

August 2023

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

August



Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Fishing Club:

The Fishing Club will meet: August 11th, August 25th, and September 8th at 6:00pm at the Grayson Lake handicap boat ramp.

September 26th at 6:00pm at the Extension Office for a cooking class.

Homeschool Club:

The first meeting will be September 19th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Teen Council:

The first meeting will be September 19th at 4:30pm at the Extension Office. They will meet the 3rd Tuesday of the Month.

Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet September 11th, November 13th, January 8th, and March 11th at 4:30pm at the Extension Office!

IMPORTANT DATES

4-H Enrollment:

2023-2024 Enrollment starts September 1st! The enrollment form will be attached to the September newsletter, sent out via email, and available on the Facebook Page as well as at the Extension Office.

Carter County Fair:

Exhibit Hall is open Monday, August 7th from 11:00am-1:00pm to turn in projects.

The Livestock Shows will Start Tuesday, August 8th at 8:00am. The Sale will start at 7:00pm.



 @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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Disabilities
accommodated
with prior notification.

Kentucky 4-H State Communications Contest

On Saturday, July 8th, 5 Carter County 4-Hers competed in the Kentucky 4-H State Communications Contest. We had 2 Demonstrations and 3 Speeches.

They did amazing and practiced so hard!

- Audrey Barker received a Blue Ribbon and Overall 2nd Place in the Senior Visual Arts Demonstration.
- Kylie Kouns received a Blue Ribbon in her Junior Performing Arts Demonstration.
- Nevaeh Kouns received a Blue Ribbon in her 15 year old speech category.
- Josiah Wells received a Blue Ribbon in his 14 year old speech category.
- Kenzie Owens received a Blue Ribbon and 3rd place overall in her 18 year old speech category.

Community Service Day Camp



6 4-Hers, 2 Community partners, and 4 hours of community service. We filled 4 trash bags of trash & invasive species and got Fostering Possibilities Boutique prepped through Fall!



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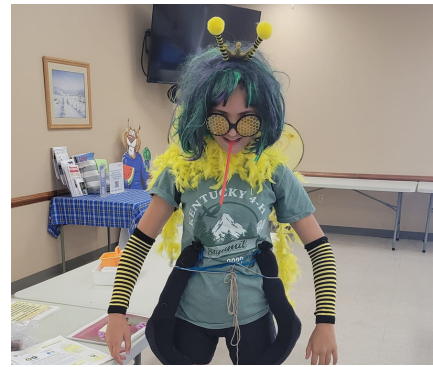
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Pollinator Day Camp

4-Hers came to the Extension Office to learn all about pollinators.

We talked about what they do, played games to learn how pollination works, and we planted a pollinator garden here at the Extension Office! We want to thank Kentucky 4-H Foundation and Carter County Soil Conservation for sponsoring this project with a Kentucky 4-H Ag Mini Grant! Also, thank you to 4-H dad, Butch Flaughter for tilling the garden.



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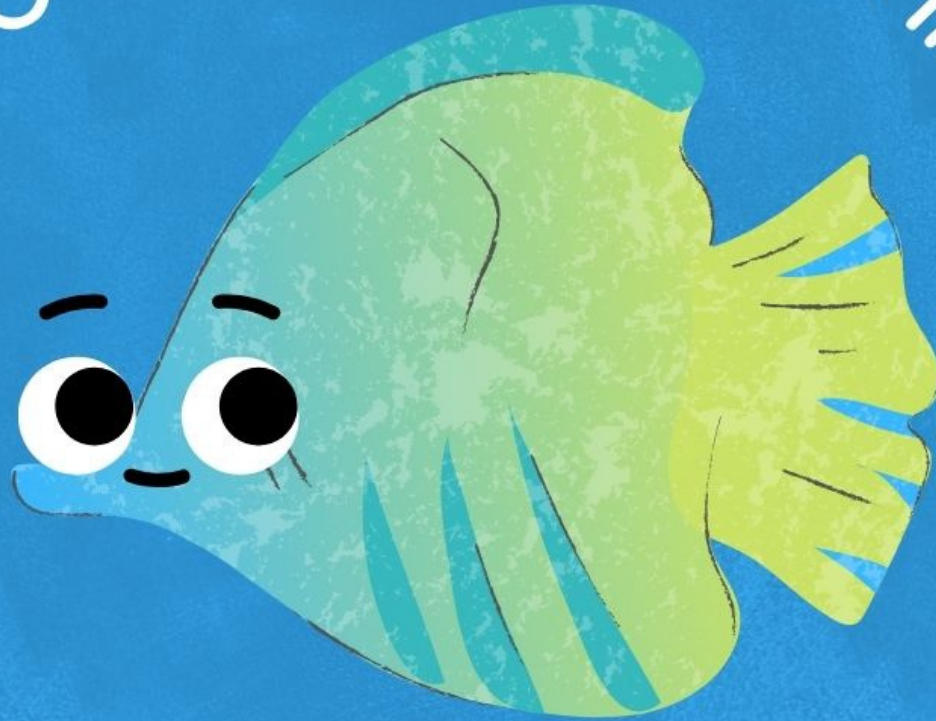


Disabilities accommodated with prior notification.

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			4-H Summer Camp			
6	7 Exhibit Check-In	8 Livestock Shows and Sale	9	10	11 Fishing Club @6	12
13	14	15 First Day of School!	16	Carter County Fair		
20	21	22	23	24	25 Fishing Club @6	26
27	28	29	30 State Fair	31		

CARTER COUNTY 4-H FISHING CLUB



Grayson Lake Handicap Boat Ramp

August 11th @ 6:00pm

August 25th @ 6:00pm

September 8th @ 6:00pm

September 26th @ 6:00pm at the Extension Office



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LEXINGTON, KY 40546



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Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: Apples are high in fiber and contain a good amount of vitamin C and potassium.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

Kentucky Proud Project

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

Source: FruitsAndVeggies.org

March 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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4-H is a **community**
 of **young**
people
across America
who are learning
leadership,
citizenship and
life skills.

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CARTER

4-H YOUTH
DEVELOPMENT

