

4-H HAPPENINGS

APRIL 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development



“Hi there! My name is Molly Coleman and I'm your 22-23' Junior Public Relations Officer. I'm in the sewing, knitting, communications, and photography clubs. And, of course, Teen Council! There are so many opportunities as a teen in Teen Council that I've gotten to experience. My favorite being SRTLC where you go to Tennessee for 5 days and meet tons of other people from other states and do lots of fun activities. Another one of my favorites is the Capitol Experience. You get to explore the Capitol for a day and do a scavenger hunt. You also get to meet some of your Kentucky's elected officials. Teen Council has definitely made me a better and more well-rounded person over the past couple years and led me to meet so many amazing new people and explore so many new places.”

Any Questions? Contact us!

Shannon Farrell
4-H Youth &
Development Agent
859-234-5510
shannon.farrell@uky.edu



Holly Laytart
4-H Program Assistant
859-234-5510
holly.laytart@uky.edu



Office Location:
668 New Lair Road
Cynthiana, KY 41031

SAND ART PROJECT WORKSHOP

Join us to try out this fun and interactive craft!

This project workshop will be held at the

Harrison County Extension office

Tuesday, April 18th, 2023

from 3:30 - 4:30 pm

Sign up below or

Call the office

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-4hsand>

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Spring

Friday, April 7th

Depart Extension Office @10am or meet at trail @10:30am

Summer

Friday, July 14th

Depart Extension Office @10am or meet at trail @10:30am

TIS THE SEASON FOR A HIKE!

Join us as we hike the seasons @ Quiet Trails



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Fall

Friday, October 13th

Depart Extension Office @10am or meet at trail @10:30am

Winter

Friday, December 29th

Depart Extension Office @10am or meet at trail @10:30am

Lawn Mower/Tractor Driving Meeting

Date is Friday, April 26th.

From

3:30 - 5 pm

***Call the Extension office for details.
234-5510**



4-H Land Judging



4-H Land Judging is an activity where participants learn how to score land based on a variety of characteristics. This is an outdoor activity where pre marked sites are judged and characteristics of each site are recorded on a scorecard. In competition, participants compete on an individual and team level with others in their age group in Harrison County. The state competition is held during the KY State Fair. If interested in receiving texts on meeting practices (to take place May - August), please rsvp below by April 20th!

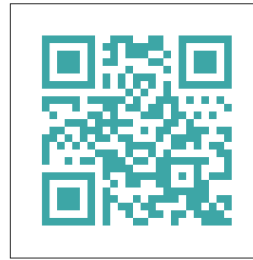
<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-4hland>

Community Corner

MCTC



LIBRARY



CHAMBER OF COMMERCE



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

HC EXTENSION



Spring Harvest Salad

5 cups torn spring leaf lettuce

2½ cups spinach leaves

1½ cups sliced strawberries

1 cup fresh blueberries

½ cup thinly sliced green onions

Dressing:
4 teaspoons lemon juice

2½ tablespoons olive oil

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey

½ teaspoon salt

¼ cup feta cheese crumbles

½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





4-H Club Meetings

APRIL 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30		Clubs that require Pre-registration **4-H Cooking: Call the office by Friday, April 14th 859-234-5510	**4-H Art Club Registration: To ensure spots availability email: shannon.farrell@uky.edu			1 4-H Knitting 10 am-12 pm <i>April Fools Day</i>
2	3	4	5	6	7 Livestock Club 5:30-7:30 pm	8 4-H Knitting 10 am-12 pm
9	10 4-H Poultry Club 5-7 pm 4-H Livestock Judging 3:30-4:30 pm 4-H Communications 3:30-4:30pm	11 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	12 4-H Teen Council 3:30-4:30 pm	13 4-H Dog Club No Dogs Extension Office 6-7 pm	14	15 4-H Knitting 10 am-12 pm
16	17 4-H Livestock Judging 3:30-4:30 pm **4-H Cooking Club 3:30-4:30 pm (pre-registration required)	18 Sand Art Project Workshop 3:30-4:30 pm Registration Required	19 4-H Horticulture club 3:30-4:30 pm 4-H Cloverbud Club 3:30- 4:30 pm	20 Rabbit club- 5-7 pm	21 Horse Club 6 pm @Fairgrounds	22 4-H Knitting 10 am-12 pm
23	24 4-H Livestock Judging 3:30-4:30 pm	25 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	26	27 **4-H Art club 3:30-4:30 pm (pre-registration required)	28 4-H Lawnmower/ Tractor Driving 3-5 pm	29 4-H Knitting 10 am-12 pm



"To Make the Best Better"

