



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



April 2023

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

April



Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Teen Council:

Will meet on April 18th 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 April 18th at 11:00 am! They will meet on the Third Tuesday of each month at the Extension Office.

Lego Robotics:

Will meet on April 11th at 5:00 pm! They will meet at the Extension Office on the Second Tuesday of each month.

Heritage School Club:

Contact Nicole Flaughter for more information!

Tygart Creek School Club:

Contact Zoie Morrison for more information!

Livestock Club:

More dates are to be announced via email and Facebook.

Fishing Club:

The first meeting will be May 24th at 5:00 pm at the Extension Office.

IMPORTANT DATES

School Enrichment Dates:

April 11th- Olive Hill Elementary
April 12th- Star Elementary
April 17th- Prichard Elementary
April 24th- Tygart Creek Elementary

Communications Day:

Speech and Demonstrations will be on April 20th. More information is below.

Projects:

Completed projects are due to the office by 4:30 pm on April 21st.

Cloverbud Summer Camp:

June 2-4 at North Central 4-H Camp. Enrollment is open!

4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment is open!

Longest Day of Play:

June 21st. More information to come!

If Carter County Schools are canceled due to weather, there are no 4-H activities that day!

 @CarterCountyKY4H

 @cartercounty4h

Rebecca Hayes



Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



4-H Teen Summit

On March 16-18th, Addie Flaughter and Arden Morrow participated in the State 4-H Teen Summit at Lake Cumberland 4-H Camp. They got to meet people from across the state, learn new skills, work on their leadership, and have some fun! Kenzie Owens (State Teen Council member) and Nevaeh Kouns (NRESci Ambassador) helped to lead the weekend with their respective groups and assisted the middle schoolers throughout the weekend.



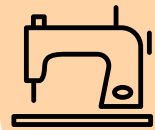


4-H SUMMER DAY CAMPS

For Ages 9-18 (except Cloverbuds)

SEWING - MAY 24TH

Learn basic hand sewing, hand embroidery,
and machine sewing.
At the Extension Office.



PHOTOGRAPHY - MAY 31ST

Learn basic photography skills.
At the Extension Office.



HISTORY - JUNE 7TH

Travel to Fort Boonsboro and learn
some state history.
Call to sign up!



CLOVERBUDS - JUNE 20TH

Youth aged 5 - 8 can come to learn
the fun aspects of 4-H!
At the Extension Office.



COMMUNITY SERVICE - JULY 12TH

Lend a helping hand in the community!
More information to come.
Call to sign up!



POLLINATOR - JULY 18TH

Learn about pollinators and help
expand the office pollinator garden.
At the Extension Office.

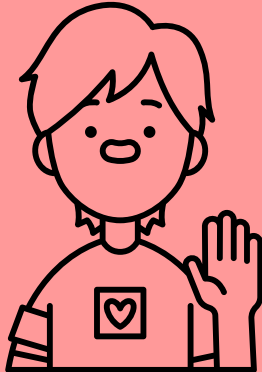


Sign-ups begin May 1st. Call the office at 606-474-6686. Spots are limited!





Volunteers needed!



Communications Judges:

- 3 for Speech and Demo
- 2 for the mock interview

4-H Summer Camp:

- Ages 16+
- August 1st - 4th
- \$100 for 16 and 17
- Free for 18+

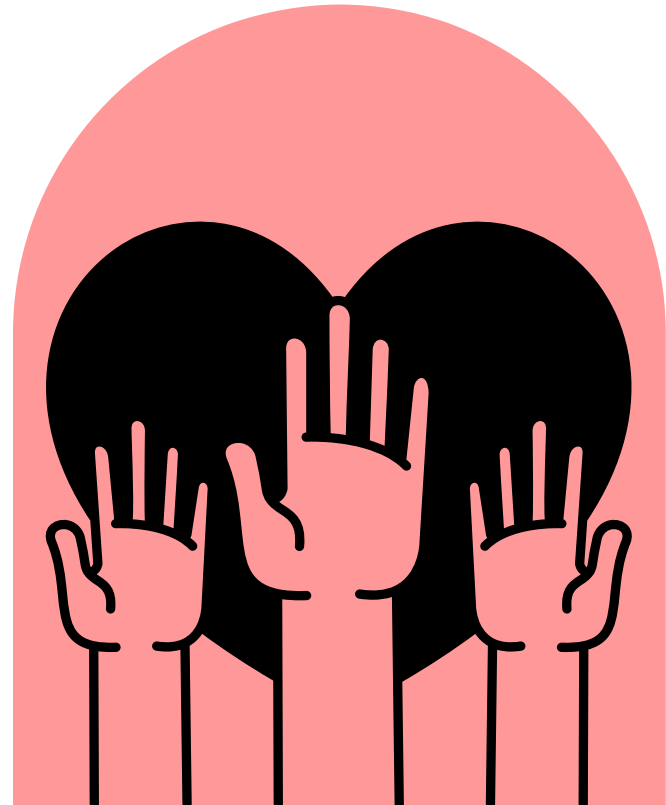
Reality Sore:

