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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

JANUARY 2023



Join 4-H
Today!

ENROLLMENT OPEN

2023

New Year New Opportunities!

EVENTS

January 2

- Office Closed

January 6

- Middle School Club Days
- High School Club Days

January 9

- Area Teen Council

January 12

- Teen Leadership Academy
- Livingston Helpers Meeting

January 16

- MLK Day- Office Closed

January 17

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

January 31

- SLES Club Day

We have an exciting 2023 planned, and can't wait to get started!

Now's the perfect time to join one of our special topic clubs or start thinking about cool state fair projects.

Wherever your imagination takes you, 4-H is here!

Happy New Year!

Follow us:



@LIVCO4HKY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY COOPERATIVE EXTENSION



Disabilities accommodated with prior notification

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
Making the best better

RECIPE OF THE MONTH

Glazed Cantaloupe Bread

- | | | |
|---|-----------------------------|--------------------------|
| 3 eggs | 1½ cups all-purpose flour | ½ teaspoon ground ginger |
| 1 cup unsweetened applesauce | 1 teaspoon salt | |
| 1 cup sugar | 1 teaspoon baking soda | Glaze: |
| 1 tablespoon vanilla extract | ¾ teaspoon baking powder | ½ cup butter |
| 2 cups pureed cantaloupe (about one 5-inch round melon) | 2 teaspoons ground cinnamon | ⅔ cup brown sugar |
| 1½ cups whole wheat flour | | ½ cup chopped pecans |

Preheat oven to 325 degrees F. Lightly **grease** and **flour** two, 9 x 5-inch loaf pans. In a large mixing bowl **beat** together eggs, applesauce, sugar, vanilla and pureed cantaloupe. In a separate bowl, **sift** together flours, salt, baking soda, baking powder, cinnamon and ginger. **Add** flour mixture to cantaloupe mixture; **mix** just until combined, then **pour** batter into prepared pans. **Bake** in the center of a preheated oven for 60 to 70 minutes, until a toothpick inserted into center of loaf comes out clean and top of loaf springs back when pressed. Let loaves **cool** in pans for 10 minutes, run a knife around edge

then **turn out** of pans to a cooling rack.

For Glaze: **Combine** butter and brown sugar in a microwave safe bowl. Microwave on high 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted; add pecans to the glaze. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving.

Yield: 20 slices

Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 45 mg cholesterol, 20 mg sodium, 32 g carbohydrate, 2 g fiber, 17 g sugars, 4 g protein.

Kentucky Cantaloupe

SEASON: July through early September.

NUTRITION FACTS: Cantaloupe is a great source of vitamins A and C. A half cup serving provides 50 calories, 120 percent of vitamin A and 80 percent of vitamin C needed per day. They also contain phytochemicals that foster heart health and good vision, boost the immune system and reduce the risk of some cancers.

SELECTION: Choose melons heavy for their size with no visible bruises or yellow or cream undertone. Ripe melons will yield to slight pressure at the blossom end and have a fruity fragrance. The skin should feel springy, not mushy.

STORAGE: Store uncut cantaloupes at room temperature for up to one week. Melons will continue to ripen at room temperature. Refrigerate cut melons in an airtight container up to five days.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash melons in warm water before cutting to rid the rind of any impurities that might be carried from the knife blade to the flesh. Cut the melon in half and scoop out the seeds and strings. Melons can be cut into halves, quarters, wedges, cubes or scooped into balls with a melon baller.

Cantaloupe is delicious enough served fresh, but it can also be added to fruit salads and smoothies.

KENTUCKY CANTALOUPE

Kentucky Proud Project

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

June 2014

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/fcs

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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

Making the best better

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

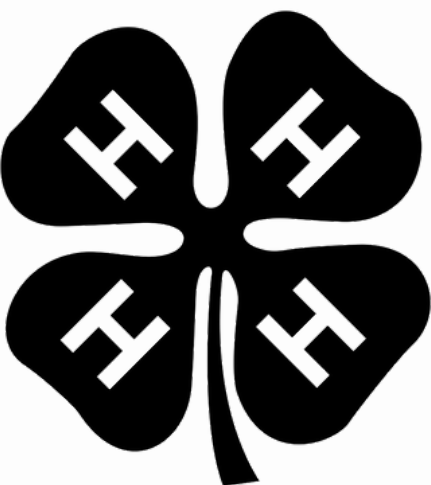
January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023



2023 KENTUCKY 4-H LEADERSHIP BOOT CAMP



FEBRUARY 2 & 3, 2023
LAKE CUMBERLAND 4-H CAMP

4-H W1/W2 AREA TEEN COUNCIL



DRESS FROM YOUR
FAVORITE DECADE

MONDAY, JANUARY 9TH @ 6PM
@ LEE S. JONES PARK

Lee S Jones Park Rd., Eddyville KY

Join the fun! We will be voting on officers, playing
decades trivia, and voting for best decades outfit!

4-H SUMMIT
MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18



SAVE THE DATE



4-H Camp 2023
June 6-9

@West Kentucky 4-H Camp



Keep up-to-date with all events & programs
by following us on social media!