

Henderson County 4-H Newsletter

November 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

Join us to celebrate all of the
achievements of your
4-Her through the 2021-2022 4-H Year!

Henderson County 4-H Banquet
Sunday, November 20, 2022
Expo Building - 2 pm



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

November 2022 4-H Club & Activity Schedule

After School 4-H Clubs
Bullseye Brigade Shooting Sports
Cloverbud Club
Cooking Club
Fair Project Day
Herdsman Livestock Club
South Middle School Club
Riverside Riders Horse Club

November 1: Cairo After School

November 1: Cooking Club, 4 pm (Expo Kitchen)

November 2: South Heights After School

November 3: A.B. Chandler After School

November 5: Shooting Sports End of the Year Celebration

November 7: Poultry, 6 pm (Expo Project Room)

November 8: No Sew Christmas Tree Skirt, 9-12 pm (Expo Project Room)

November 8: Herdsmen Club, 6 pm (Expo Building)

November 9: Holy Name After School

November 10: Niagara After School

November 15: East Heights After School

November 15: Fair Project Day, 4 pm (Expo Project Room)

November 15: Herdsmen Club, 6 pm (Expo Building)

November 16: Spottsville After School

November 17: Jefferson After School

November 17: Riverside Riders, 6 pm (Expo Building)

November 20: 4-H Banquet (Expo Building)

November 21: Bend Gate After School

November 21: Rabbit, 6 pm (Expo Project Room)

November 22: Cloverbuds, 5 pm (Expo Building)

November 24: Thanksgiving Day

November 24-25: Henderson County Extension Office Closed

November 29: South Middle School

Be sure to check our Facebook page for updates, changes or new club announcements!

No Sew
CHRISTMAS TREE
SKIRT



November 8, 2022
9-12 pm

Limited
participants: 10

You must bring your own fabric!
Two yards of two separate pieces
of FLEECE fabric.



November 4th is the last day to sign up
(or until spots are filled). Call the office
to reserve your spot today!
(270) 826-8387

No Sew
RAG QUILT CLASS

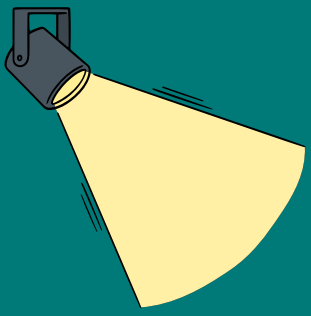
December 5th & 6th
4-6 pm

Limited participants: 10

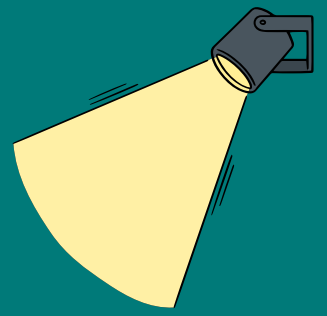
Last day to register November 30th (or until spots fill up)
Call the office to reserve your spot today!

Two yards of FLANNEL print fabric (for top) &
Two yards of FLANNEL solid fabric (for bottom)

Note: If you previously participated in this project last year,
then you are not eligible to participate this year.



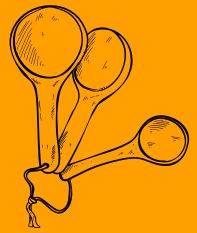
4-H Spotlight



Team Challenge Group:
Paige Bennett, Seth Pirtle, Kyla Troxel,
Lucy Cassidy, and Mason Smith



Cooking is love made visible!



Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples
½ cup margarine
½ cup brown sugar
½ teaspoon salt
1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes.

Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



Broccoli Pizza

1½ cups shredded Monterey Jack cheese
1 12-inch whole wheat pizza crust
1 cup chopped broccoli florets
1 medium zucchini, thinly sliced
1 medium onion, sliced into strips
½ medium red bell pepper, cut into strips
1 medium tomato, thinly sliced
2 cloves minced garlic
1 teaspoon dried Italian seasoning
2 tablespoons vegetable oil

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.

Yield: 8 slices
Nutrition Analysis: 320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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



Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Be present in all things, and thankful for all things.

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