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



LIVINGSTON COUNTY 4-H  
*Helping the best better*

# Newsletter

4-H YOUTH DEVELOPMENT



## EVENTS

### July 4: Independence Day

- OFFICE CLOSED

### July 7-14: County Fair

- Exhibit Hall Open
  - 6:00 pm- 8:00 pm
  - 12th, & 13th
- 13th: Family Night FREE
  - Pet Show
  - Slip-n-slide
  - Watermelon Seed Spitting Contest

### July 31:

- Cardinal Kick-Off

## Fun at the Fair

We are so excited to see the return of the Livingston County Fair! Join us throughout the month for fun, games, events and more!

Don't forget your entries for the Exhibit Hall, we can't wait to see what you can make!



## Join 4-H Today!

Follow us:



@LIVCO.4H.KY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY COOPERATIVE EXTENSION

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

# Recipe of The Month

## Blackberry Lemon Upside Down Cake

- |                                   |                               |                              |
|-----------------------------------|-------------------------------|------------------------------|
| 2 teaspoons melted butter         | 1 1/2 cup all-purpose flour   | 1 large egg                  |
| 3/4 cup brown sugar               | 1 1/2 teaspoons baking powder | 3/4 teaspoon vanilla extract |
| 1 1/2 teaspoons grated lemon peel | 1/4 teaspoon salt             | 1 teaspoon lemon juice       |
| 2 cups fresh blackberries         | 3/2 cup sugar                 | 1/2 cup skim milk            |
|                                   | 2 tablespoons butter          |                              |

Preheat oven to 350°F. Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside. Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. Loosen edges of the cake with a knife and place a plate upside down on top of cake; invert onto plate.

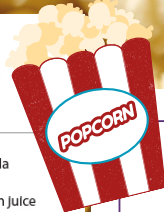
Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5g fat, 35mg cholesterol, 220mg sodium, 45g carbohydrate, 2g fiber, 4g protein.



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



## 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/fcs](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE



Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



**JULY 12-14**  
EXHIBIT HALL OPEN: 6:00 PM - 8:00 PM  
**JULY 15, 2023**  
EXHIBIT PICK-UP: 8:00 AM - 3:00 PM

EXHIBIT CHECK-IN: 12:00 PM - 8:00 PM

# EXHIBIT HALL

## LIVINGSTON COUNTY FAIR

WHO: AGES 9-18  
WHAT: PROJECTS COMPLETED AFTER 9.1.22

799 US 60 EAST, SMITHLAND, KY 42081

Projects that receive a **PURPLE** ribbon will be eligible to compete at the 2023 KY State Fair

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JOIN LIVINGSTON CO. 4-H FOR

# FAMILY NIGHT

AT THE LIVINGSTON COUNTY FAIR

THURSDAY, JULY 13, 2023  
6:30 PM - 9:00 PM

799 US 60 E. SMITHLAND, KY 42081

**FREE ENTRY**

## Events

- 6:45 pm Pet Show
- 7:15 pm Slip n' Slide: OPEN
- 7:45 pm Watermelon Seed Spitting Contest
- 9:00 pm Slip n' Slide: CLOSED

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**JULY 7TH-14TH**

# Livingston County Fair

- July 7- Truck and Tractor Pull 7 PM
- July 8- Car and Truck Show 10 AM
- July 8- Beauty Pageants 4 pm
- July 8- Enduro Race 7PM
- July 10- Bingo Night 7 PM
- July 11- Exhibit Hall Check In 12-8 PM
- July 11- Fun Horse Show 7 PM
- July 12- Livestock Shows 8AM
- July 13- Family Night 7 PM
- July 14- ATV/SXS/Powerwheels Rodeo 7 PM

Check us on Facebook: Livingston County KY Fair

799 US 60 E. SMITHLAND, KY  
\$10 ADMISSION TO MOST EVENTS. UNDER 7 FREE



**CHECK THIS OUT**

**Livingston County 4-H PET SHOW**  
AT THE LIVINGSTON COUNTY FAIR  
**JULY 13TH @ 6:45 PM**

**RULES:**  
ALL PETS **MUST** BE KEPT IN A CRATE OR ON A LEASH & **MUST** BE CURRENT ON VACCINES; PLEASE ONLY BRING ANIMALS THAT ARE PET & PEOPLE-FRIENDLY; PLEASE CLEAN UP AFTER YOUR PET; THIS IS A FUN SHOW ONLY.

**CATEGORIES:**

- DOG:**
  - Best Trick
  - Best Costume
  - Most Spots
  - Shortest Tail
  - Longest Tail
  - Longest Ears
  - Longest Nose
  - Smallest
  - Biggest
- EXOTIC PET:** Any animal besides cat/dog
  - Most unusual
  - Best Costume
  - Best Name
- CAT:**
  - Prettiest Cat
  - Longest Tail
  - Biggest Cat
  - Best Costume

**<18 TO ENTER**