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Newsletter

4-H YOUTH DEVELOPMENT



Cooperative Extension Service



JANUARY 2024

JANUARY 1:

- New Year's Day- OFFICE CLOSED
- Photo Contest: BEGINS

JANUARY 3:

- NLES Club Day

JANUARY 4:

- Livingston Helpers Meeting

JANUARY 9:

- SLES Club Day

JANUARY 11:

- Craft Club

JANUARY 15:

- MLK Day- OFFICE CLOSED

JANUARY 16:

- Chef Club
- Cloverbud

JANUARY 18-20:

- Leadership Skii Trip

JANUARY 22:

- Area Teen Council (6th-12th)

JANUARY 23:

- 4-H Council Meeting

JANUARY 24:

- Teen Leadership Academy

TRY something NEW in 4-H!

HAPPY NEW YEAR!!

We can't wait to share all of the opportunities for growth, learning, and FUN that 4-H has to offer in 2024.

All of our clubs will resume meeting, check out the last page for schedules and information on special topic clubs. New members are always welcome and there is no cost to join.



Join 4-H Today!

Follow us:



@LIVCO.4H.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

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LEXINGTON, KY 40546

Recipe of The Month

New Potato and Asparagus Soup

2 tablespoons olive oil
2 medium size, boneless, skinless chicken breasts
1 medium diced onion
1 teaspoon salt

½ teaspoon garlic powder
zest and juice of 1 lemon
2 cups new potatoes
3 cups vegetable broth
1 cup low fat milk

1 pound fresh asparagus
½ cup reduced fat sour cream
Fresh ground black pepper

- Pour oil into a large saucepan over medium heat.
- Remove fat from chicken breasts and cut chicken into ½ inch pieces.
- Cook chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- Stir in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- Cut potatoes into ½ inch chunks, leaving the skin on.
- Add potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- Stir in the milk.
- Trim and cut asparagus into 1 inch pieces and add to mixture.
- Simmer over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- Stir in ½ cup sour cream and season with salt and pepper to taste.
- Yield: 8, 1 cup servings.

Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.



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

Kentucky New Potatoes

SEASON: Late June-October.

NUTRITION FACTS: New potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

Source: www.fruitsandvegsmatter.gov

PREPARATION: New potatoes are best in dishes that call for boiled potatoes, as they will hold their shape. Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes growing should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

NEW POTATOES
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
March 2011

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COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Email Entries:
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4-H WINTER

PHOTO CONTEST

Jan. 1 - Feb. 1

Contest Divisions are based on year as of
January 1, 2024

Cloverbuds: 5-8 years old
Juniors: 9-13 years old
Seniors: 14-18 years old

CATEGORIES:

- Forest: Photo of a large area dominated by trees
- Water: Photo of still or moving water
- Plant Life: Photo of plants
- Natural Science: Photo showing a natural scene
- Wildlife: Photo showing unrestrained wildlife in natural habitat

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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. 4

Jul. 3

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

JAN. 11

MAR. 7

FEB. 1

APR. 11

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.**