

Henderson County 4-H Newsletter June 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

COUNTDOWN TO 34 DAYS 4-H CAMP

BE SURE TO REGISTER FOR ONE CAMP ORIENTATION BY
CALLING THE OFFICE (270) 826-8387

MONDAY, JUNE 13TH 10 AM CAMPERS, 11 AM TEENS/ADULTS

THURSDAY, JUNE 23RD 5 PM CAMPERS, 6 PM TEENS/ADULTS

TUESDAY, JUNE 28TH 6 PM CAMPERS

THIS IS MANDATORY FOR THOSE GOING TO CAMP!



Henderson County, Kentucky 4-H

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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

June 2022 Monthly Club & Activity Schedule

June 7: Livestock Workshop, 6 pm (Henderson County Fairgrounds)
June 9: Country Ham Speeches, 6 pm (Expo Building)
June 13: Camp Orientation, 10 am Campers, 11 am Teens/Adults
June 13: Livestock Workshop, 6 pm (Henderson County Fairgrounds)
June 14-17: Teen Conference, Lexington, Ky
June 20-21: District 6 Horse Show, Bowling Green, Ky
June 23: Natural Resource Day Camp (Sandy Lee Watkins Park)
June 23: Camp Orientation, 5 pm Campers, 6 pm Teens/Adults
June 28-29: Fair Project Day Camp (Expo Building)
June 28: Livestock Workshop, 6 pm (Henderson County Fairgrounds)
June 28: Camp Orientation, 6 pm Campers

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.

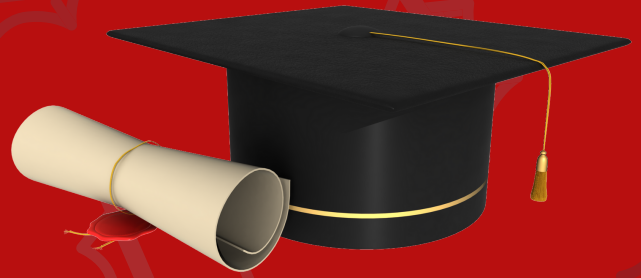
CHALLENGE ME 4-H



HENDERSON
COUNTY



Congratulations Class of 2022



Isaac Holland



Travis Herndon

CLASS OF
2022

We are so proud of both of you!

Wake Up! It's Food O'Clock!



Confetti Chicken Quesadillas

1 small green bell pepper, seeded and diced
1 small red bell pepper, seeded and diced
1 tablespoon hot pepper, minced (optional)

1 pound skinless, boneless chicken breast, diced
1 (1 ounce) packet fajita seasoning mix
1 tablespoon olive oil

10 (10 inch) whole-wheat tortillas
1 (8 ounce) package reduced fat cheddar cheese, shredded

Preheat the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

Yield: 10 servings

Nutritional Analysis: 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



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



Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

4 slices bacon, cooked crisp and crumbled

1 teaspoon garlic powder

1. Combine all ingredients.

2. Add reserved tomato juice until dip reaches desired consistency.

3. Serve with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

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Recipes courtesy of Plate It Up Kentucky



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