

# HENDERSON COUNTY

## 4-H NEWSLETTER

April 2025 Edition

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HENDERSON COUNTY,  
KENTUCKY 4-H




**WEST KY CLOVERBUD CAMP**  
**JUNE 20-22, 2025**  
 Dawson Springs, KY

*ONCE UPON A CAMP*

**\$170: YOUTH 5-8**  
**\$160: ADULTS 16+**

- Youth must be accompanied by an adult
- Adults must complete the Volunteer Background Check paperwork
- Camp paperwork & forms can be found on [warrencountyextension.com/cloverbud-camp-sign-up](http://warrencountyextension.com/cloverbud-camp-sign-up)

**EVENTS**  
 Ag, Canoeing, Cooking, Crafts, Fishing, Low Ropes, Nature, Recreation, Swimming

Deadline to sign up: May 9th  
 For more information or questions about Cloverbud Camp please call 826-8387 or email [allie.brasher@uky.edu](mailto:allie.brasher@uky.edu)



04

# APRIL

/25

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

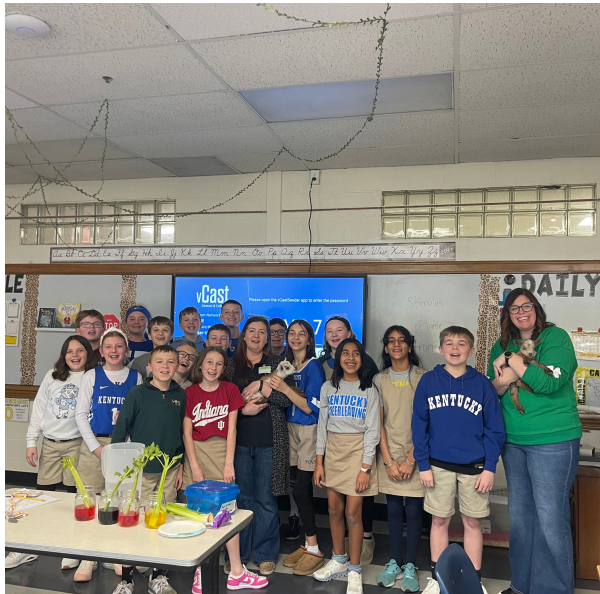
FRIDAY

SATURDAY

	1	2	3	4	5
	Cooking Club 4 PM Expo			Ag Safety Day	
6	7	8	9	10	11
	Henderson-----	County-----	Spring-----	Break-----	-----
		W3/W4 Area Teen Trip			
13	14	15	16	17	18
		Cairo Afterschool Herdsman Business 6 PM Expo	Spottsville Afterschool	A B Chandler Afterschool Country Ham 5:30 PM Riverside Riders 6:30 Expo	
20	21	22	23	24	25
		East Heights Afterschool Cloverbuds 5 PM Expo Herdsman Edu 6 PM Expo	Bend Gate Afterschool	Niagara Afterschool 4-H Council 6PM Expo	Riverside Riders 6:30 PM
27	28	29	30	1	2
	North Middle Afterschool	South Heights Afterschool South Middle Afterschool	Jefferson Afterschool		
					3



Country Ham kids cleaned and hung up their hams! Cooking club kids focused on eggs this month and made omelets, hard boiled eggs, and scrambled eggs! Our state fair project group made mixed media projects! Mrs. Christi has been visiting 4th grade classrooms and doing chick incubation and animal life cycles.





## 2025 Henderson County Fair Week



### **Sunday:**

July 27 at 1:30pm set up for fair week (This is required for every kid showing to be there to help)

### **Monday:**

July 28 Rabbit Show 3-5pm check in and 6pm show

### **Tuesday:**

July 29 Dairy Goat Show 3-5pm check in and 6pm show

### **Wednesday:**

July 30 Poultry Show 7-8am check in and 9am show

Family fun night will start in the Beck Pavilion at 6pm

Costume contest, obstacle course race, straw bale throwing, watermelon eating contest, etc.

(All classes will be divided by age)

### **Thursday:**

July 31 Sheep Breeding and Market Classes followed by Market and Breeding Goat Show

3-5pm check for both species and 6pm sheep show will start

### **Friday:**

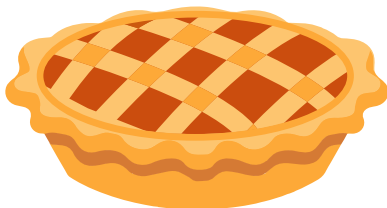
August 1 Cattle Show 3-5pm check in and 6pm show will start

### **Saturday:**

August 2 Swine Show 7-8am check in and show will begin at 9am and Scholarship Auction at 6pm

\*All kids will have to be back with their 2 auction animals by 5pm!

