

Henderson County

4-H Newsletter

December 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

Merry Christmas from
Henderson County 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

December 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

December 8: South Middle School Teen Club (after school)

December 9: LAST DAY to sign up for Country Ham Project

December 13: Herdsman Club Christmas Party, 6 pm (Expo Building)

December 15: Riverside Riders Christmas Party, 6 pm (Expo Project Room)

December 19: Christmas Craft & Treat Day (ages 9-18), 9-12 pm (Expo Building)

December 20: Cloverbud (ages 5-8) Winter Day Camp, 9-12 pm (Expo Building)

December 25: Christmas Day

**December 26-30: Henderson County Extension Office CLOSED
for Christmas & New Years**

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

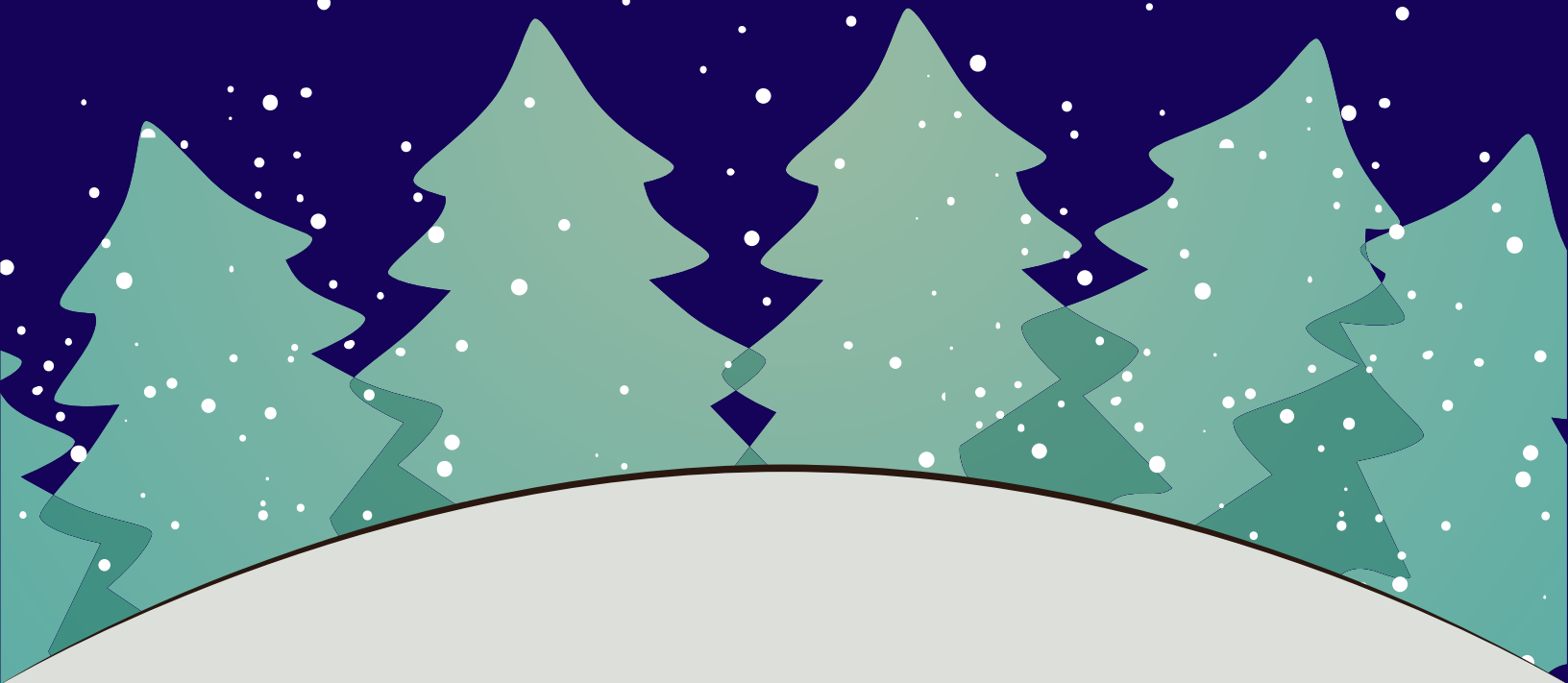
Henderson County
4-H Newsletter

January 2022 Edition



College of Agriculture,
Food and Environment
Cooperative Extension Service

*We want to wish your family a
safe and Happy New Year
from Henderson County 4-H!*



January 2023 4-H Club & Activity Schedule

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

January 2: Henderson County Extension Office CLOSED for New Years Day

January 10: Cairo After School Club
January 10: Cooking Club, 4 pm (Expo Kitchen)
January 10: Herdsmen Club, 6 pm (Expo Building)
January 11: South Heights After School Club
January 12: AB Chandler After School Club

January 16: Henderson County Office CLOSED for Martin Luther King, Jr Day

January 16: Area Teen Council
January 17: East Heights After School Club
January 17: State Fair Project, 4 pm (Expo Project Room)
January 17: Livestock Education, 6 pm (Expo Building)
January 18: Holy Name After School Club
January 19: Niagara After School Club
January 19: Riverside Riders, 6 pm (Expo Project Room)
January 24: Spottsville After School Club
January 24: South Middle School Teen Club (after school)
January 24: Cloverbud Club, 5 pm (Expo Building)
January 25: Bend Gate After School Club
January 26: Jefferson After School Club

January 26: Henderson County Extension Hall of Fame Banquet, 6 pm

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

Food taste better when you eat it with your family!

CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for tweens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.



WHAT YOU NEED:

- 8-inch flour tortillas
- 1 container of guacamole
- 8 oz. pepper jack or hot habanero cheddar, grated
- 4 plum tomatoes, thinly sliced



BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

DIRECTIONS:

Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

WHAT YOU NEED:

- Nonstick cooking spray
- 1 cup unbleached, all-purpose flour
- Pinch of salt
- Pinch of ground black pepper
- 4 large egg whites
- 1/2 cup fat (2%) milk
- 1-1/2 cups crushed cornflakes
- 4 oz. sharp cheddar cheese, grated
- 6 boneless chicken breast halves, cut into 1/2-inch-wide strips



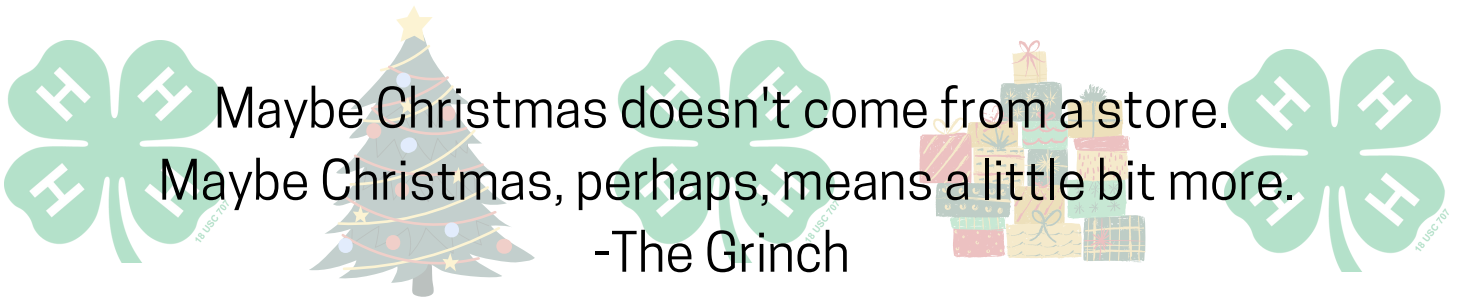


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RETURN SERVICE REQUESTED



Maybe Christmas doesn't come from a store.
 Maybe Christmas, perhaps, means a little bit more.

-The Grinch

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