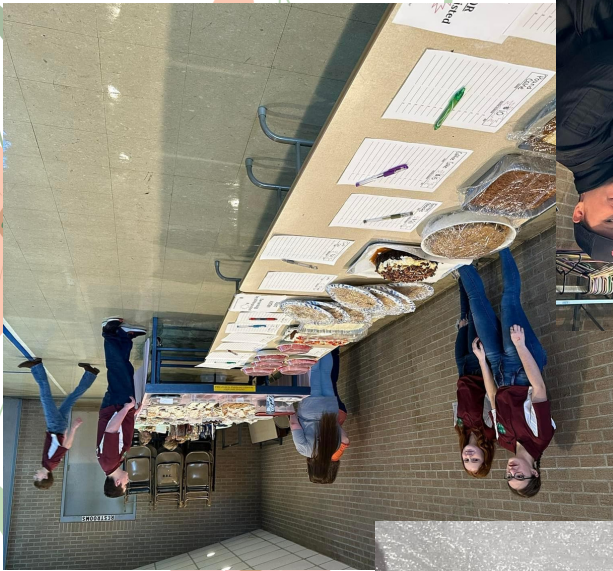
1. Preheat oven to 375 degrees F.
2. Mix together all crust ingredients with hands or fork. Once mixed, form into a ball. (The mixture will be crumbly.)
3. Line a pizza pan or cookie sheet with parchment paper. Spread and pat down the crust to form a circle.
4. Bake for 10-12 minutes or until crust is lightly browned. Remove crust from oven and let cool.
5. Mix yogurt and honey together. Spread on crust.
6. Top with fruit. (You can also use other types of fruit.)

Recipes courtesy of
University of
Kentucky NEP Plan, Eat,
Move



Our Middle Schoolers had a BLAST at Summit Conference!

Thank you to everyone who supported the 4-H Bullseye Brigade Pancake Breakfast!



April 2023 4-H Club & Activity Schedule

After School 4-H Clubs

Bullseye Brigade Shooting Sports Club
Cloverbud Club (5-8 years old)
Cooking Club

Fair Project Day

Herdsmen Livestock Club
South Middle School Club
Riverside Riders Horse Club

April 2: Poultry, 4 pm (Expo Project Room)

April 11: Cairo After School

April 11: Cooking Club, 4 pm (Expo Kitchen)

April 11: Herdsmen Club, 6 pm (Expo Building)

April 12: South Heights After School

April 13: AB Chandler After School

April 18: East Heights After School

April 18: State Fair Project, 4 pm (Expo Project Room)

April 18: Herdsmen Club, 6 pm (Expo Building)

April 20: Niagara After School

April 20: Riverside Riders, 6 pm (Expo Project Room)

April 25: Spottsville After School

April 25: Cloverbuds, 5 pm (Expo Kitchen)

April 26: Bend Gate After School

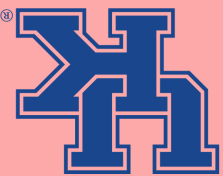
April 27: Jefferson After School

To sign up for Cooking Club, State Fair Project
& Cloverbuds use the QR code! Spots are
limited.



**Be sure to check our Facebook page for updates, changes or new club announcements!
Don't hesitate to call the office if your child is interested in the clubs listed above!**

HENDERSON COUNTY 4-H NEWSLETTER April 2023 Edition



College of Agriculture,
Food and Environment,
Cooperative Extension Service

KENTUCKY
4-H TEEN CONFERENCE

JUNE 13-16
AT UNIVERSITY
OF
KENTUCKY



EDUCATIONAL
MAJORS
&
LEADERSHIP
MINORS

COMMUNITY
SERVICE

CLOVERFEST
DANCE
FASHION REVIEW
PERFORMING
ARTS SHOWCASE



Henderson County,
Kentucky 4-H

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, Lexington, KY 40546



Disabilities
accommodated
with prior notification