

July 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

Cloverbuds:

Will meet up again in the Fall! We are looking for an Adult Volunteer for this club.

Teen Council and Middle School:

Will meet up again in the Fall! We are looking for an Adult Volunteer for this club.

Homeschool:

Will meet up again in the Fall! We are looking for an Adult Volunteer for this club.

Is your child interested in a club that we do not currently offer? Please email Rebecca! We are always looking for new club opportunities. It just takes an Adult Volunteer leader and about 5 kiddos to start a club!



 @CarterCountyKY4H

 @cartercounty4h

Rebecca Hayes



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.

Congratulations!!!

State Communication Results

Audrey Barker- Blue, Senior Visual Arts
Kenzie Owens- Blue, 17-year-old Speech
Nevaeh Kouns- Red, 14-year-old Speech





4-H Camp 2022



HIKE & LEARN THIRD FRIDAYS

CARTER CAVES STATE RESORT PARK NATURAL BRIDGE TRAIL & TOMAHAWK THROWING

JULY 15TH AT 9:00 AM

Upcoming Dates & Locations:

- August 19th @ 9:00 —Greenbo Lake State Resort Park— Fern Valley Trail
- September 16th @ 1:00 —Grayson Lake US Army Corp of Engineers— Primitive Trail
- October 21st @ 1:00 —Laurel Gorge Cultural Heritage Center

The Details for this Month:

Carter Caves State Resort Park
July 15th @ 9:00 AM

WALKING DISTANCE: 3/4 mile **DIFFICULTY:** Easy

Meet at the picnic table by under the hemlock tree to the left of the Welcome Center. Closed-toe shoes are required. Bring your own snacks & drinks.

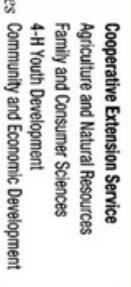
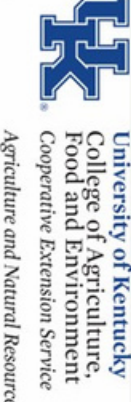
All ages welcome! Youth participating in this month's Hike & Learn will earn Kid's Bucks to spend at the Farmer's Market.

After the hike learn the skill of safely throwing tomahawks and learn how they may have been used by early settlers. Must be at least 6-years-old to participate in the Tomahawk Throwing.

Hikes may be cancelled due to bad weather or trail conditions. Cancelled hikes will not be rescheduled.

Sign up to receive Hike & Learn reminders, updates, and cancellation notifications by scanning this code.

All activities are FREE!




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LEWINGTON, KY 40546





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 4-H Youth Development



District 1

TRACTOR DRIVING *Competition*

Participants will compete in the written test immediately followed by the safety and skills portion.

District winner moves on to compete at the Kentucky State Fair in August!

DATE

JULY 27TH, 2022 @ 1:00 PM

LOCATION

606 SALES AND EVENTS LLC

5194 EWING RD EWING, KY 41039

Registration Deadline: July 25th

Age Divisions: Junior (9-13) ; Senior (14-18)
(All ages as of January 1st 2022)

FOR MORE INFORMATION CONTACT: STACI THRASHER 606-845-4641 OR STACI.NEWSOM@UKY.EDU

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Duck and Potatoes



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.



USDA
Supplemental
Nutrition
Assistance
Program



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Duck and Potatoes

- 1 wild duck, cleaned
- 1 unpeeled apple, cut in half
- 3 to 4 cups water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 large potatoes, diced
- 3 carrots, peeled and sliced
- 1 large onion, diced
- 2 teaspoons ground sage

Place whole duck and apple in a 5-quart kettle with 3 to 4 cups of water. Cover. Boil for 30 minutes. Place duck in 15x10 baking dish, add 2 cups liquid from boiled duck. Season

with salt and pepper. Cover. Bake at 350 degrees Fahrenheit for 45 minutes. Add potatoes, carrots, onion, and sage. Bake 45 minutes to 1 hour longer or until duck and potatoes are tender. (The internal temperature of the duck should reach 165 degrees Fahrenheit at the leg joint.) If necessary, add water to keep liquid on duck and potatoes.

Note: To reduce fat content, remove skin and visible fat before cooking. This will also reduce “wild” flavor.

Yield: 6 servings

Nutrition Facts

6 servings per container
Serving size **3 ounces meat,
one potato, 1/2 cup vegetables (484g)**

Amount per serving
Calories 600

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 190mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 10mg	60%
Potassium 1,430mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.