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Newsletter

4-H YOUTH DEVELOPMENT



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



LIVINGSTON COUNTY 4-H
Following the 4-H Motto



EVENTS

NOVEMBER 2023

NOVEMBER 1:

- Poinsettia Sales: BEGIN

NOVEMBER 3:

- Snap-Apple Night

NOVEMBER 6:

- NLES 4th & 5th Grade Classroom Clubs

NOVEMBER 7:

- Election Day

NOVEMBER 9:

- Teen Leadership Academy
- Craft Club

NOVEMBER 13:

- Area Teen Council

NOVEMBER 14:

- SLES 4th & 5th Grade Classroom Clubs

NOVEMBER 17:

- Poinsettia Orders: DEADLINE
- Coloring Contest: DEADLINE

NOVEMBER 20:

- Country Ham: DEADLINE
- Animal Science Meeting

NOVEMBER 21:

- Cloverbud Club Meeting
- Chef Club Meeting

NOVEMBER 23:

- Thanksgiving Day: OFFICE CLOSED

NOVEMBER 24:

- OFFICE CLOSED

NOVEMBER 27:

- Poinsettia: PICKUP



Fall is here, and we've enjoyed every second of it!

Classroom Clubs at North and South continue this month, good luck to everyone running for an officer position!

All 4-H clubs are FREE to join and we're having a blast! All clubs are still accepting new members, we'd love to see YOU there.

Poinsettia Sales are open from the 1st-17th of November. Profits from this fundraiser support 4-H Camp scholarships. The top seller will receive a FULL Scholarship for 4-H Camp 2024!

Our fall coloring contest is open until November 17th- make sure to turn in your entry for a chance to win 4-H gear!

Enjoy this season of thankfulness, we're thankful for all of you!



Join 4-H Today!

Follow us:



@LIVCO4H.KY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY COOPERATIVE EXTENSION



Disabilities accommodated with prior notification

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

Recipe of The Month

Pumpkin Apple Muffins

1 1/4 cups all-purpose flour
1 1/4 cups whole-wheat flour
1 1/4 teaspoons baking soda
1 1/2 teaspoons salt
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 1/4 cups honey
2 large eggs
1 1/2 cups fresh pureed pumpkin
1/2 cup canola oil
2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind, free of blemishes or soft spots.

STORAGE: Store winter squash in a cool, dry place and use within one month.

PREPARATION:

To Steam: Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

Source: www.fruitsandveggiematter.gov

• Acorn squash: 1/2 squash, 5-8 minutes; 1 squash, 8 1/2- 11 1/2 minutes.

• Butternut squash: 2 pieces, 3-4 1/2 minutes.

• Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

September 2013

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/afcs

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Guardian Name: _____

Phone Number: _____

Student Name: _____

Age: _____



Fall 4-H

Coloring Contest

October 1st - November 17th

Categories: Age 5-8, Age 9-13, Ages 13+
2 winners selected from each age group

To Participate:

1. Get creative!
2. Return your completed entry to the Livingston County Extension Office BY November 17, 2023
3. Make sure to include all required information (student name & Age, guardian name & and number)
4. Winners will be contacted via their provided guardian phone number
5. Win fun 4-h gear!

The 4-H fall coloring contest is open to ALL Livingston County residents ages 5-18. For questions or more information please contact Sharee Rushing at 270.928.2168 or sharee.rushing@uky.edu

WE'RE NUTS



LIVINGSTON COUNTY 4-H
Making the best better

ABOUT 4-H



POINSETTIAS

NOVEMBER 1-17, 2023

SUPPORT 4-H CAMP WITH
YOUR PURCHASE OF A
LIVE POINSETTIA!

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ALL ORDERS AND MONEY ARE DUE TO THE
LIVINGSTON COUNTY EXTENSION OFFICE

BY NOVEMBER 17, 2023

ALL ORDERS MUST BE PICKED UP

MONDAY, NOVEMBER 27

FROM 8:30AM-4:30PM

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6.5" PINK... \$10
6.5" WHITE..... \$10
8" WHITE..... \$15

4" RED..... \$5
6.5" RED... \$10
8" RED..... \$15

To place an order, reach out!

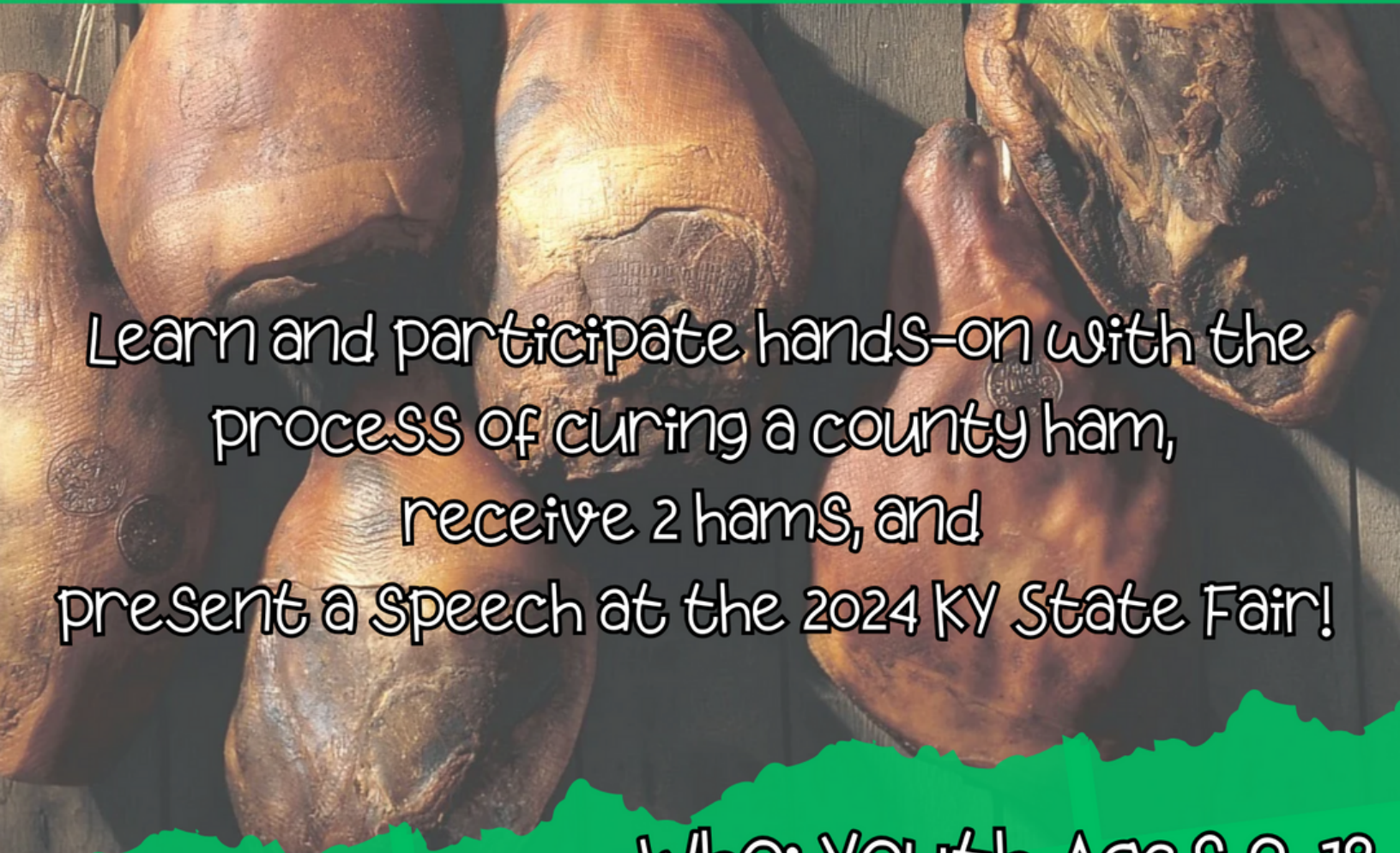
Call: 270.298.2168

Email: sharee.rushing@uky.edu

2023-2024



COUNTRY HAM PROJECT



Learn and participate hands-on with the process of curing a country ham, receive 2 hams, and present a speech at the 2024 KY State Fair!



Who: Youth Ages 9-18

Cost: \$70

Deadline: November 20, 2023

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TO REGISTER OR FOR MORE INFORMATION, REACH OUT!
CALL: 270.298.2168 EMAIL: SHAREE.RUSHING@UKY.EDU

special topic clubs



LIVINGSTON COUNTY 4-H
Making the best better

2023-2024

All clubs are accepting new members and can't wait to meet you!

Club meetings are held at the Livingston County Extension Office
803 US 60E
Smithland, KY 42081

Livingston Helpers

5:00pm-6:00pm

January 4, 2023

April 4, 2023

July 3, 2023

Cloverbuds

5:00pm-6:00pm

Jan. 16

Sept. 19 Feb. 27

Oct. 24 Mar. 19

Nov. 21 Apr. 23

ANIMAL SCIENCES

6:00pm

FIND OUT MORE



OCT. 16	FEB. 19
NOV. 20	MAR. 18
DEC. 18	APR. 15
JAN. 15	MAY 20

CHEF CLUB

5:00pm-6:00pm

JAN. 16

SEPT. 19 FEB. 27

OCT. 24 MAR. 19

NOV. 21 APR. 23

CRAFT CLUB

5:30pm-6:30pm

SEPT. 14

OCT. 26

NOV. 9

special topic clubs



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Livingston Helpers

Youth ages 9-18.

Participate in fun community service projects and events.

Cloverbuds

Youth ages 5-8.

Explore the opportunities available through 4-H! We will learn the foundations of 4-H as well as sample topics in Agriculture, Family & Consumer Sciences, Health, Communications & Expressive Arts, Leadership, Natural Resources, and, Science, Engineering & technology. 1 Guardian MUST be present during the meeting.

ANIMAL SCIENCES

YOUTH AGES 9-18. LEARN ABOUT BEEF, SHEEP, GOATS, AND SWINE. LEARN ABOUT CARE, MAINTENANCE, AND JUDGING OF LIVESTOCK, AS WELL AS SKILL-A-THON ACTIVITIES.

OWNING LIVESTOCK IS NOT REQUIRED

CHEF CLUB

YOUTH AGES 9-18.

CHEFS WILL LEARN BASIC FUNDAMENTALS OF COOKING, ALONG WITH NUTRITION, FOOD PREPARATION, AND FOOD SAFETY IN A FUN & EDUCATIONAL ENVIRONMENT!

CRAFT CLUB

YOUTH AGES 9-18.

WILL FOCUS ON CORE CONTENT IN CREATIVE ARTS. 4-HERS WILL MAKE A VARIETY OF FUN PROJECTS.