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Livingston County 4-H Youth Development

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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
Raising the best, better

FEBRUARY 2023



Join 4-H
Today!

ENROLLMENT OPEN

EVENTS

February 2-3:

- Leadership Bootcamp

February 3

- High School Club Day

February 9:

- Teen Leadership Academy
- Livingston Helpers Meeting

February 14:

- Valentine's Day

February 18

- Livestock Skill-a-thon

February 20:

- President's Day

February 21:

- NLES Club Day
- Cloverbud Meeting
- Craft Club Meeting
- Chef Club Meeting



February 22:

- Goodwill meets 4-H
 - Deadline to participate

February 24

- Written Communications
 - Deadline to enter

February 28:

- SLES Club Day

WE
LOVE

HANGING WITH ALL OF YOU

Love is in the air and so are
new opportunities in 4-H!



this month all of our
classroom clubs and special
topic clubs are meeting. We
can't wait to share the FUN
with you!



Follow us:



@LIVCO4H.KY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY
COOPERATIVE EXTENSION



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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





LIVINGSTON COUNTY 4-H

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RECIPE OF THE MONTH

Kentucky Red Velvet Muffins

- | | | |
|---------------------------------------|------------------------------|-----------------------------------|
| 1 1/4 cups whole-wheat flour | Zest of one orange | 1 teaspoon vanilla extract |
| 1/3 cup cocoa powder | Juice of one orange | 1 cup finely chopped |
| 1 1/2 teaspoons baking powder | (about 4 tablespoons) | cooked beets (see back |
| 1/2 teaspoon salt | 2 large eggs, at room | of card for cooking |
| 1/2 cup sugar | temperature | instructions) |
| 4 tablespoons unsalted butter, | 1/2 cup unsweetened | 1/2 cup semisweet |
| softened | applesauce | chocolate chips |

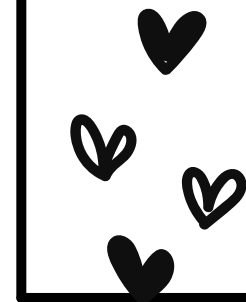
Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins

Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.



Kentucky Beets

SEASON: June through November

NUTRITION FACTS: Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

SELECTION: When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

STORAGE: The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3

days. Cooked beets may be stored in the refrigerator for up to a week.

PREPARATION: Rinse beets under running water, removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

- **To bake:** Scrub unpeeled beets, and place in a baking pan with 1/4 inch of water and cover. Bake at 375 degrees F for about 40 minutes for a large beet.
- **To steam:** Scrub unpeeled beets, and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets, or until tender.

Kentucky Proud Project

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

Source: FruitsAndVeggies.org

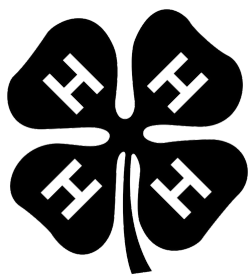
July 2021

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



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Special Topic Club Schedules 2022-2023

The special topic clubs offered for the 2022-2023 school year are described below. If your youth has an interest that's not represented, or/& you would be interested in volunteering to lead a program, please reach out to Sharee at:

Email: sharee.rushing@uky.edu Phone: 270.928.2168

Animal Sciences- Youth ages 9-18 years old. Learn about beef, sheep, goats, and swine. Learn about care and 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!

Cloverbud- Youth ages 5-8 years old 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.

Craft Club- Youth ages 9-18 years old will focus on Core Content in Creative Arts. 4-Hers will make a variety of FUN projects. There will be a \$4 participation fee for each meeting.

Early American Heritage- Youth ages 9-18 years old. Learn about early American culture and living. Participate in live reenactments, shoot colonial muskets, and practice colonial drill.

Livingston Helpers- Youth ages 9-18 years old. Participate in fun community service projects and events.



LIVINGSTON COUNTY 4-H

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Chef Club

5:00-6:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

Animal Sciences



Join our
Facebook
Group for
more
information

Cloverbuds

5:00-6:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023

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Livingston Helpers

5:00-6:00pm

September 28, 2022

October 13, 2022

November 10, 2022

December- No Meeting

January 12, 2023

February 9, 2023

March 9, 2023

April 13, 2023

May 11, 2023

Craft Club

6:00-7:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

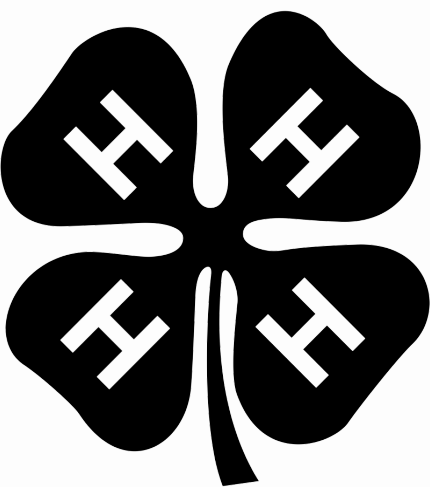
January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023



Congratulations

HOLLI KERR

SILVER



2023 Trash Sculpture Winner

Jase Smith

1st place UE: NLES Contest
1st place UE: County Contest
1st place UE: Regional Contest

Total Winnings: \$260

LIVINGSTON COUNTY TRASH SCULPTURE CONTEST SUMMARY

Total Exhibits: 35

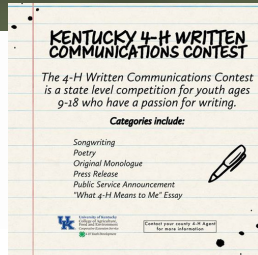
Regional Winners: 1ST PLACE- UPPER ELEMENTARY

Jase Smith "Big T"

TOTAL PRIZE MONEY \$750.00

Best of Show JASE SMITH

Teacher Award SYLVIA DOYLE



GOODWILL MEETS 4-H • UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



PHOTO GUIDELINES

Each participant may only submit ONE before photo and ONE after photo, and they must be wearing or holding their items in each photo. Photos must be taken using vertical/portrait orientation. When submitting photos via email, please include the participant's first and last name and the Goodwill store at which their items were found.

DATES

- FEBRUARY 26: FINAL day to sign up with your 4-H agent
- MARCH 6: Goodwill vouchers will be mailed/distributed
- APRIL 14: Deadline to submit photos to lauren.deitering@goodwillky.org
- APRIL 24-28: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

PRIZES

- 1st place: Teen Conference registration + \$100 Goodwill gift certificate
- 2nd place: \$150 toward Teen Conference registration + \$50 Goodwill gift certificate
- 3rd place: \$40 Goodwill gift certificate
- 4th place: \$30 Goodwill gift certificate
- 5th place: \$20 Goodwill gift certificates

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SAVE THE DATE

4-H Camp 2023
June 6-9

@West Kentucky 4-H Camp

