

LaRue County 4-H

Newsletter

JUNE 2023



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

Cooperative Extension Service
LaRue County
PO Box 210, 807 Old Elizabethtown Rd.
Hodgenville KY 42748-0210
(270) 358-3401
Fax: (270) 358-9418
larue.ca.uky.edu



JUNE 2023 SUMMER

4-H FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13 State Teen Conference		14	15	16
18	19	20 4-H CAMP		21	22	23
25	26	27	28	29	30	1

- June 1st - Shooting Sports @ 6:30pm at the New Haven Gun Club
- June 3rd - Canoe & Kayak Water Safety @ 10:00am at Salem Lake
- June 6th - Wranglers Horse Club @ 6:00pm at the Extension Service
- June 15th - Shooting Sports @ 6:30pm at the New Haven Gun Club
- June 19th - Canoe & Kayak @ 6:30pm at the Extension Service
- June 22nd - Dog Club Meeting @ 6:00pm at Freeman Lake Dog Park
- June 27th - Gardening Club @ 5:00pm at the Extension Service



Sincerely,

Misty Wilmoth

Misty Wilmoth

LaRue County Extension Agent

For 4-H Youth Development

mwilmoth@uky.edu

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Volunteer

THANK YOU TO THE FOLLOWING VOLUNTEERS FOR HAVING AN ACTIVE ENROLLMENT ON 4-H ONLINE! IF YOUR NAME IS NOT ON THIS LIST, PLEASE SCAN THE QR CODE TO ENROLL OR YOU MAY COMPLETE A PAPER VERSION FOR THE OFFICE TO ENTER ONLINE.

Thank you!

Matthew Falk

Stephanie Florence

Kay Haycraft

Sarah Hornback

Leslie Leasar

Heather Morgan

Joe Morgan

Marcy Ward

Renewal is required each 4-H program year!



YOU CAN NOW ENROLL IN 4-H ONLINE!

↑ **SCAN THE CODE WITH YOUR PHONE OR VISIT**

[HTTPS://V2.4HONLINE.COM](https://v2.4honline.com)



If you have any questions about enrollment, call 270-358-3401.



In 4-H, members pledge their "hands to larger service", for their community, their country, and their world. 4-H clubs work to provide members with opportunities to serve others. The LaRue County 4-H Teen Club decided to help others by serving at the Warm Blessings soup kitchen in Hardin County. Eight members and two adult volunteers recently served a meal and helped to clean up. LaRue County 4-H is planning to serve at Warm Blessings on the third Monday of each month. If you or your club would like to participate, please contact 4-H Agent, Misty Wilmoth at 270-358-3401 or by email at mwilmoth@uky.edu

Warm Blessings Community & Kitchen

DONATIONS ARE NEEDED FOR WARM BLESSINGS.

Items needed:

- "No-Cook Food"
- Cook Goods
- Cleaning Products
- Hygiene Products

Donations can be dropped off at the Extension Office and will be taken to Warm Blessings on the next volunteer evening.



**LaRue County 4-H Canoe & Kayak
Water Safety Day @ Salem Lake**

Saturday, June 3rd at 10:00am



LARUE COUNTY

**FARMERS
2023
MARKET**



**OPENING DAY
JUNE 8TH AT 10 AM**

LARUE COUNTY HIGH SCHOOL PARKING LOT

SIGN UP FOR THE

UK Cooperative Extension Service

**4-H
Fresh!
50 Challenge**

JOIN US!

OPEN TO LC YOUTH AGES 5-18

<p>WHAT?</p> <p>TRY 50 FRESH FRUITS AND VEGETABLES FROM THE PROVIDED LIST DURING THE CHALLENGE PERIOD: 10/1/22 - 7/31/23</p>	<p>WHY?</p> <p>COMPLETE THE CHALLENGE & RECEIVE A T-SHIRT & GET ENTERED IN A DRAWING FOR \$50 CASH!</p>	<p>HOW?</p> <p>CONTACT THE EXTENSION OFFICE TO SIGN UP & GET YOUR CHECKLIST!</p>	<p>EAT healthy</p> <p>EAT FRUIT!</p> <p>EAT YOUR VEGGIES</p>
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SPONSORED BY THE 4-H GARDENING CLUB
270-358-3401 • MARCY.WARD@UKY.EDU

PREGNANT AND EARLY POSTPARTUM FAMILIES
IN HARDIN AND LARUE COUNTIES
ARE INVITED TO ATTEND:

**Community
Baby Shower**

INFORMATION ON MAKING HEALTHY CHOICES DURING PREGNANCY, SAFE SLEEP RECOMMENDATIONS, ACCESS TO LOCAL RESOURCES, DOOR PRIZES AND GIVEAWAY ITEMS, AND FREE DINNER AND CUPCAKES WILL BE PROVIDED.

