Henderson County 4-H Newsletter

October 2022 Edition

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

Disabilities
accommodated
with prior notification

October 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

October 4: Cairo After School
October 4: Cooking Club, 4 pm (Expo Kitchen)
October 4: Achievement Application Workshop, 6 pm (Expo Building)
October 5: South Heights After School
October 6: A.B. Chandler After School
October 10-14: Fall Break (NO 4-H Clubs will meet)
October 15: Achievement Application Workshop, 9 am
October 18: East Heights After School
October 18: Fair Project Day, 4 pm (Expo Project Room)
October 18: Herdsman Club, 5:30 pm (Expo Building)
October 19: Holy Name After School
October 20: Niagara After School
October 20: Riverside Riders, 6 pm (Expo Building)
October 22: 4-H Horse Fun Show (Henderson County Fairgrounds)
October 25: Spottsville After School
October 25: South Middle School
October 25: Cloverbuds, 5 pm (Expo Building)
October 25: Teen Club, 6 pm
October 26: Bend Gate After School
October 27: Jefferson After School
October 29: 4-H Movie Night (Expo Parking Lot)

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

Henderson County 4-H
After School Schedule

Cairo
4-H After School

October 4

November 1

January 10

February 7

March 7

April 11

South Heights
4-H After School

October 5

November 2

January 11

February 8

March 8

April 12

A.B. Chandler
4-H After School

October 6

November 3

January 12

February 2

March 2

April 13

East Heights
4-H After School

October 18

November 15

January 17

February 14

March 14

April 18

Holy Name
4-H After School

October 19

November 9

January 18

February 15

March 15

April 19

Niagara
4-H After School

October 20

November 10

January 19

February 9

March 9

April 20

Spottsville
4-H After School

October 25

November 16

January 24

February 21

March 21

April 25

Bend Gate
4-H After School

October 26

November 21

January 25

February 22

March 22

April 26

Jefferson
4-H After School

October 27

November 17

January 26

February 16

March 16

April 27

2:30 - 3:45 pm
Do not forget to bring a note!

CLUB SPOTLIGHT
BULLSEYE BRIGADE SHOOTING SPORTS

CONGRATULATIONS TO ALL WHO PARTICIPATED IN THE STATE SHOOT!

Pumpkin Apple Muffins

1¼ **cups** all-purpose flour
1¼ **cups** whole-wheat flour
1¼ **teaspoons** baking soda
½ **teaspoon** salt
1½ **teaspoons** ground cinnamon

½ **teaspoon** ground ginger
½ **teaspoon** ground nutmeg
1¼ **cups** honey
2 large eggs

1½ **cups** fresh pureed pumpkin
½ **cup** canola oil
2 **cups** Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein

Plate it up!
Kentucky Proud

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

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

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Kentucky Proud

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A little consideration, a little thought for others, makes all the difference.

Allie Brasher,
4-H Youth Development Agent

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