

February 2024

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

 CARTER COUNTY 4-H 

FLOWER BULB FUNDRAISER

JANUARY 8 - FEBRUARY 29

STOP BY THE EXTENSION OFFICE, 94 FAIRGROUND
DRIVE, GRAYSON, TO PLACE YOUR ORDER!

Carter County 4-H receives 50% of all sales!
Funds will be used to offset the cost of all overnight
4-H camps and conferences

Payment required at time of order.

 @CarterCountyKY4H 



 @CarterCountyKY4H  @cartercountyky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

Homeschool Club:

February 20th at 11:00am at the Extension Office. They will meet the 3rd Tuesday of the month.

Area Teen Council:

February 19th at 5:00pm.
Transportation is provided.

Cloverbuds:

Youth ages 5-8 can come to the Cloverbud Club to learn all about what 4-H has to offer! They will meet on March 11th at 4:30pm at the Extension Office!

Livestock:

February 5th and February 26th at 6:30pm at the Extension Office.

4-H Summer Camp:

July 1-5, 2024 at North Central 4-H Camp in Carlisle, KY. Cost is \$150.
Ages are: graduated 3rd grade and up!

Cloverbud Camp

June 28-30 at North Central 4-H Camp in Carlisle, KY. This is for youth aged 5-8. Cost is \$165.

IMPORTANT DATES

Carter County In-School Clubs:

Heritage: February 6
Tygart Creek: February 8
Carter City: February 9
Olive Hill: February 12
Heritage Cooking Club: February 13
Prichard: February 16
Star: February 20

Projects:

Projects are due on April 10th to the Extension Office.

Communications:

County Communications will be on April 18th at the Extension Office.

Journals:

Journals will be due May 2nd at the Extension Office.



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.

February 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5					1	2	3
6	4	5 Livestock	6 Heritage	7	8 Tygart Creek	9 Carter City	10
7	11	12 Olive Hill	13 Heritage Cooking Club	14	15	16 Prichard	17
8	18	19 Area Teen Council	20 Homeschool Club Star	21	22	23	24 Kentucky Volunteer Forum
9	25	26 Livestock	27	28	29		
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 30%;"> <p>Cooperative Extension Service</p> <p>Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p> </div> <div style="width: 40%; text-align: center;"> <p>MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT</p> <p><small>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</small></p> </div> <div style="width: 25%; text-align: center;">   <p><small>Disabilities accommodated with prior notification.</small></p> </div> </div>							

Symbols: Full sun Partial shade Shade Suitable cut flower Suitable for containers Pleasantly fragrant Deer resistant

BUTTERFLY COLLECTION

Make the planting of your garden easy and fun, with this all-season blooming collection that will attract butterflies and hummingbirds! Blooms begin in early summer with the Butterfly Weed and Salvia. Mid-Summer is when this garden really takes off with the Black-Eyed Susan and Purple Coneflowers, all beginning to bloom. Includes 3 Purple Coneflowers, 3 Black-eyed Susan, 3 May Night Salvia and 3 Orange Butterfly Weed.

Height: 12-30"
Spacing: Varies
Bloom time: All summer
Hardy Zones: 4-9
Suitable Zones: 4-9
12 Roots for \$90



B2
1 BALLERINA PINK SALVIA
Bold pink blooms appear in early summer on the Ballerina Pink Salvia. Compact in habit this mound forming perennial is the perfect addition to your sunny perennial border. Salvia is easy to grow, deer & rabbit resistant and they attract butterflies and hummingbirds. Maintenance Tip: Once the initial flush of blooms has faded remove the spent flowers for a tidy appearance and to encourage the potential for more blooms later in the season.
Height: 18-20" Spacing: 8-10"
Bloom time: Late Summer
Hardy Zones: 3-8
Suitable Zones: 4-10
1 Root for \$18

