



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



January 2023

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:

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

Teen Council:

Will meet on January 17th 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 January 17th at 11:00 am!
They will meet on the Third Tuesday of each month at the Extension Office.

Lego Robotics:

Will meet on January 10th 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.
Contact Nicole Flaughter for more information!

Tygart Creek School Club:

Contact Zoie Morrison for more information!

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.



 @CarterCountyKY4H

 @cartercounty4h

Rebecca Hayes

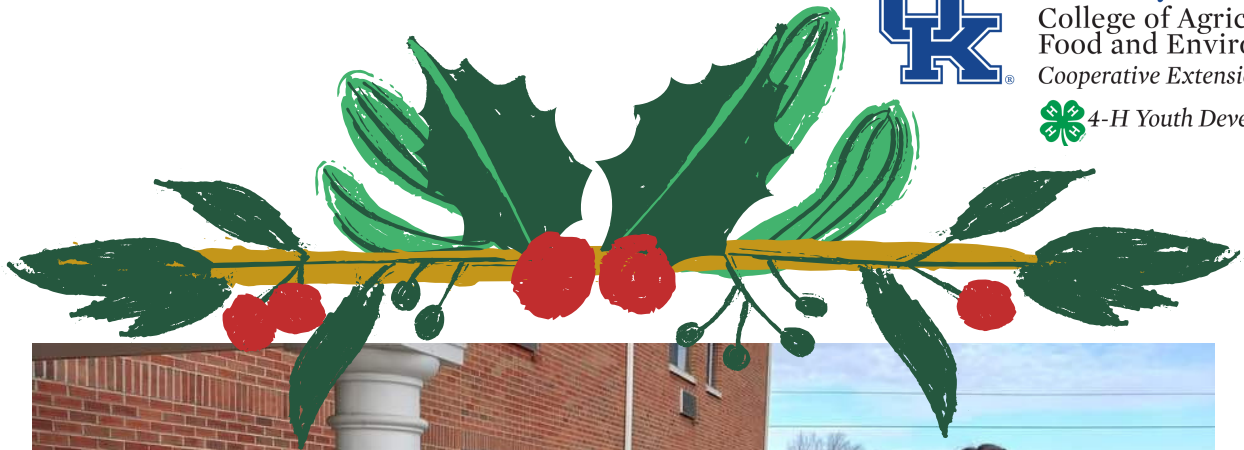


Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Thank you to the homeschoolers for passing out holiday cards and caroling at the Chapel and Friendship Houses!

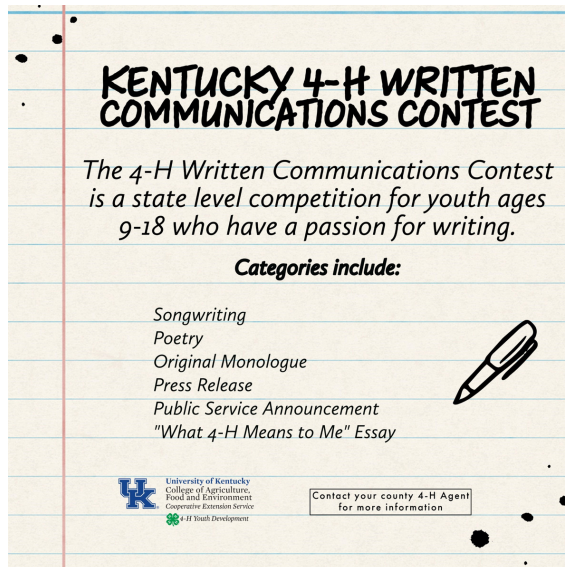




State 4-H Information

4-H Leadership Boot Camp

Are you ready to take the next step in your leadership journey? Join us for the 4-H Leadership Boot Camp hosted at Lake Cumberland 4-H Camp on February 2nd and 3rd, 2023. During this educational experience, youth (14 years old and above) will have the opportunity to develop their leadership skills in a fast-paced, team-focused environment. Contact Rebecca if you'd like more details!



Written Communication Contest:

The deadline to turn in your written communication entry is February 24th by 4:30 pm. Have it emailed to rebecca.hayes@uky.edu.

Civil Rights Act-Compliant statement:

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



CARTER COUNTY 4-H PRESENTS



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

4-H Youth Development

BECOME A VOLUNTEER



VOLUNTEERS NEEDED

**16
FEB**

REALITY STORE

WEST CARTER MIDDLE SCHOOL

Carter County 4-H will be providing Reality Store for Carter County 8th graders! We are partnering with FRYSC to provide this educational opportunity for youth to learn "hands-on" what it takes to live day-to-day. More information to come. Please email Rebecca if you are interested in volunteering!

REBECCA.HAYES@UKY.EDU

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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



4-H Youth Development

4-H

Summer Camp

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

**IF SO... EMAIL 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**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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



Save the Date

4-H Summer Camp 2023

August 1st - August 4th



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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

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.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells

1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt

½ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



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

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

KENTUCKY ASPARAGUS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Source: www.fruitsandveggiesmatter.gov