

# HENDERSON COUNTY

## 4-H NEWSLETTER

April 2024 Edition

In this edition:

Page 2: Calendar

Page 3: Did you know...?

and State Fair Project

Class information

Page 4: Pictures from

the month

Page 5: Recipe!



### HENDERSON CO 4-H COMMUNICATION CONTEST

*Core Categories Include:*

- Agriculture*
- Expressive Arts*
- Family & Consumer Sciences*
- Health*
- Leadership*
- Natural Resources*
- Science, Engineering, & Technology*

Please register using registration link in post or scan QR Code



**APRIL 25TH  
5PM**

HENDERSON CO EXPO



Information & Registration  
Phone : 2270-826-8387



Did you know?!  
There will be a total solar eclipse on April 8th!  
Share your pictures with us on Facebook  
@Henderson County, Kentucky 4-H

THIS MONTH IN STATE FAIR  
PROJECTS CLASS LEARN HOW TO:  
**HAND KNIT A BLANKET**

April 16th from 4-5:30 PM

Please bring 4 skeins of thick blanket yarn

**MUST BRING  
4 SKEINS**



**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**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



# 4-H TEEN SUMMIT



## HERDSMEN MEETINGS



## BULLSEYE BRIGADE PANCAKE BREAKFAST

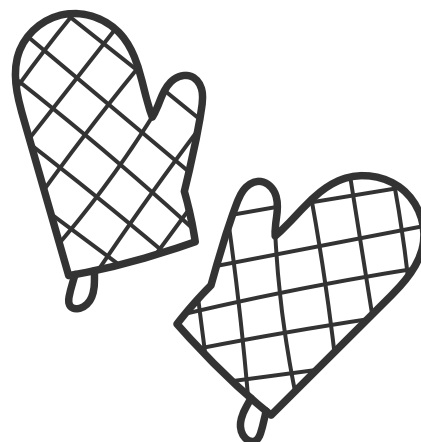


# Incredible Hulk

## Muffins

### *Ingredients:*

- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 3/4 cup skim milk
- 3/4 cup honey
- 1 large ripe banana
- 6 ounces fresh spinach
- 4 tablespoons unsalted butter, melted
- 1/4 cup canola oil
- 1 egg
- 1 teaspoon vanilla



### *Directions:*

1. Preheat oven to 350° F and line muffin pans with 18 paper liners.
2. Combine flour and cinnamon in a large mixing bowl.
3. In a blender or food processor, add milk, honey, banana, spinach, melted butter, egg and vanilla and blend until completely pureed.
4. Pour the puree into the dry ingredients and fold together gently until just combined.
5. Divide batter evenly into the muffin cups and bake 18 to 22 minutes or until the center of the muffins spring back when touched lightly in the center.
6. Cool before serving.



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