**Tuesday, June 20, 2023
5:00-7:30 PM**
Hardin County Cooperative Extension Office
111 Opportunity Way, Elizabethtown

Please let us know if you need a translator or other special accommodations!



PREGNANT PARTICIPANTS (UP TO 60 DAYS POSTPARTUM) MAY BE ELIGIBLE TO RECEIVE A \$25 WALMART GIFT CARD IF THEY CALL/TEXT 270-401-4706 TO RSVP BY FRIDAY, 6/9/2023 AND STAY FOR THE ENTIRE EVENT!

SPONSORED BY LARUE COUNTY ASAP, HARDIN COUNTY AND LARUE COUNTY COOPERATIVE EXTENSION, KY MOMS MATR, AND LINCOLN TRAIL DISTRICT HEALTH DEPARTMENT

UK Cooperative Extension Service

COST IS \$5 - LUNCH PROVIDED

**4-H
POULTRY
JUDGING
WORKSHOP**



JULY 17, 2023
10 A.M. - 3 P.M.
- RSVP BY 7/12 -
WEAR EVERYDAY CLOTHES

CLASSES:
MARKET EGGS
CANDLING EGGS
PAST PRODUCTION HENS
GRADING EGGS
ID MEAT PARTS
CARCASS JUDGING

INSTRUCTORS: DR. JACQUELINE JACOB & DR. TONY PESCATORE

LARUE COUNTY EXTENSION SERVICE

807 OLD ELIZABETHTOWN RD., HODGENVILLE • 270-358-3401

Cooperative Extension Service
Specialist in Poultry Extension
Hardin and Larue Counties
4-H and 4-H Extension
University and Kentucky Department
of Agriculture

LARUE COUNTY 4-H
Cloverbuds Day camp
 Fun & Creative Activities

FOR AGES 5-8

Tuesday, June 27th
 at the LaRue County Extension Service from 1:00p.m. - 4:00p.m.

Call To Register

For more information: marla.stillwell@uky.edu
 Call 270-358-3401

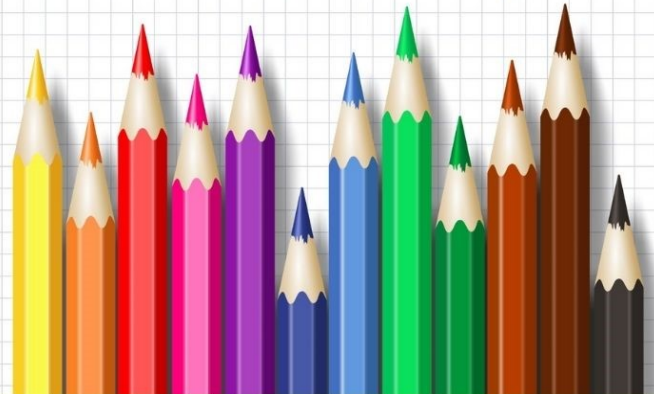
**FOR CURRENT CLOVERBUD PARTICIPANTS

4-H Art Class Opportunity!
Color Pencil Drawing Class

Wednesday, June 28th @
 4:00 pm



Call 270-358-3401 to register!



