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College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development



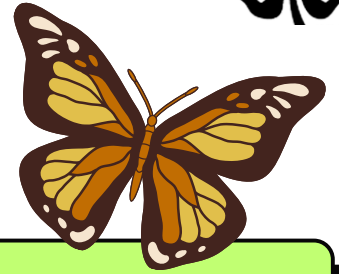
LIVINGSTON COUNTY 4-H
Helping the best better

Newsletter

4-H YOUTH DEVELOPMENT



JUNE 2023



EVENTS

June 6-9:

- 4-H CAMP!!!!

June 13-16:

- State Teen Conference

June 19

- Office CLOSED- Holiday

June 21:

- DEADLINE to register
 - Art Workshop

June 27:

- Art Workshop

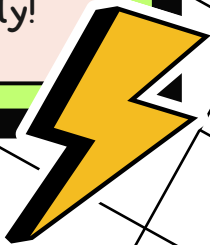
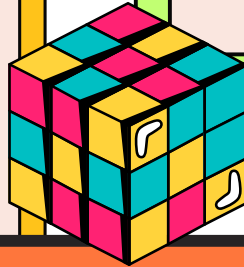
June 30- July 2:

- Cloverbud Camp

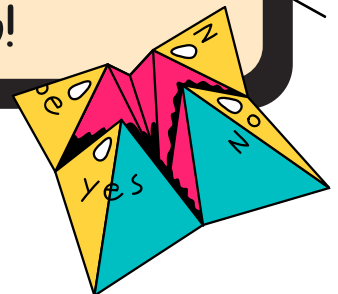
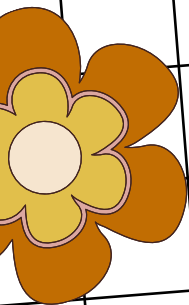
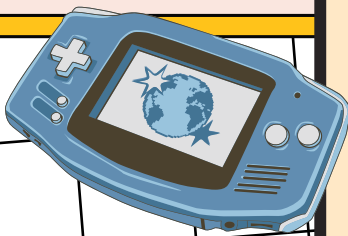
4-H Camp is HERE!

We can't wait to TIMEWARP to WKY 4-H Camp for the best week of the year! We're going to spend the week partying like it's the 90's, 80's, & 70's!

Make sure to join in on the fun and compete in nightly costume contests at Sally!



June is a month full of fun! Camp, KY State teen Conference, and an Art workshop day. Our summer is just getting started and we can't wait to spend it with you!



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notificat

Recipe of The Month



Very Berry Salsa

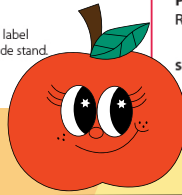
4 cups apples, finely diced
1 cup blueberries
1 cup strawberries, diced
1 cup raspberries, halved
1 cup blackberries, halved
1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

In a large bowl, combine apples and berries. In a small bowl, mix together preserves and sugars until well blended. Pour preserve mixture over fruit and toss to coat. Cover and chill in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings
Nutritional Analysis: 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein



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



Kentucky Brambleberries

SEASON: June-August

NUTRITION FACTS: All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat.

SELECTION: Look for plump fruit, uniform in color and appearing fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Do not use berries that have moisture leaks staining the carton.

STORAGE: Store unwashed, covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Raspberries are more delicate and perishable than

Source: www.fruitsandveggiematter.gov

other brambleberries. 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.

PRESERVING: Berries may be preserved by canning or freezing or used for making jellies or jam.

KENTUCKY BRAMBLEBERRIES

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
 June 2013

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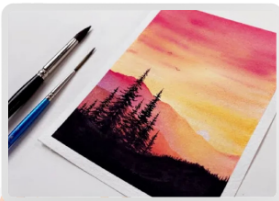
Art Workshop

AGES: 9-18

TUESDAY, JUNE 27, 2023

9:00 am - 11:30 am

LIVINGSTON COOPERATIVE EXTENSION

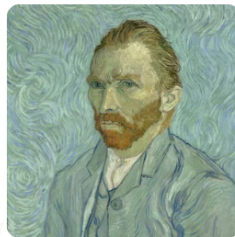


Watercolor

HAVE A HAPPY LITTLE TIME WITH WATERCOLOR-- BOB ROSS STYLE! FOR THIS CLASS, WE WILL CREATE A MOUNTAIN SCENE.

Self-Portrait

LET'S TALK ABOUT WHAT MAKES YOU UNIQUE, AND CREATE ART THAT SHOWCASES IT! USE CREPE PAPER TO CREATE YOUR OWN SELF-PORTRAIT



RSVP: BY WEDNESDAY, JUNE 21, 2023 | SPACE IS LIMITED!



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