B3
1 AMETHYST PHLOX
Amethyst Tall Phlox is a sensational garden perennial that really puts on a show of vibrant pure purple blooms in late summer into early autumn. Growing 3-4' tall and 2-3' wide be sure to provide adequate space in your perennial bed, rock garden or formal planting area. Phlox prefer to be planted in full sun, with their roots protected to keep them cool, and must have adequate air flow to prevent powdery mildew late in the season.
Height: 30-36" Spacing: 8-12"
Bloom time: Late Summer
Hardy Zones: 4-8
Suitable Zones: 4-12
1 Root for \$10

B4
3 RED KING HUMBERT CANNA
This rare and regal plant has bright red-orange flowers that can reach up to 5-8' in height when provided the right sun, water and temperatures! This particular canna is desired mostly for its foliage which turns a gorgeous bronzed-maroon after emerging green. A true touch of the tropics, the Red King Humbert loves the sun and would be a beautiful and exotic addition to any garden. Hummingbirds like these!
Height: 42-60" Spacing: 12-18"
Bloom time: Mid-Summer
Hardy Zones: 8-11
Suitable Zones: 4-11
3 Tubers for \$18

B5
5 BALL MIXTURE DAHLIAS
Ball dahlias are a three-dimensional treasure of the summer garden. This Ball Mixture of dahlias have round ball shaped blooms with their petals displayed in a perfect spiral. Ball dahlias are similar to pom pom dahlias; however, ball dahlias have slightly larger blooms. This mix is a very showy addition to your garden, as well as your cut flower arrangements.
Height: 24-36" Spacing: 18-24"
Bloom time: Summer to Frost
Hardy Zones: 8-10
Suitable Zones: 3-10
5 Tubers for \$30

B6
1 BRIDAL VEIL ASTILBE
Bridal Veil Astilbe will work well in borders, as a mass planting or even as a cut flower. These white flowers are very easy to grow and will grow and bloom even during the hot summer! Astilbe need to be watered deeply every week, especially during periods of dry, summer weather. But allow to dry between waterings. Astilbe will grow from 20-30" tall and loves the shade and partial shade.
Height: 18-24" Spacing: 12-18"
Bloom time: Mid-Summer
Hardy Zones: 4-9
Suitable Zones: 3-10
1 Root for \$12

B7
1 SARAH BERNHARDT PINK PEONY
The deep green leaves and vibrant pink blossoms of this ever-popular peony grow quickly. They will produce more vibrant color and larger blooms year after year, making them a great border, backdrop, or accent plant in your perennial summer garden!
Height: 30-36" Spacing: 18-24"
Bloom time: Late Spring
Hardy Zones: 3-8
Suitable Zones: 3-10
1 Tuber for \$18

B8
18 TUTTI-FRUTTI GLADIOLUS MIX
Tutti Frutti Au-Rutti! Colorful mix of gladiolus contains: Blue Isle, White Prosperity, Espresso, Nova Lux, Wine and Roses, Spic and Span, and Green Star. Gladioluses are best when planted in full sun, well-drained soil. For extended blooms, stagger your planting by planting some gladiolus every 2 weeks, so that when they are ready to bloom, they will start and begin blooming in 2-week increments.
Height: 48-60" Spacing: 4-6"
Bloom time: Late Summer
Hardy Zones: 8-10
Suitable Zones: 3-10
18 Bulbs for \$16

B9
1 FRECKLE FACE BLACKBERRY LILY
Exquisite late summer blooming perennial with colorful orange blooms and interesting seed pods in fall. Upright sword like foliage is similar to a bearded iris. This hardy perennial will bloom for several weeks late in summer. In early fall you will notice the seed pods open to reveal clusters of black seeds that look like blackberries. The showy seeds remain through winter and are unique addition to fresh and dried flower arrangements.
Height: 18-24" Spacing: 4-6"
Bloom time: Late Summer
Hardy Zones: 4-10
Suitable Zones: 3-10
1 Root for \$16

