

Henderson County 4-H Newsletter July 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service



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

4-H Clubs & Activities

Art Club
Bullseye Brigade Shooting Sports Club
Cloverbud Club
Cooking Club
Dog Club
Herdsman Livestock Club
Photography Club
Riverside Riders Horse Club
Teen Club

July 2022 Monthly Club & Activity Schedule

July 3-8: Kentucky State 4-H Horse Show, Louisville, Ky

July 4: 4th of July, Office Closed

July 5-8: 4-H Camp

July 12: Livestock Workshop (Henderson County Fairgrounds)

July 14: Cloverbud Day Camp, 8-12 pm (Expo Building)

July 18-23: Henderson County Fair Livestock Shows (Henderson Co. Fairgrounds)

July 18: Fair Entires, 10-5 pm (Expo Building)

July 18: Fun Show, 6 pm

July 19: Dairy Goat Show, 6 pm

July 20-22: Fair Entries on Display, 8-4:30 pm (Expo Building)

July 20: Rabbit & Poultry Show, 8 am

July 21: Sheep & Goat Show, 6 pm

July 22: Cattle Show, 6 pm

July 23: Swine Show, 9 am

July 23: Livestock Scholarship Auction & Pork Chop Dinner, 4:30 pm

July 26: Pick Up Fair Exhibits (Expo Building)

Continue to follow our Facebook page for updates on meetings, date or time changes and information.

For more information on any of these clubs or activities, please contact either Allie Brasher (allie.brasher@uky.edu) or Ella Fourqurean (ella.fourqurean@uky.edu) OR call the Henderson County Extension Office (270) 826-8387.



Cucumber, Corn, and Bean Salsa

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- ¼ cup chopped fresh cilantro
- ½ cup black beans
- ½ cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- ⅛ cup cider vinegar
- 2 tablespoons sugar, optional

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

In a small bowl, mix together ranch

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings.
Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

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Broccoli Grape Pasta Salad

- ¾ cup diced pecans
- 8 ounces whole grain pasta (bow tie or other type)
- 5 slices turkey bacon
- 2 cups seedless red grapes
- 1 pound fresh broccoli
- ¾ cup low-fat mayonnaise
- ¼ cup honey
- ⅓ cup diced red onion
- ⅓ cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings
Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.

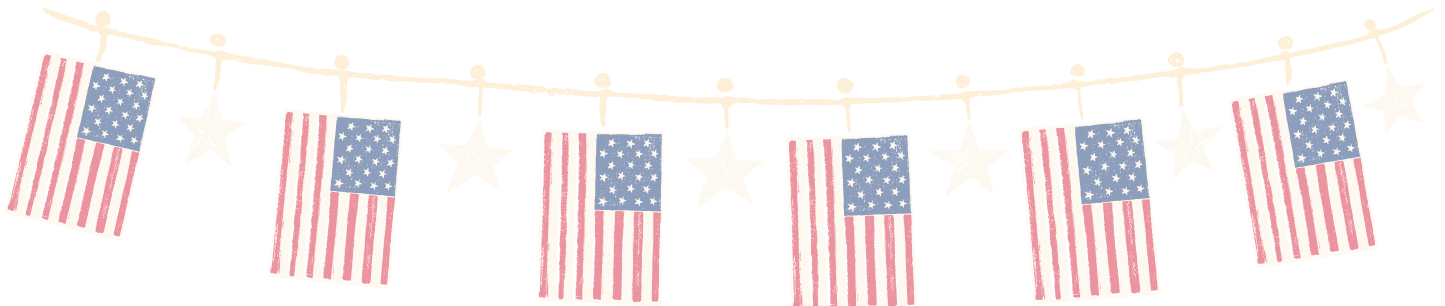


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Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

HAPPY 4TH OF JULY



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