



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

April 2025

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



@CarterCountyKY4H



@cartercountky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

All meetings are held at the Carter County
Extension Office unless otherwise stated.

Homeschool Club:

The next meeting will be April 9th at
10:00am.

Cloverbuds:

The next meeting will be April 14th
at 4:30pm.

Livestock Club:

Those that are registered for
livestock have received an email with
all of the livestock club meeting dates.
No new livestock members can join
until the fall.

4-H Projects:

Projects will be due to the Extension
Office on **April 28th** by 4:00 pm.

Communications Contest:

The speech and demonstration
contests will be on May 1st. Please see
attached document for registration
information.

IMPORTANT DATES

School Clubs:

Prichard Cooking: April 8
Prichard STEAM: April 10
Olive Hill Cooking: April 21
Olive Hill STEAM: April 15

School Enrichment:

Tygart Creek 4th & 5th: April 10
Star 4th & 5th: April 16
Heritage 4th: April 23
Carter City 4th: April 28
CCA: April 29 & 30

Teen Conference:

High Schoolers can explore what the
University has to offer at this awesome
Leadership Conference June 10-13.
More information to come!

4-H Summer Camp:

Save the Date for summer camp, June
30-July 3. Registration will start March
1st and the cost is \$325 with limited
scholarships available.



Beyond Ready



Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.

Rebecca Hayes



April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Livestock	
6	7	8	9	10	11	12
Livestock		Prichard Cooking Club	Homeschool Club	Tygart Creek Prichard STEAM Club	Livestock	
13	14	15	16	17	18	19
Livestock	Cloverbuds	Alice's Retirement Reception OHES STEAM Club	Star	4th Grade Field Day (for the west end)		
20	21	22	23	24	25	26
	OHES Cooking Club		Heritage			
27	28	29	30			
Livestock	Carter City Projects Due	CCA	CCA			

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An equal opportunity organization

CARTER COUNTY 4-H COMMUNICATIONS CONTEST

May 1, 2025

Check-In at 5:30pm

Contests start at 6:00pm

Register by April 28, 2025 at 4:30pm

Scan the QR code or email
rebecca.hayes@uky.edu

For rules and more details, please go to
carter.ca.uky.edu/4h-youth-development



Please join us
Tuesday, April 15, 2025
as we celebrate the
Career & Retirement
of our sweet colleague
Alice Perry
We will have an
Open-House Reception from
11:00am - 1:00pm
in the large meeting room
of our new building.
Parking is available
in the gravel lot.



Martin-Gatton
College of Agriculture,
Food and Environment

4-H SUMMER CAMP

JUNE 30 - JULY 3, 2025

At North Central 4-H Camp

- Meet new friends
- Try new activities
- Gain new skills
- Swim every day
- Learn about the outdoors
- Cabin life
- Find your "SPARK"
- Amplify your summer break

Registration open March 1 - May 16, 2025

Ages 3rd grade and up
rebecca.hayes@uky.edu

606-474-6686



**Scholarships
Available!**

**Cooperative
Extension Service**

Agriculture and Natural Resources
English and Consumer Sciences
4-H Youth Development
Communities and Economic Development

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BBQ Sweet Potato Nachos

Servings: 4 Serving Size: ¼ of recipe Recipe Cost: \$4.56 Cost per Serving: \$1.14

 Cooperative
Extension Service



Ingredients:

- 2 sweet potatoes (long and evenly round is ideal), washed and sliced into ¼ inch rounds
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ red onion, diced
- 1 (15 ounce) can black beans, drained and rinsed
- ½ bell pepper, diced
- ½ avocado, pit removed and diced (optional)
- Dressing:
 - 1 ½ teaspoons lemon juice
 - ½ cup plain Greek yogurt
 - 1 ½ tablespoons barbeque sauce
 - ½ teaspoon chili powder

Directions:

1. Preheat oven to 425 degrees F.
2. Spread sweet potato rounds on a large sheet pan and toss with olive oil, salt and pepper.
3. Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
4. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper and avocado (if using) over the sweet potatoes and let cool.
5. Drizzle with dressing or use dressing to dip.

Source: Katie Shoultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

300 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 5mg cholesterol; 710mg sodium; 40g carbohydrate; 9g fiber; 8g sugar; 0g added sugar; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium.