



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



July 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

Fishing Club:

The fishing meeting will be July 11 at 6:00pm and July 29 at 9:00am at the Grayson Lake handicap boat ramp.

IMPORTANT DATES

4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp. Enrollment is open! We still have scholarship money left! DEADLINE EXTENDED!!! We still have scholarships available!

Pictures below are from our History Day Camp Field Trip to Ft. Boonesborough State Park on National Boone Day, June 7th! We learned about Daniel Boone, general Kentucky history and had a great time!



 @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.



Kentucky 4-H Teen Conference

Shyann, Audrey, Nevaeh, and Kenzie participated in the week-long Kentucky 4-H Teen Conference on UK's Campus. They stayed in the dorms, took classes, did community service across Lexington, and made some new friends! It was a BIG week for Carter County 4-Hers.

Nevaeh was recognized for receiving her Silver Achievement Award.

Audrey was awarded her Gold Achievement Award.

Kenzie was chosen as the 2023-2024 Kentucky 4-H State Secretary! She will travel the state, meet 4-Hers, teach workshops, and give presentations for the year.

We are SO proud of all of their accomplishments and are excited to see what these ladies do in their future!



Audrey Barker
2023 Gold Achievement
Winner



Kenzie Owens
2023-2024
State 4-H Secretary



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+



SPOTS STILL AVAILABLE!!!
DEADLINE EXTENDED TO
JULY 14TH

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

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Office Closed Independence Day	4 Office Closed Independence Day	5	6 Hike & Learn @ 9	7	8 State Communications Contest
9	10 Camper Orientation @ 5:00pm	11 Fishing Club @ 6:00pm	12 Community Service Day 	13	14 Camp Money Deadline	15
16	17 Farmers Market Kids Day in Olive Hill @ 3:00pm-4:30pm	18 Pollinator Day Camp @ 9:30-2:30 	19	20 4-H Camp Counselor Training @ 10:00am	21	22
23	24	25 National Forestry Judging	26	27	28	29 Fishing Club @ 9:00am Farmers Market Kids Day in Grayson @ 9:30am-11:00am
30	31					

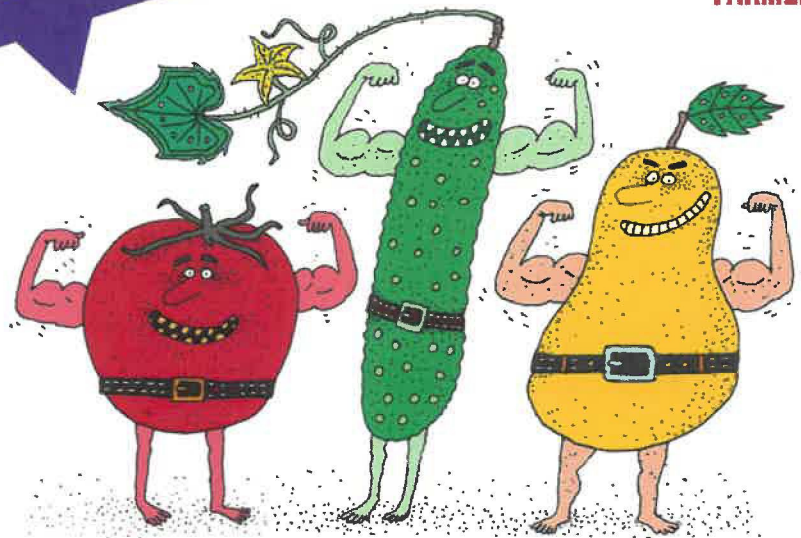


KID'S DAY



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Sponsored by



This Summer, at the Carter County Farmer's Market, we will have two Kid's Day events one at each location! Join us for some fun activities to earn bucks that can be spent at the market any time it's open through October 31, 2023

OLIVE HILL: Mon. July 17th 3:00p-4:30p

GRAYSON: Sat. July 29th 9:30a-11:00a

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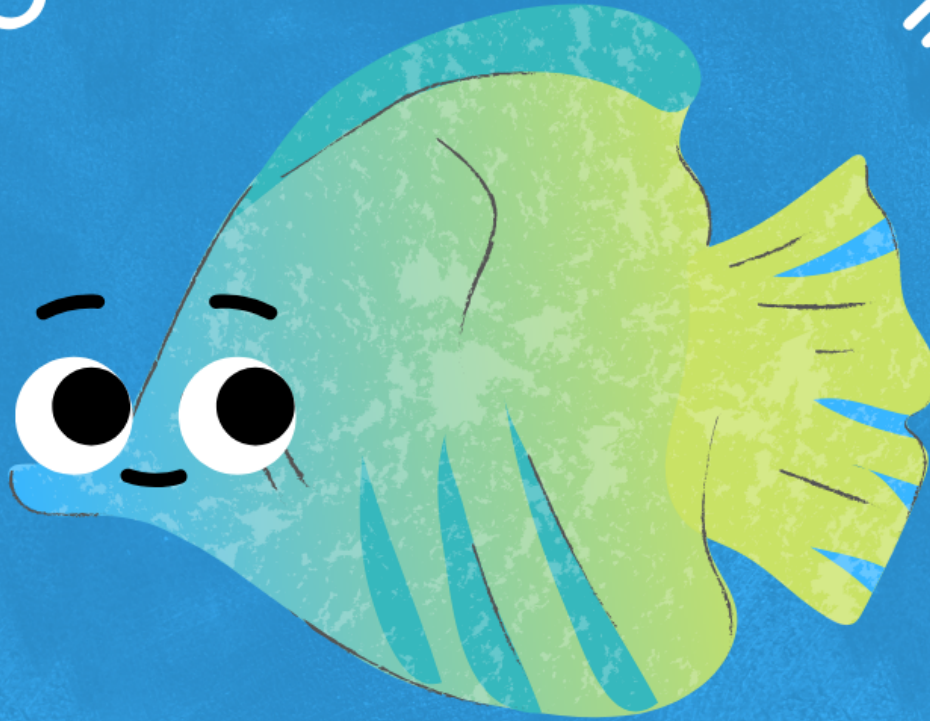
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Disabilities
accommodated
with prior notification.

CARTER COUNTY 4-H FISHING CLUB



Grayson Lake Handicap Boat Ramp



June 8th @ 5:00pm
 June 23rd @ 6:00pm
 July 11th @ 6:00pm
 July 29th @ 9:00am



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 LEXINGTON, KY 40546



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 with prior notification



June 8th Meeting
 Pictures





Plate it up!



Whether it's spring,
summer, fall or winter,
you can Plate It Up with
delicious recipes that put
a new twist on your favorite
Kentucky Proud foods!



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PlateltUp.ca.uky.edu



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Cucumber, Corn, and Bean Salsa

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 1/8 cup sugar

Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn, instead of fresh, drain off liquid prior to adding to vegetables. In a small bowl, **mix** together ranch dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: 10, 1 cup servings.

Nutrition analysis: 50 calories, 0 g fat,
130 mg sodium, 7 g carbohydrate, 2 g fiber.
70% Daily Value for vitamin C.

Recipes developed by County Extension Agents
for Family and Consumer Sciences and University of
Kentucky Dietetics and Human Nutrition students.

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