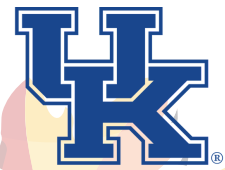


Henderson County 4-H Newsletter August 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

"YOU'RE OFF TO GREAT PLACES. TODAY IS YOUR DAY!
YOUR MOUNTAIN IS WAITING, SO GET ON YOUR WAY! - DR. SEUSS

HENDERSON COUNTY 4-H WISHES YOU A FUN, SAFE
AND SUCCESSFUL 2022-2023 SCHOOL YEAR!

WE WILL SEE YOU THROUGHOUT THE YEAR!
BE SURE TO FOLLOW US ON FACEBOOK FOR CLUBS AND ACTIVITIES,
BUT MORE IMPORTANTLY TELL YOUR FRIENDS TO JOIN 4-H!



Henderson County,
Kentucky 4-H

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

JULY 2022 RECAP





Green Bean Bundles

- | | |
|--------------------------------------|-----------------------------------|
| 1 pound fresh green beans | 2 cloves garlic, minced |
| ¼ teaspoon black pepper | ⅛ teaspoon ground cinnamon |
| 12 slices turkey bacon | ¼ teaspoon allspice |
| 2 tablespoons unsalted butter | |

- 1. Preheat** oven to 400° F.
- 2. Remove** ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
- 3. Bundle** together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
- 4. Lay** each bundle, seam side down in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
- 5. Brush** the mixture over the top of each green bean bundle with a pastry brush.
- 6. Cover** with foil and bake for 35 minutes.
- 7. Remove** foil and bake for 15 additional minutes, until bacon is crisp.

Yield: 12 bundles
Nutritional Analysis:
 60 calories, 5 g fat,
 2 g saturated fat, 20 mg
 cholesterol, 170 mg sodium,
 3 g carbohydrate, 1 g fiber,
 1 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Big Blue Muffins

- | | | | |
|-------------------------|--|-----------------------------------|----------------------------------|
| 2 medium oranges | 2 eggs | 1 cup whole wheat flour | 1 teaspoon baking soda |
| ¼ cup olive oil | ½ cup low fat, plain Greek yogurt | ¼ teaspoon salt | |
| ¼ cup sugar | 1 cup all-purpose flour | 1½ teaspoons baking powder | 1½ cups fresh blueberries |
| ¼ cup honey | | | |

- Preheat** oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.
- Add** the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.
- Yield:** 12 muffins. Serving size, one muffin.
- Nutritional Analysis:**
 190 calories, 6 g fat, 1 g saturated fat,
 40 mg cholesterol, 240 mg sodium,
 31 g carbohydrate, 2 g fiber, 14 g sugars,
 5 g protein.



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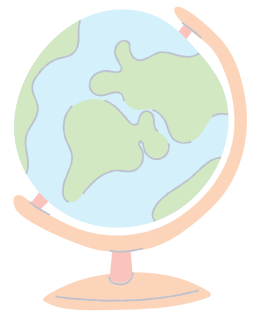
<http://plateitup.ca.uky.edu>

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



YOU CAN TOTALLY DO THIS.



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