**Drop off for fair exhibits on July 21, 2025, from 10am-5pm at the Henderson County Extension Education and Expo Building.**





# HENDERSON COUNTY 4-H DAY CAMPS



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Henderson County Extension Office is located at 3341 Zion Rd, Henderson, KY.

All Day Camps, except Cloverbud Day Camp and Advanced Cooking Day Camp, are for youth ages 9-18.

Sign ups begin May 5th!

You must pay the non-refundable day camp cost and have a 4-H enrollment form in by May 23rd.



## International Cooking Day Camp (Advanced)

When: June 3rd, 9:00am-2:00pm

Where: Henderson County Extension Office

Cost: \$10 (lunch included)

Join us for a one day cooking day camp for youth currently in grades in 7th-12th!

## International Cooking Day Camp (Beginner)

When: June 4th, 9am - 2:00pm

Where: Henderson County Extension Office

Cost: \$10 (lunch included)

Join us for a one day cooking camp for youth ages 9 and up!



## Cloverbud Day Camp

When: June 18th, 8:30am - 12:00pm

Where: Henderson County Extension Office

Cost: \$5

Join us for a day of fun with Cloverbud aged kids (youth ages 5-8) as we do a variety of activities!

## Natural Resource Day Camp

When: June 6th, 9:00am - 2:00pm

Where: Audubon State Park

Cost: \$10 (lunch included)

Join us for this day camp all about nature!



## Fair Project Teen Day Camp

When: July 14th, 9am - 4pm

Where: Henderson County Extension Office

Cost: \$10 (lunch included)

Join us as we make projects that align with the 4-H division of the Henderson County 4-H Fair Book!

## Fair Project Day Camp

When: July 15th and July 16th 9:00am - 2:30pm

Where: Henderson County Extension Office

Cost: \$20 (lunch included)

Join us as we make projects that align with the 4-H division of the Henderson County 4-H Fair Book!



For more information/dates on these day camps please contact either Allie Brasher (allie.brasher@uky.edu) OR call the Henderson County Extension Office (270) 826-8387.

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

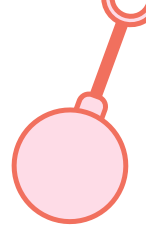
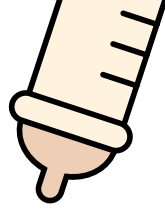
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LEXINGTON, KY 40546



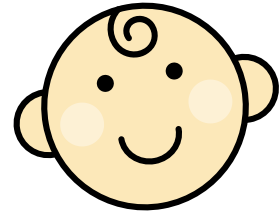
Disabilities  
accommodated  
with prior notification



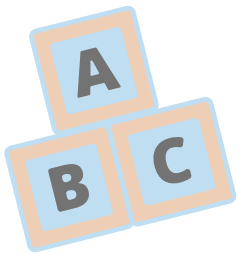
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



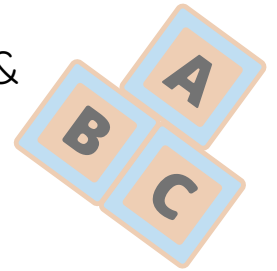
# Henderson County 4-H Babysitting Clinic



**Who:** Ages 13 years old -18 years old  
(must be going into 7th grade fall of 2025)

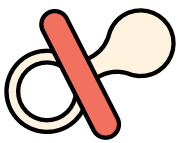


**When:** Thursday, May 29th, 8:30am-4:00pm &  
Friday, May 30th, 8:30am-2:00pm.



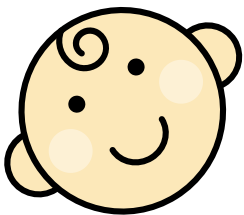
**Cost:** \$45 (must be paid by May 19th)

**What:** Learn more about babysitting responsibilities, child development, developmentally appropriate play and guidance, safety and health practices, and business management.



CPR, First Aid Certification, backpack with supplies, and lunch will be provided.

For more information or to sign up please contact us at (270) 826-8387 or stop by our office at 3341 Zion Rd Henderson, Ky



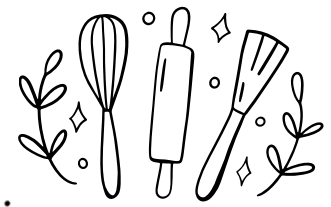
## Cooperative Extension Service

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





**UK** Cooperative  
Extension Service



## Baked Egg Cups

Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50



### Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

### Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

### Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

### Tips

Cut calories by drinking water or unsweetened drinks. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

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