



August 2024

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

**back to  
school!**

 @CarterCountyKY4H

 @cartercountyky4h

Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Homeschool Club:

Will start back in September!

### Area Teen Council:

Will start back in September! Area Teen Retreat will be September 19-20. More details to come!

### Cloverbuds:

Will start back in September!

### Teen Leadership Academy:

Will start in September! This will be for middle and high school students.

## IMPORTANT DATES

### School Clubs:

Prichard Cooking Club: September  
Prichard STEM Club: September  
Olive Hill Cooking Club: September  
Olive Hill STEM Club: September

### School Enrichment:

4th and 5th grade classroom visits will begin in September!

### Farm and Family Field Day:

See the attached flyer for details!  
2 livestock hours available during this event.



**FARM & FAMILY FIELD DAY 2024**  
Tuesday, September 17th

Rayburn's Blessed Acres  
Rick & Sherri Rayburn  
897 Buckler Lane Olive Hill, KY 41164

5:00PM - Registration  
Booths Open  
Meal

6:30PM - Farm Tour

DOOR PRIZE DRAWING FOLLOWING THE FARM TOUR

**DON'T FORGET TO BRING YOUR LAWN CHAIR!**

The flyer features a scenic background image of a farm with rolling green hills, a blue sky with light clouds, and a pond in the foreground with several cows grazing in a field.

Rebecca Hayes



## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



Carter County 4-H  
Ice cream social

# GET THE SCOOP

Come learn about all  
things 4-H and enjoy an  
ice cream bar!

94 Fairground Drive,  
Grayson, KY 41143

August 29, 2024  
6:00pm-7:00pm





# Carter County Farmer's Market

<b>MONDAY</b> Olive Hill <b>3:00pm- Sell Out</b>	<b>WEDNESDAY</b> Olive Hill <b>8:00am- Sell Out</b>	<b>THURSDAY</b> Grayson <b>2:00pm- 6:00pm</b>	<b>SATURDAY</b> Olive Hill <b>8:00am- Sell Out</b>	<b>SATURDAY</b> Grayson <b>9:00am- NOON</b>
--	---	---	--	---

## Grayson

94 Fairground Dr.

Behind the Extension Office

## Olive Hill

131 Jessica Ln.

In Save-A-Lot parking lot

Join us for an experience with a Moroccan delegate visit to our county! The delegate will be at the

Extension Office on August 28th. Please join us in talking about what Extension provides for the county and the different programs you have participated in.



Cooperative  
Extension Service

**AUGUST 2 @ 9:00 AM  
GRAYSON LAKE STATE PARK**



**Join us every month on the first Friday for Hike & Learn.**

Grayson Lake State Park - Lick Falls Overlook Trail

Meet near the trailhead (behind the shelter house by the campground check-in).

Trail Length: 3 miles

Difficulty: Moderate

Please wear closed toe shoes & bring your own drinks & snacks.

**Next Month: September 6th**

**Visit [carter.ca.uky.edu/anr](http://carter.ca.uky.edu/anr) for more info.**

Cooperative  
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extensional programs of Kentucky Cooperative Extension serve all people regardless of economic or social status. We are committed to providing educational opportunities for all people. We are committed to the well-being of our state and our nation. We are committed to the advancement of our people through education, research, and extension. We are committed to the well-being of our state and our nation. We are committed to the advancement of our people through education, research, and extension. We are committed to the well-being of our state and our nation. We are committed to the advancement of our people through education, research, and extension.



Disabilities  
may be  
accommodated  
with prior notification.

Lexington, KY 40506

# August 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2 Hike & Learn	3
32	4	5 Livestock Day	6 Exhibit Hall Check-In	7	8	9 State Fair exhibit turn in	10 Exhibit Hall Pick Up
33	11	12	13	14	15	16 State Fair	17
34	18	19	20	21	22	23	24
35	25	26	27	28 Moroccan Delegate Visit	29 Get the Scoop	30 State Fair exhibit pick up	31

**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

# Bacon and Tomato Dip

Servings: Makes 16 servings Serving Size: 2 tablespoons



## Ingredients:

- 1 cup fat free sour cream
- 1 cup low fat mayonnaise
- 2 large tomatoes, diced, reserve excess juice
- 4 slices bacon, cooked crisp and crumbled
- 1 teaspoon garlic powder

## Directions:

1. Combine all ingredients.
2. Add reserved tomato juice until dip reaches desired consistency.
3. Serve with fresh vegetables or reduced fat crackers.

Source: *Plate it up! Kentucky Proud Project.*

50 calories; 3g fat; 1g saturated fat; 5mg cholesterol; 160mg sodium; 6g carbohydrate; 0g fiber; 3g sugar; 1g protein.