4-H CAMP ORIENTATION



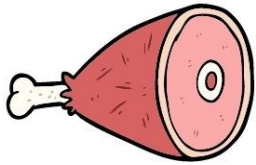
MON., JUNE 12TH

AT THE LARUE COUNTY
 EXTENSION SERVICE

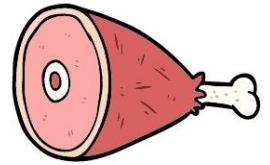
11 AM OR 4:30 PM



•••• ORIENTATION IS MANDATORY! ••••



COUNTRY HAM WASHING





4-H FAIR RECIPES



RECIPE: Carol's Oatmeal Muffins



From 4-H Cooking 101, page 54

Yield: 10-12 muffins

Ingredients

- 1 1/3 cups all-purpose flour
- 3/4 cup rolled oats, quick cooking or regular
- 1/3 cup granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/4 cup oil

Equipment

- Non-stick cooking spray
- Large mixing bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Small bowl and fork
- Muffin pan
- Wire rack
- Hot pads



Order of Work

1. Preheat the oven to 400 degrees F. Lightly coat the muffin pan with non-stick cooking spray.
2. Measure flour, oatmeal, sugar, baking powder, and salt into the large bowl. Mix with a spoon.
3. Break the egg into the small bowl and beat it lightly with the fork. Then stir in the vegetable oil and milk.
4. Add the egg mixture to the dry mixture in the large bowl.
5. With a large spoon, mix only about 25 times, just enough to get the dry ingredients wet. The dough is supposed to be lumpy. If you mix too much, your muffins will be tough.
6. Carefully spoon the batter into prepared muffin pan. Fill each cup two-thirds full.
7. Bake for 20 minutes or until golden brown. Remove pan from the oven with hot pads. Let muffins cool slightly; then remove them from the pan and place them on a wire rack to cool.

Nutrition Facts per Muffin: 148 calories, 6 g fat, 152 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 42 mg calcium

- **Baking Tip:** This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.
- Dark baking pans cook products faster than light colored pans.

From all of the muffins baked, select three to enter in the fair that are uniform in appearance.



For the fair:

- After the muffins cool, place three uniform muffins on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver
Photographs by Eric Comley

4-H FAIR RECIPES

RECIPE: Cheese Muffins



From 4-H Cooking 201, page 49

Yield: 12 muffins

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon powdered mustard
1/2 teaspoon garlic powder
1 egg, slightly beaten
1 cup milk
1/4 cup oil
1/2 cup shredded cheddar cheese

Equipment

Muffin pan
Baking cup liners, optional
Non-stick cooking spray
Flour sifter
Mixing bowls, large and small
Measuring spoons
Measuring cups
Mixing spoon
Rubber scraper



Order of Work

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with non-stick cooking spray or place a baking liner in each muffin cup.
2. Place the flour sifter in the mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.

Nutrition Facts per Muffin: 157 calories, 7 g fat, 278 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein, 86 mg calcium

Baking Tip: This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.

Which muffins are uniform in appearance?



For the fair:

- From all of the muffins baked, select three that are uniform in appearance.
- After the muffins cool, place three muffins on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.



UNIVERSITY OF ILLINOIS
EXTENSION

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Baked products by Cathy Weaver
Photographs by Eric Corriey

Learn more at www.kentucky4h.org or contact your county extension office.



12 SERVINGS

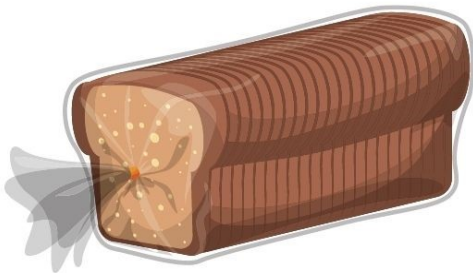


2 HOURS



SERVING
SIZE:
1 SLICE

BREAD IN A BAG



INGREDIENTS

- 2-1/2 to 3 cups all-purpose flour
- 1 envelope rapid yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons vegetable oil

DIRECTIONS

1. Combine 1 cup flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, resealable heavy duty freezer bag. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients. Heat water and oil until very warm (120° to 130°F); add to flour mixture.
2. Reseal bag; mix thoroughly by working bag with fingers. Gradually add enough remaining flour to make a stiff batter that pulls away from the bag. Remove dough from bag; knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.
3. Roll dough to 12 x 7-inch rectangle. Beginning from short end, roll up tightly. Pinch seam and ends to seal. Place in greased 8-1/2 x 4-1/2-inch loaf pan. Cover; let rise in warm, draft free place until doubled in size, about 45 minutes to 1 hour.
4. Bake at 375°F for 30 to 35 minutes or until done. Cool 5 minutes in pan. Remove from pan; cool completely on wire rack.



