



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

 4-H Youth Development

March 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

Teen Council:

Will meet on March 21st 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 March 21st at 11:00 am!
They will meet on the Third Tuesday of each month at the Extension Office.

Lego Robotics:

Will meet on March 14th 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:

March, 13th, and 27th from 5:30pm - 7:00pm at the Extension Office. More dates to be announced via email and Facebook.

IMPORTANT DATES

School Enrichment Dates:

March 6th- Virtual Academy
March 14th- Olive Hill Elementary
March 15th- Star Elementary
March 20th- Prichard Elementary
March 28th- 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 information will be announced in the spring

4-H Summer Camp:

August 1st - August 4th at North Central 4-H Camp.

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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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



4-H Leadership Bootcamp

On February 2nd and 3rd, 4-H members Kelsey Wilson, Kenzie Owens, and Audrey Barker attended the statewide Leadership Bootcamp at Lake Cumberland 4-H Camp. While at the 2-day event, they participated in events that taught several leadership skills. Some of these workshops included team building, creativity, problem-solving, communications, and getting interview ready.

-Submitted by Audrey Barker





Senior Forestry Judging

Youth aged 14-18

This is a team competition. We must have 3-4 youth per team to participate in the state competition.

Practice dates:

March 6 at 5:00 pm

March 13 at 4:30 pm

March 27 at 4:30 pm

March 29 at 4:30 pm

April 10 at 5:00 pm

April 12 at 4:30 pm

April 13 at 4:30 pm

*All practices will be at
the Extension Office*

State competition:

April 18th at Raven Run





Carter County Communications Contest

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





What is the NRESci Academy?

The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, scholars participate in hands-on investigations to learn about Kentucky's water, forest and wildlife resources.

When is the NRESci Academy?

The Academy is a three-year commitment, and meets quarterly each year. Scholars attend a three-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer.

Who can apply?

Applicants must be in the 5th grade at the time of the application. If selected, you must agree to make a three-year commitment to the program. Contact your county Extension agent for additional information, including application deadlines.

Is there a fee?

The registration fee is determined by your county's Cooperative Extension Service Office. The fee includes lodging, meals and educational programming cost. Scholarship opportunities may be available.

What will we do as part of the NRESci Academy?

Each year of the 3-year program, scholars concentrate on a different core area (water, entomology, forestry, wildlife) and interact with experts in each of these disciplines. Scholars participate in a variety of field exercises, including stream sampling, forest measurement data collection, wildlife observation and trapping, insect collection and identification, and much more. Scholars also have the opportunity to visit natural areas throughout the Commonwealth, such as Lost River Cave, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, University of Kentucky's campus, and more!



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Department of Forestry

**For more information visit
the 4-H NRESci website or
contact your county
Extension agent!**

<https://4-h.ca.uky.edu/NRESci>



4-H Natural Resources and Environmental Sciences Academy



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4-H Youth Development



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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**

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Disabilities
accommodated
with prior notification.



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4-H Summer Camp 2023

August 1st - August 4th



**Applications are available starting
March 13th.**

**More information will be sent out
then. Keep an eye on your email and
the Facebook page!**

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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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Nutty Sweet Potato Biscuits

1 cup all-purpose flour
⅓ cup whole wheat flour
1½ teaspoons baking powder
½ teaspoon salt

¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅓ cup chopped walnuts

1 cup mashed sweet potatoes
6 tablespoons sugar
¼ cup butter, melted
½ teaspoon vanilla
1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and **mix** well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits

Nutritional Analysis:

100 calories, 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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

Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

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

OCTOBER 2012

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