



4-H Monthly Newsletter to keep you informed



Club and Projects

Important Dates

County News

## **CLUB AND PROJECTS**

Email rebecca.hayes@uky.edu

<u>Homeschool Club:</u> 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.



Relacco Hayes



#### Cooperative Extension Service

#### 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, religin, publical 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.



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

Lexington, KY 40506



Carter County 4-H ice cream social

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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

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky. An equal opportunity organization

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|---------------|---------------------|-------------------|---------------------|---------------------|
| 9:00a<br>N001 | 8:00am-<br>Sell Out | 2:00pm-<br>6:00pm | 8:00am-<br>Sell Out | 3:00pm-<br>Sell Out |
| Grays         | Olive Hill          | Grayson           | Olive Hill          | <b>Dlive Hill</b>   |
| SATURI        | SATURDAY            | THURSDAY          | WEDNESDAY THURSDAY  | AONDAY              |
|               |                     |                   |                     |                     |

**VHC** Б

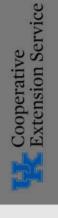
> Behind the Extension Office 94 Fairground Dr.

In Save-A-Lot parking lot <u>131 Jessica Ln.</u>

Extension provides for the with a Moroccan delegate Join us for an experience county and the different August 28th. Please join us in talking about what visit to our county! The delegate will be at the **Extension Office on** programs you have participated in.







# PAR AUGUST 2 @ 9:00 AI **GRAYSON LAKE STAT**



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

Grayson Lake State Park - Lick Falls Overlook Trail

**Trail Length: 3 miles** 

Difficulty: Moderate

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

Please wear closed toe shoes & bring your own drinks & snacks. Next Month: September 6th

Visit carter.ca.uky.edu/anr for more info.



# August 2024

| No. | Sunday  | Monday    | Tuesday      | Wednesday           | Thursday         | Friday                | Saturday     |
|-----|---|-----------|--------------|---------------------|------------------|-----------------------|--------------|
|     |   |           |              |                     | 1                | 2<br>Hike & Learn     | 3            |
|     |   |           |              |                     |                  |                       |              |
| 31  |   |           |              |                     |                  |                       |              |
|     |   |           |              |                     |                  |                       |              |
|     | 4   | 5         | 6            | 7                   | 8                | 9                     | 10           |
|     | Carter County Fair  |           |              |                     |                  |                       |              |
| 32  |   | Livestock | Exhibit Hall |                     |                  | State Fair            | Exhibit Hall |
|     |   | Day       | Check-In     |                     |                  | exhibit<br>turn in    | Pick Up      |
|     | 11  | 12        | 13           | 14                  | 15               | 16                    | 17           |
|     |   |           |              |                     |                  |                       |              |
| 33  |   |           |              |                     |                  |                       |              |
|     |   |           |              |                     | - State I        | air                   |              |
|     |   |           |              |                     |                  |                       |              |
|     | 18  | 19        | 20           | 21                  | 22               | 23                    | 24           |
| 34  |   |           | Ctata        | <b>F</b> a <b>!</b> |                  |                       |              |
| 34  |   |           | —State       | Fair —              |                  |                       |              |
|     |   |           |              |                     |                  |                       |              |
|     | 25  | 26        | 27           | 28                  | 29               | 30                    | 31           |
|     |   |           |              | Moroccan            |                  | State Fair<br>exhibit |              |
| 35  |   |           |              | Delegate            |                  | pick up               |              |
|     |   |           |              | Visit               | Get the<br>Scoop |                       |              |
|     |   |           |              |                     | '                |                       |              |
|     | Cooperative MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMI  |           |              |                     |                  |                       |              |
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|     | Family and Consumer Sciences<br>4-H Youth Development<br>Community and Economic Development<br>Lexington, KY 40506  |           |              |                     |                  |                       | modated      |
|     |   |           |              |                     |                  |                       |              |

www.free-calendar-template.com

# Bacon and Tomato Dip

Servings: Makes 16 servings Serving Size: 2 tablespoons

# Cooperative Extension Service



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.