- This is a make-up day
- 12 volunteers needed
- April 19th, 8:30am-10:15 am
- At the Extension Office

Email

rebecca.hayes@uky.edu

to sign up for any of these opportunities!





Carter County Communications Contest

Sign up
by April
13th!

April 20, 2023

Carter County Extension Office

3:30 pm-7:00 pm

To sign up for a time slot, Call 606-474-6686

Junior Speech
(9 years - 13 years)

- 3-5 minutes long
- No visual aids
- No costumes
- Dress clean, neat, and appropriate
- Any topic you feel passionate about

Senior Speech
(14 years - 18 years)

- 5-7 minutes long
- No visual aids
- No costumes
- Dress clean, neat, and appropriate
- Any topic you feel passionate about

Junior Demonstration

- 5-15 minutes long
- Visual Aids (poster is mandatory)
- Must bring all equipment needed
- Dress appropriately for the topic

Senior Demonstration

- 5-15 minutes long
- Visual Aids (poster is mandatory)
- Must bring all equipment needed
- Dress appropriately for the topic





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First Thursday of the Month

April 6th @ 1:00 PM

**Carter Caves State Resort Park
Natural Bridge Trail & Aquatic
Insect Steam Stomp**

*Meet by the picnic table to the left of the welcome center.

*Bring your own snacks & drinks.

*Wear closed-toe shoes for the hike, but you may want extra shoes to change into after the stream stomp.

*During the stream stomp hikers will discover aquatic insects and how they relate to water quality.

*Distance: 3/4 mile

**Next Month's Hike: May 4th @ 1:00 PM
Laurel Gorge Cultural Heritage Center**

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



2023 Hike & Learn Schedule

April 6th @ 1:00 PM—Carter Caves State Resort Park—Natural Bridge Trail & Aquatic Insect Stream Stomp

May 4th @ 1:00 PM—Laurel Gorge Cultural Heritage Center

June 1st @ 9:00 AM—TBD

July 6th @ 9:00 AM—TBD

August 3rd @ 9:00 AM—Grayson Lake US Army Corp of Engineers Fishing & Nature Trails & Dam Tour

September 7th @ 1:00 PM—TBD

October 5th —Tree Farmer of the Year Field Day

Hikes may be cancelled due to bad weather or trail conditions.

Cancelled hikes will not be rescheduled.

All activities are FREE!



Carter County 4-H Summer Camp 2023 August 1st - August 4th

Time Warp edition!

ENROLLMENT OPEN

What your youth will do:

- Make new friends
- Make memories that last a lifetime
- Work on independency
- Learning new skills
- Take classes
- Stay in a cabin with friends
- Participate in camp wide activities
- Get a week outside!

\$250

Full and partial
scholarships
available

Space is limited!!!

Ages 9+

Enrollment and scholarship
application deadline:

June 30, 2023

Money due: July 14, 2023

A \$20 non-refundable deposit is due at the time of registration

Email rebecca.hayes@uky.edu or call 606-474-6686 with any questions!
Receive and return applications at 94 Fairground Drive, Grayson, KY 41143



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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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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces** okra stalks
- **2 tablespoons** olive oil
- **2 tablespoons** salt-free seasoning

Tangy Dipping Sauce:

- **1 cup** plain low-fat yogurt
- **3 tablespoons** mayonnaise
- **1 tablespoon** dried parsley
- **2 teaspoons** dried dill
- **1 teaspoon** garlic powder
- **1 teaspoon** onion powder
- **1/2 teaspoon** salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



Kentucky Okra

SEASON: June through September

NUTRITION FACTS: Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

SELECTION: Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

STORAGE: Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

July 2022

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



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