



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



December 2022

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Cloverbuds:

No December meeting!!! We are in need of a volunteer leader for this club. If you are interested, please email Rebecca!

### Teen Council:

Will meet on December 20th at 4:30 pm! They will meet on the Third Tuesday of each month at the Extension Office. This is open to youth in grades 6-12.

### Homeschool:

Will meet on December 20th at 11:00 am! They will meet on the Third Tuesday of each month at the Extension Office.

### Lego Robotics:

Will meet on December 13th at 5:00 pm! They will meet on the Second Tuesday of each month at the Extension Office.

### Heritage School Club:

First Tuesday of each month at school. December 6th is the next meeting!

### Tygart Creek School Club:

The first meeting will be on November 9th from 3:30pm-4:30pm at school.

## IMPORTANT DATES

### School Enrichment Dates:

January 9th- Virtual Academy  
January 11th- Star Elementary  
January 12th- Olive Hill Elementary  
January 17th- Prichard Elementary  
January 24th- Tygart Creek Elementary

### Cloverbud Summer Camp:

June 2-4 at North Central 4-H Camp. Enrollment information will be announced in the spring

### 4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment information will be announced in the spring.



Rebecca Hayes



@CarterCountyKY4H



@cartercounty4h

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

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Disabilities accommodated with prior notification.



On November 15, the Carter County Teen Council, including Kelsey Wilson, Brooklyn Middleton, Nevaeh Kouns, and Darrin Yates, made holiday cards to be delivered to the residence at the Friendship House, the Chapel House, and the nursing home. If you are interested in joining the Teen Council, we meet every 3rd Tuesday of the month at the Carter County extension office.

Submitted by Kelsey Wilson



## TEEN COUNCIL MEMBERS MAKING HOLIDAY CARDS



Carter County 4-Her, Kenzie Owens, is on the Kentucky 4-H State Teen Council and they are doing a fundraiser. If you are interested in ordering one of these keychains, please email her at [ccakenziemarie@gmail.com](mailto:ccakenziemarie@gmail.com)

# Kentucky 4-H State Teen Council

## 2022 STC Fundraiser



For the 2022-23 STC Fundraiser, State Teen Council members will be selling leather keychains with the words "Kentucky 4-H" and a clover stamped on it. These keychains would be a great gift for any 4-H member, or even an awesome accessory to buy for yourself. All proceeds of this fundraiser will go to support educational programming for the Kentucky 4-H State Teen Council. If you are interested in purchasing a keychain, please reach out to me and I can place your order with either cash or check!

ONLY \$6.00



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# 4-H

# Summer Camp

**ARE YOU WANTING TO GIVE THE GIFT  
OF SUMMER CAMP?**

**IF SO... EMAIL [REBECCA.HAYES@UKY.EDU](mailto:REBECCA.HAYES@UKY.EDU)  
TO SPONSOR A SCHOLARSHIP!  
DEADLINE IS JUNE 30.**

**What you will be funding:**

- New Friends**
- Memories that last a lifetime**
- Independency**
- Learning new skills**

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# Save the Date

# 4-H Summer Camp 2023

## August 1st - August 4th



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# Make and Take

## Workshops

Charcuterie Boards-October 24, 5:00pm

Cookie Decorating-November 21, 5:00pm

Fresh Winter Centerpieces and Bows-December  
14, Noon

Basic Quilting- January 27, 9am-3pm

Edible Arrangements- February 9, 5pm

Embroidery- March 23 11am & 5pm

Tie Dye- April 6, 1:00

Mother 's Day Floral Arrangements-May 11, Noon

Workshops are offered at the Carter County Extension Education Center for all ages. Pre- Registration is required, and cost of supplies will vary. Collaboration between ANR, 4-H, and FCS Extension. Schedule is subject to change.

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# You're invited

Wednesday, December 21, 2022, Dr. Laura Stephenson, Associate Dean and Extension Director will be visiting our campus. We would like to extend an invitation to our clientele, community partners, city and county officials and community leaders to please join us in welcoming Dr. Stephenson to Carter County.

Our District Board will be meeting at 9:00 that morning. That meeting will be followed by an open "Meet & Greet" Brunch from 10:00-11:00am in our Educational Building.

We hope you can join us.

Thank you so much,  
Carter County Cooperative Extension







# Honey Raisin Muffins

**½ cup + 2 tablespoons** all purpose flour

**½ cup + 2 tablespoons** whole wheat flour

**¾ teaspoon** baking powder

**¼ teaspoon** baking soda

**1 teaspoon** ground cinnamon

**¼ teaspoon** salt

**2 cups** bran flake cereal with raisins

**1 cup** skim milk

**½ cup** honey

**2** egg whites

**3 tablespoons** unsweetened applesauce

**2 tablespoons** canola oil

**1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.

**2. In** a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

and oil; **mix** well.

**3. Add** dry ingredients and stir until moistened.

**4. Fill** a greased or paper-lined muffin pan  $\frac{2}{3}$  full.

**5. Bake** at 400°F for 15-18 minutes.

**6. Cool** 10 minutes before removing from pan.

**Yield:** 12 muffins.

**Nutrition Analysis:**

150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



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

## Kentucky Honey

**SEASON:** Honey is harvested in July and August.

**NUTRITION FACTS:** 1 tablespoon of honey has 60 calories, 0 g fat, 17 g carbohydrate, 0 g protein.

**SELECTION:** Bees prepare honey from nectar collected from the flowers and blossoms of trees. Color and flavor is determined by the blooms.

**STORAGE:** Store honey at room temperature, in an air-tight container for up to 2 years.

**PREPARATION:** Honey can be used in cooking in place of sugar. For baking with honey, substitute honey for up to ½ the sugar in recipes. Reduce

the liquid in the recipe by ¼ cup for each cup of honey used. Add ½ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent over-browning. Honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.



### HONEY

**Plate It Up! Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students

**March 2012**

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