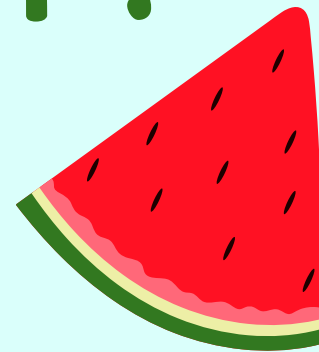
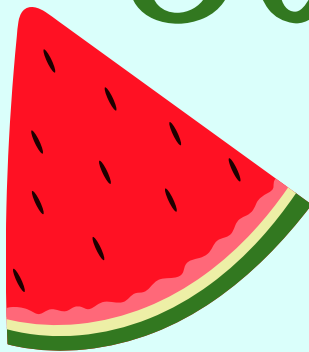


June & July 2024

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

Happy  
Summer!



 @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:

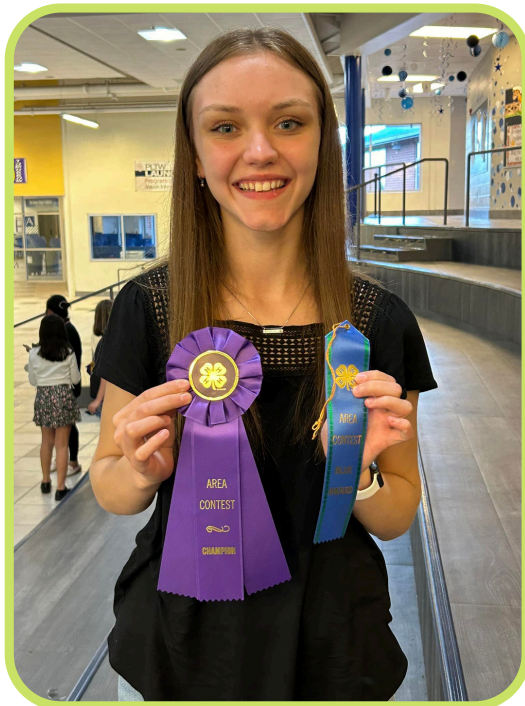
Will start back in September!

### Cloverbuds:

Will start back in September!

### Teen Council:

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



## IMPORTANT DATES

### School Clubs:

Will start back in September!

### Tractor Driving Contest:

The 2024 Tractor Driving Competition will be held on Wednesday July 24th at the Elliott County Extension Office. (Rain date scheduled for Wednesday, July 31st.) More details to come!

### Longest Day of Play:

June 20 at the Grayson Sports Park from 4:00pm - 7:00pm. FREE event! Come hang out and play on the longest day of the year!

### Farmers Market Kids Days:

Come enjoy some activities and get some Kids Bucks to spend at the Farmers Market. July 18th in Grayson and July 29th in Olive Hill!

Congratulations to Audrey!  
She competed at the 4-H Area East 7/East 8 communication contest and placed 1st in the Senior Fabric/Textiles category. Way to go Audrey!

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


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Disabilities accommodated with prior notification.



# HIKE & LEARN

 Cooperative  
Extension Service

**JUNE 7TH**  
**MOREHEAD STATE UNIVERSITY EAGLE LAKE**



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

MSU Eagle Lake

Parking may be available along Evans Branch Road and in the Recreation Center lot.  
A parking pass is NOT needed.

Trail Length: 1.7 miles

Difficulty: Moderate

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

**Next Month: July 5th @ 9:00 AM**

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

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Lexington, KY 40506



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# LONGEST DAY OF PLAY



## Event Information:

 **June 20, 2024**

 **4-7 pm**


 **Grayson Sports Park**

Enjoy the playground and splash pad along with music, outdoor games, obstacle courses, art activities, giveaways, and more! All kids will get FREE bubbles, sidewalk chalk, and jump ropes while supplies last!

