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# Newsletter

4-H YOUTH DEVELOPMENT



Cooperative Extension Service

## FEBRUARY 2024

### EVENTS

#### **FEBRUARY 1:**

- Craft Club

#### **FEBRUARY 2:**

- Animal Science Club

#### **FEBRUARY 3:**

- Country Ham

#### **FEBRUARY 8:**

- Teen Leadership Academy

#### **FEBRUARY 12:**

- Chili Lunch Fundraiser

#### **FEBRUARY 13:**

- SLES Club Day

#### **FEBRUARY 14:**

- NLES Club Day

#### **FEBRUARY 17:**

- Skill-a-thon
- Country Ham

#### **FEBRUARY 22-24**

- Kentucky 4-H Volunteer Forum

#### **FEBRUARY 27:**

- Cloverbud Club
- Chef Club

### We LOVE spending time with You!

2024 is off to a great start! All clubs are meeting normally this month, they're free to join and always accepting new members.

It's almost time to start working on your speech/demonstration! I can't wait to learn from all of you.

Be on the lookout for the special 4-H camp edition of our newsletter coming in March!



## Join 4-H Today!

Follow us:



@LIVCO4H.KY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY COOPERATIVE EXTENSION



Disabilities accommodated with prior notificat

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.  
LEXINGTON, KY 40546

# Recipe of The Month



## Green Bean and Ham Soup

- |  |  |                           |
|--|--|---------------------------|
| 4 cups fresh green beans, trimmed and cut into 1-inch pieces | 3 whole carrots, peeled and sliced                   | ¼ teaspoon black pepper   |
| 3 cups russet potatoes, unpeeled and cubed                   | 1 pound fully cooked ham, cut into bite-sized pieces | 1 teaspoon garlic powder  |
| 2 small onions, thinly sliced                                | 9 cups water   | 1 cup half and half       |
|  | 1 teaspoon salt                                      | 2 tablespoons corn starch |
|  |  | ¼ cup cold water          |

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; cover and bring to a boil. Reduce heat to medium and simmer, uncovered, about 45 minutes or until the vegetables are tender. Remove the pot from the heat and add the salt, black pepper, garlic powder and half and half. Return to heat and bring to a simmer again. Combine corn starch and

the ¼ cup cold water in a small bowl. When simmer begins, combine the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

**Yield:** 12, 1 cup servings  
**Nutritional Analysis:** 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g sugar, 10 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>

## Kentucky Green Beans

**SEASON:** June to September

**NUTRITION FACTS:** One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium and provides fiber, vitamin A and potassium.

**SELECTION:** Choose slender, firm, smooth, crisp beans with slightly velvet-like pods with a bright, green color. Bean pods should be free of blemishes and have small seeds.

**STORAGE:** Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

**PREPARATION:** Wash and remove stems and strings. Cook by steaming in a small amount of water until tender-crisp, about 5 to 8 minutes. They can also be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint oregano, thyme, lemon, mustard or onion.

### KENTUCKY GREEN BEANS

Kentucky Proud Project  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students  
 November 2015  
 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/agric](http://www.uky.edu/agric)



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

# GOODWILL MEETS 4-H

## • 2024 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](http://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.



### DATES

**FEBRUARY 28:** FINAL day to sign up with your 4-H agent

**MARCH 5:** Goodwill vouchers will be mailed/distributed

**APRIL 26:** Deadline to submit photos to [www.goodwillky.org/4H](http://www.goodwillky.org/4H)

**MAY 13-17:** Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

### PRIZES

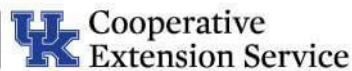
**1st place:** Teen Conference registration + \$100 Goodwill gift certificate

**2nd place:** \$150 toward Teen Conference registration + \$50

**3rd place:** \$40 Goodwill gift certificate

**4th place:** \$30 Goodwill gift certificate

**5th place:** \$20 Goodwill gift certificates



the 21st Annual 4-H Day with the Cardinals will be May 18, 2024, when the Cardinals take on the Boston Red Sox at 6:15 p.m. at Busch Stadium.

Tickets are \$30 each and include a specially designed t-shirt with the 4-H clover and Cardinals logo. Everyone will have the opportunity to participate in a parade around the field prior to the game!

Ticket orders will be accepted starting February 1 – midnight March 29. There is a limited number of tickets, so order early! Groups or families that wish to sit together, must submit on one order. All sales are final and no refunds will be given.

tickets and t-shirts will be mailed May 1 to the address provided on the order.

<https://extension.missouri.edu/events/4-h-day-with-the-cardinals-2024>

# 4-H DAY

with the



# CARDINALS





# 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

Jan. 4

Apr. 12

Jul. 3

## Cloverbuds

5:00pm-6:00pm

Jan. 30

Sept. 19 Feb. 27

Oct. 24 Mar. 19

Nov. 21 Apr. 23

## ANIMAL SCIENCES

6:00pm

FIND OUT MORE



FEB. 2

MAR. 18

APR. 15

MAY 20

## CHEF CLUB

5:00pm-6:00pm

JAN. 30

SEPT. 19 FEB. 27

OCT. 24 MAR. 19

NOV. 21 APR. 23

## CRAFT CLUB

5:30pm-6:30pm

JAN. 11 MAR. 7

FEB. 1 APR. 11



# special topic clubs



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## 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.

## Livingston Helpers

Youth ages 9-18.

Participate in fun  
community service  
projects and events.

## 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 SAFETY 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.**