LaRue 2023 COUNTY FAIR
 PRESENTED BY THE LARUE COUNTY 4-H COUNCIL

July 27-29
THURSDAY 27

FLORAL HALL & 4-H PROJECT ENTRIES ACCEPTED
 FLORAL HALL BUILDING 10 AM - 1 PM
 SENIOR CITIZENS DAY
 GOAT SHOW CHECK IN 4 PM
 WANT TO SHOW A GOAT? 5 PM
you can do it! → **Come learn how!** - Open to LC youth
 GOAT SHOW TO FOLLOW

FRIDAY

28

DAIRY SHOW
 10 AM

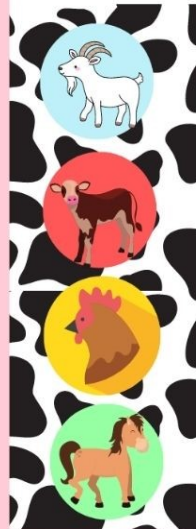


Saturday

29

POULTRY SHOW 9 AM
 BEEF SHOW 10 AM
 BABY SHOW 10 AM
 PRESENTED BY ABE 93.7
 MOTHER OF THE YEAR PRESENTATION
 (FOLLOWING THE BABY SHOW)
 KIDS DAY AT THE GROUNDS 1-3 PM

LARUE COUNTY FAIRGROUNDS
 375 S. GREENSBURG ST., HODGENVILLE



Cooperative Extension Service

FUN! KIDS DAY AT THE GROUNDS
 A COMMUNITY EVENT HOSTED BY THE LARUE COUNTY 4-H COUNCIL

July 29 1-3 PM

- * BARREL TRAIN RIDES
- * PETTING ZOO
- * PRIZES * FOOD
- * INFLATABLES
- * GAMES

LARUE COUNTY FAIRGROUNDS
 375 S. GREENSBURG ST., HODGENVILLE



LaRue County Fair PROJECT DAY

JULY 18TH 2023



10:00am - 4:00pm
 @ The LaRue County Extension Service

Make several 4-H Fair Projects to enter in the LaRue County Fair! Categories include: Art, Home Environment, Foods & More!!!!

Register by July 11th!



AVIAN BOWL

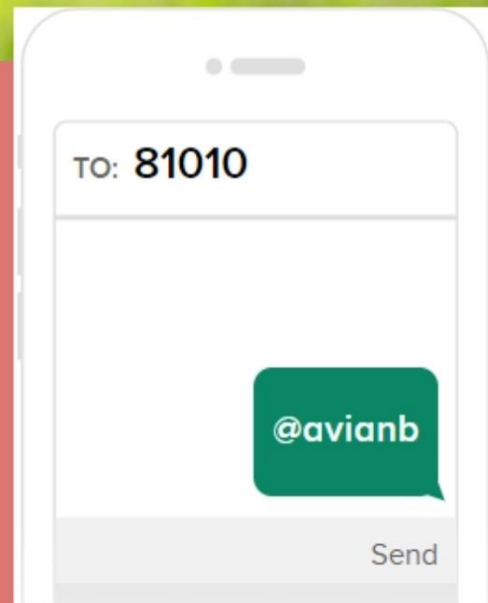


**Planning to participate in
Avian Bowl?**

**Text @avianb to the number
81010 to sign up for
Remind101**

**Questions to study will be sent via
Remind101.**

**Stop by the Extension Office for a
copy of study materials.**



***DURING INCUBATION ON DAY ONE, AT WHAT HOUR DOES THE
BEGINNING OF FORMATION OF EYES BEGIN?***

CONGRATULATIONS!



Congratulations to Tommy Wilmoth & Ephraim Morgan! They were the recipients of the LaRue County 4-H Hager-McDowell Award scholarship.

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4-H
GARDENING CLUB
June
27TH
AT 5 PM



this Month

- PAINT YOUR OWN FLOWER POT
- PUMPKIN SEEDS



REGISTER
270-358-3401
MARCY.WARD@UKY.EDU

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE