

HENDERSON COUNTY

4-H NEWSLETTER

January 2025 Edition



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 Cooperative Extension Service | Program and Staff Development

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

HENDERSON COUNTY,
KENTUCKY 4-H



Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, 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.




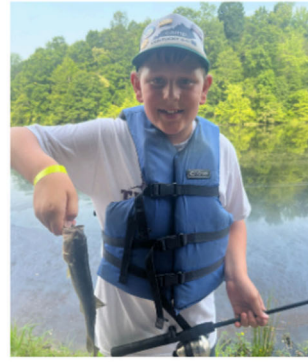
Disabilities accommodated with prior notification.

JANUARY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Extension Office Closed	2	3	4
5	6	7 Cairo Afterschool	8 Spottsville Afterschool	9 A B Chandler Afterschool	10	11
12	13	14 East Heights Afterschool Cooking Club 4 PM Expo Herdsmen 6 PM Expo	15 Bend Gate Afterschool	16 Niagara Afterschool Country Ham 5:30 PM Expo 4-H Council 6 PM Riverside Riders 6:30 Expo	17	18 Herdsmen Saturday Education Class 9-1 Expo
19	20 Extension Office Closed 	21 South Heights Afterschool State Fair Projects 4 PM Expo Herdsmen 6 PM Expo	22 Jefferson Afterschool	23	24	25
26	27 North Middle Afterschool 3:30	28 South Middle Afterschool 3:30 Cloverbuds 5 PM Expo Teen Club 6 PM Expo	29	30	31	1



 Cooperative Extension Service

4-H Camp



JUNE 24-27



COST: \$TBA

Payment Accepted:

- Cash
- Check
- Credit/Debit Cards

Activities include: Zip-Lining, Canoeing/Kayaking, Swimming, Archery, Riflery, Agriculture, Nature, Low Ropes, crafts, sports, Gaga Ball, Hammock-ing, indoor/outdoor cooking, recreation, hair braiding, fishing, and more!

***AGES: 9-15**

4-H Camp sign-ups will begin March 28 at 7am!

Spots are limited!! We need male and female volunteers (16+) to attend!

Registration will not be accepted earlier than March 14, 2025*

This is an overnight camp located in Dawson Springs, KY. We will take a bus from the Henderson County Extension Office, leaving Tuesday morning and returning Friday afternoon

**Volunteers (teens (15-17) and adults) attending 4-H Camp may sign up and turn their paperwork in prior to camper registration sign up date.*

For more information or to sign up please stop by the Henderson County Extension Office located at 3341 Zion Rd in Henderson, KY, call 826-8387, or email Allie.Brasher@uky.edu



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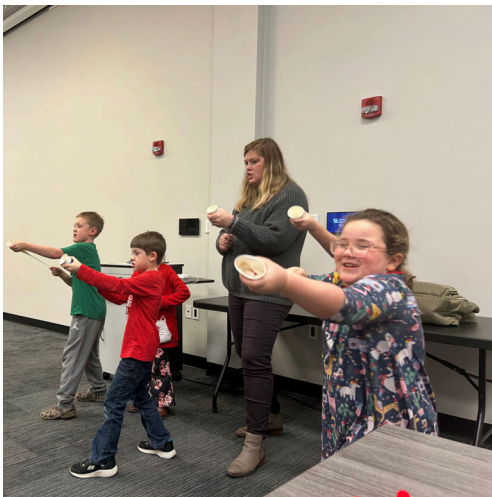




Herdsmen Christmas Parade



Bullseye Brigade Pancake Breakfast



Cloverbud Holiday Craft

BROCCOLI CHEDDAR BISCUITS

Ingredients:

- 1 cup broccoli florets, chopped
- 1 carrot, grated
- 2 cups all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup buttermilk
- ½ cup vegetable oil
- ¾ cup shredded cheddar cheese

Directions:

1. Preheat oven to 400 degrees F.
2. Place chopped broccoli and grated carrot in a medium bowl. Toss with ¼ cup of flour and set aside.
3. In a large bowl, stir together remaining (1 ¾ cups) flour, baking powder and salt.
4. Add buttermilk and vegetable oil into flour mixture and stir until just combined, being careful not to overmix.
5. Fold in vegetable mixture and cheese into flour mixture. In the bowl, knead two or three times until a dough ball is formed.
6. Transfer dough to a lightly floured surface. Pat the dough into an inch thickness. Using a cookie cutter or glass (2 inches in diameter), cut dough into rounds.
7. Arrange biscuits on a baking sheet. Bake 12 minutes or until golden.



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

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

Brianna Hill

Brianna Hill,
4-H Youth Development Agent