B10
5 MIXED ASIATIC LILIES
Showy, bright and easy to grow. Our mix of Asiatic Lilies contains 5 bulbs for planting this Spring. Asiatic Lilies bloom in early Summer, and you can expect this package of lilies to bloom and grow the Spring you plant them. Asiatic lilies bloom face upwards and come in array of bright, bold and warm colors. For best results plant in full to part sun, and in soil that is moist but drains well.
Height: 36-42" Spacing: 6-9"
Bloom time: Early Summer
Hardy Zones: 4-9
Suitable Zones: 3-9
5 Bulbs for \$14

B11
1 UPRIGHT ELEPHANT EAR
If you love elephant ears, you must give this one a try! The Upright Elephant Ear will typically grow 4-6 feet tall and 2-4 feet wide or even larger in warmer areas! This upright variety is a wonderful easy grown tropical plant for the summer garden. Transform your summer landscape or patio into a tropical oasis! This plant loves water and fertilizer. Unlike Colocasia, these leaves are more arrow-shaped and will point upward.
Height: 48-72" Spacing: 24-36"
Bloom time: Greenery only
Hardy Zones: 9-11
Suitable Zones: 4-11
1 Bulb for \$24

B12
FRESH VEGGIE GARDEN SEED PACKET
This is our top-notch selection of the most popular selling Farmer's Market vegetables. Included are individual packages of Green Beans, Beets, Carrots, Peas, Zucchini, and Squash. Nothing can match the taste of healthy vegetables straight from your garden.
Plant in a full sun location after all threat of frost with light, well-drained soil.
1 Collection for \$14.00

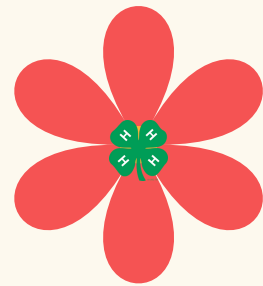
B13
SPROUT COLLECTION
This new and improved sprouter design is simple to use and very durable. In a matter of days, you can grow fresh sprouts to add to your salad, sandwich or as a healthy garnish with any meal. Made from strong, crack resistant BPA free plastic and this unique design uses water in the tray for all stages of growth. Comes with simple and complete growing instructions. Sprouts supply the highest number of vitamins, minerals, and enzymes of any food per unit of calorie and add an abundance of antioxidants, vitamins and flavor to every bite of your favorite dishes.
1 Sprouter Tray, 1 Package of Broccoli and 1 Package of Alfalfa Sprouts for \$32

B14
SUNFLOWER SEED MAT
Sunflowers are the symbol of summer, sunshine and health. This special mix called "Autumn Beauty" produces a gorgeous array of sunny colors of red, gold, yellow, rust and intriguing two-tones. Simply loosen your soil, lay down your mat and cover with about 1" of soil. Keep damp continually until plants are 2-3" in height. Mat can be cut to any shape. Each mat measures 17" by 5'.
1 Mat for \$12

B15
ENGLISH COTTAGE GARDEN SEED MAT
Our English Cottage Garden Seed Mat brings a certain romance to your landscape. This mat includes 21 unique varieties of both annual and perennial flowers. Simply loosen your soil, lay down your mat and cover with about 1" of soil. Keep damp continually until plants are 2-3" in height. Mat can be cut to any shape. Each mat measures 17" by 5'.
1 Mat for \$12

B16
1 FRECKLE FACE BLACKBERRY LILY
Exquisite late summer blooming perennial with colorful orange blooms and interesting seed pods in fall. Upright sword like foliage is similar to a bearded iris. This hardy perennial will bloom for several weeks late in summer. In early fall you will notice the seed pods open to reveal clusters of black seeds that look like blackberries. The showy seeds remain through winter and are unique addition to fresh and dried flower arrangements.
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Bloom time: Late Summer
Hardy Zones: 4-10
Suitable Zones: 3-10
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@CarterCountyKY4H





Save the date!



July 1-5, 2024

North Central 4-H Camp

Carlisle, KY



Bath, Boyd, Carroll, Carter, Gallatin, Greenup Counties



\$150

More Info :

rebecca.hayes@uky.edu

@CarterCountyKY4H



Dear Carter County Parents and Guardians,

Every summer, youth from around the state gather at 4-H Camp locations for 5 days loaded with numerous opportunities. Kentucky 4-H Summer Camp is an American Camp Association Accredited camp geared toward youth that are 9-14 years of age who would enjoy spending a week outdoors, learning new skills, and making new friends. Carter County youth will attend camp with the youth from Bath, Boyd, Carroll, Gallatin, and Greenup Counties. They will take 4 classes of their choosing and enjoy afternoon and evening activities with the youth in their cabins and the whole camp. These activities include free swim, messy games, carnival, relay games, and much more!

We also look to take anyone 16 and older to serve in counselor roles. This means that older siblings, cousins, neighbors, guardians, parents, and anyone looking to volunteer can attend camp. (Persons 18 and older must pass a detailed background check.) These volunteers will get to help with classes, see that the youth are having safe fun, and you can get to spend quality time with your child and their friends.

When: July 1-5, 2024

Where: North Central 4-H Camp in Carlisle, Kentucky

Who: Any youth in Carter County as well as any parent/guardian/adult

Cost: \$150 for Camper, \$100 for 16- and 17-year-olds, and FREE for adults (18+)

Why: Learn new skills, work on independence, make new friends, spend a week outdoors, stay the night in a cabin with friends, and make memories to last a lifetime!

I hope to see your child at 4-H Summer Camp!

Rebecca Hayes

Carter County 4-H Youth Development agent

Rebecca.hayes@uky.edu

94 Fairground Drive | Grayson, KY 41143 | P: 606-474-6686 | carter.ca.uky.edu | CarterCountyKY4H





Carter County 4-H Summer Camp

July 1-5, 2024

North Central 4-H Camp in Carlisle, KY

Who: Campers are anyone that has graduated the 3rd grade to 15 years old. Counselors are anyone that are 16 and older. (Yes, that means parents can go too!!)

How much?: Cost is \$150 for Campers (9-15 years), \$100 for 16-17 year old's, and FREE for 18 years+. Full and partial scholarships available (first come, first serve).

ALL applications require a \$30.00 deposit. Deadline for all official registration packets will be May 31st. (After you return this application a more detailed camp registration packet will be sent to you.) Spots are limited and will be filled on a first come basis. Campers who's paper work is not turned in by May 31st, may not be permitted to attend camp.

To request a registration packet please return this form and your \$30.00 deposit to:

Carter County Extension Office

Attn: Rebecca Hayes

94 Fairground Drive, Grayson, KY 41143

email: Rebecca.hayes@uky.edu

(Make your check payable to: CARTER COUNTY 4-H COUNCIL)

Do not return this form to school.



Yes, I am interested in attending 4-H Camp!!! Please send me a 4-H Camp Registration Packet. (Registration packets should be returned to the Extension Office by May 31st.)

Childs name: _____ Phone: _____

Complete mailing address: _____

Email address: _____

Grade (Completing): _____ School name: _____

_____ Male _____ Female BIRTHDATE: _____

I am interested in attending summer camp as an adult counselor.

I am interested in a scholarship

Adult Name: _____

10-Minute Bean Soup

Servings: 4 Serving Size: 1/4 of recipe Recipe Cost: \$6.52 Cost per Serving: \$1.63



Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese

Directions:

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

Notes

Cooked, dried beans may be substituted for canned beans. Using prepared dry beans in place of canned will reduce sodium in this dish. If you can't find diced tomatoes with basil, garlic and oregano, use regular diced tomatoes and add dried versions of these seasonings.

Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 400 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron.