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



LIVINGSTON COUNTY 4-H
Making the best better

Newsletter

4-H YOUTH DEVELOPMENT



AUGUST 2023



EVENTS

August 9:

- First Day of School!

August 11:

- DEADLINE White Water Rafting Trip

August 17-25

- KY State Fair

August 28:

- DEADLINE: SRTLTC

August 29:

- State Fair Project Pick-up

4-H is headed back 2 school!

We've had the BEST summer with all of you and can't wait to see what the new school year brings! I hope you all are as excited as I am to begin a new year of learning.

Enrollment is now open, make sure to complete a NEW enrollment form for the 2023-2024 year.

Clubs will begin meeting in September, don't miss the fun we have planned!



Join 4-H Today!

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 notificat

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Recipe of The Month

Blackberry Peach Crumble

- 2 cups fresh blackberries
- 2 cups peeled and sliced fresh peaches or 1 (16 ounce) bag frozen peach slices, thawed
- 1 teaspoon grated lemon peel
- 2 tablespoons cornstarch
- ½ cup, plus ½ cup packed brown sugar
- ½ cup all-purpose flour
- ½ cup chopped blanched almonds, (optional)
- ¼ teaspoon salt
- 6 tablespoons butter, cut into pieces

Combine blackberries, peaches, lemon peel, cornstarch and ½ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining ½ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

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

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, ½ cup servings

Nutritional Analysis: 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.
Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
June 2010

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.ca.uky.edu/dfs.

COOPERATIVE
EXTENSION
SERVICE

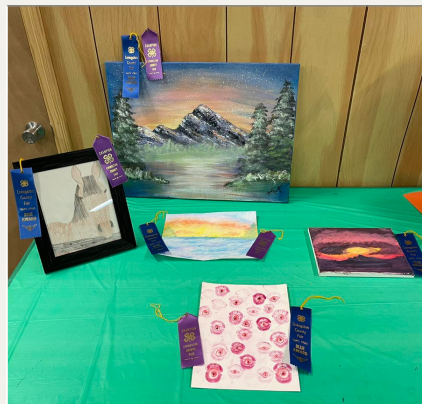


Source: www.fruitandveggiesmatter.gov

2023 Livingston County Fair



Trends



Art



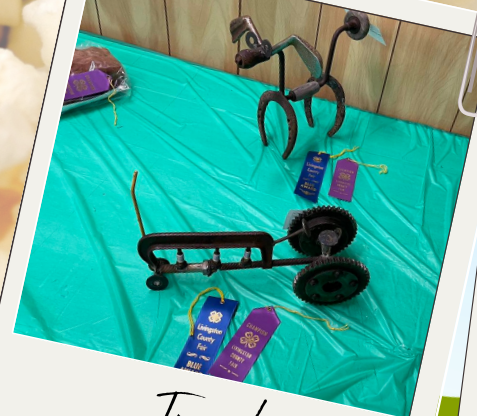
Home Environment



Needlework



foods



Trends

special topic clubs

2023-2024



LIVINGSTON COUNTY 4-H
Making the best better

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

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.

special topic clubs

2023-2024



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Cloverbuds

5:00pm-6:00pm

Jan. 16
Sept. 19
Feb. 20
Oct. 17
Mar. 19
Nov. 21
Apr. 23

Livingston Helpers

5:00pm-6:00pm

January 4, 2023
April 4, 2023
July 3, 2023

ANIMAL SCIENCES

INFORMATION MEETING

SEPTEMBER 9, 2023 @9:00 AM
LIVINGSTON COUNTY EXTENSION OFFICE
803 US 60 E. SITHLAND, KY 42081

CHEF CLUB

5:00pm-6:00pm

JAN. 16
SEPT. 19
FEB. 20
OCT. 17
MAR. 19
NOV. 21
APR. 23

CRAFT CLUB

5:30pm-6:30pm

SEPT. 14
OCT. 26
NOV. 9