**FREE**  
**FUN AND FOOD**  
**FOR ALL AGES**

## More Information

 (606) 474-6686

 whitney.morrow@uky.edu



 **PrimaryPlus**

[www.primaryplus.net](http://www.primaryplus.net)

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LEXINGTON, KY 40546



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# June 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22							1
23	2	3	4	5	6 Natural Resource Day Camp	7 Hike & Learn	8
24	9	10	11	12	13	14	15
<b>———— 4-H Teen Conference ————</b>							
25	16	17 4-H Camp Counselor Training 4-H Camp Orientation	18	19 <b>Office Closed</b>	20 Longest Day Of Play	21	22
26	23	24	25 Watercolor Day Camp	26	27	28	29
27	30						

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# July 2024

No.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27		1	2	3	4	5	6
		<b>4-H Summer Camp</b>					
					Office Closed	Hike & Learn	
28	7	8	9	10	11	12	13
					4-H Council		<b>State Communication Contest</b>
29	14	15	16	17	18	19	20
			Cloverbud Day Camp		Kids Day at the Grayson Farmers Market		
30	21	22	23	24	25	26	27
				Engineer Day Camp			
				Tractor Driving Contest			
31	28	29	30	31			

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# Carter County Farmer's Market

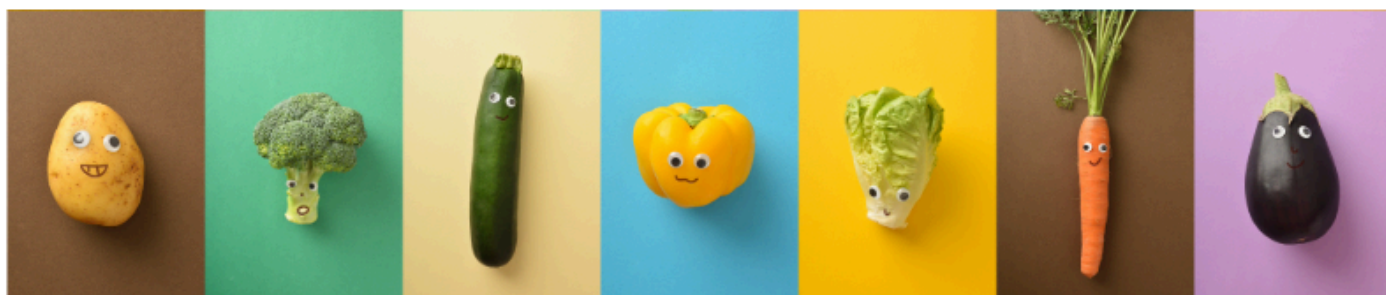
## KID'S DAYS

GRAYSON: THUR. JULY 18, 2024

2:00 - 3:30PM

OLIVE HILL: MON. JULY 29, 2024

3:00 - 4:30PM



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Lexington, KY 40506



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# Fruit & Yogurt Frozen Treat

Servings: 4 Serving Size: 1 frozen treat



## Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- $\frac{3}{4}$  cup fat free yogurt

## Directions:

1. Rinse 1 cup of blueberries in cold tap water, drain and place in a self-sealing sandwich bag.
2. Rinse 1 cup of strawberries in cold tap water and drain. Cut the cap off each strawberry, chop into medium-size pieces and place in a separate sandwich bag.
3. Squeeze out excess air as you tightly seal each sandwich bag.
4. Gently mash each bag until the berries are broken down.
5. Evenly divide the mashed blueberries among four single serve freezer pop molds or paper cups and freeze for 30 minutes (or until firm).
6. Evenly divide yogurt on top of frozen blueberries and insert a wooden craft stick. Freeze for 30 minutes (or until firm).
7. Evenly divide the strawberries on top of the frozen yogurt and freeze again for 30 minutes (or until firm).

Source: LEAP...for Health: Eat Smart to Play Hard: University of Kentucky of Cooperative Extension Service

80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 16g carbohydrate, 2g fiber, 13g sugar, 3g protein; Daily Values: 2% vitamin A; 50% vitamin C; 10% calcium; 2% iron.

*\*Thawed frozen berries or other fruit can be used in this recipe.*