

Sharee Rushing

Livingston County 4-H Youth Development

803 US 60 East, Smithland, KY 42081

Email: sharee.rushing@uky.edu

Cell: 270.779.1884

Office: 270.928.2168



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



LIVINGSTON COUNTY 4-H
Making the best better

Newsletter

4-H YOUTH DEVELOPMENT



MARCH 2023



Join 4-H
Today!

ENROLLMENT OPEN

EVENTS

March 3:

- Camp Registration Opens!!
- Middle School Club Day

March 6:

- 4-H Council Meeting

March 7

- Camp Jekyll Orientation

March 9

- Teen Leadership Academy
- Livingston Helper's Meeting

March 13

- Area Teen Council @Marshall

March 15-18

- M.S. Teen Summit

March 17

- St. Patrick's Day
- Spaghetti orders DUE

March 21

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

March 28

- SLES Club Day

HOW

Lucky

ARE WE TO KNOW YOU

Test your luck and try something
new this month!

Spring is around the corner, and
summer is coming quickly. This
month 4-H Camp registration
opens! We can't wait to spend the
best week of the summer with
you, sign up today!

Follow us:



@LIVCO4H.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

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



Disabilities
accommodated
with prior notificat



LIVINGSTON COUNTY 4-H
Making the best better



RECIPE OF THE MONTH

Stuffed Zucchini Boats

- | | | |
|---------------------------------|-------------------------------------|---------------------------------|
| 4 medium zucchini | $\frac{3}{4}$ cup marinara sauce | 1½ cups shredded cheddar cheese |
| 1 pound chicken breast | $\frac{1}{4}$ cup bread crumbs | Olive oil, optional |
| $\frac{1}{2}$ cup chopped onion | 1 teaspoon garlic powder | |
| 1 egg, beaten | $\frac{1}{2}$ teaspoon black pepper | |

Cut zucchini in half lengthwise. **Cut** a thin slice from the bottom of each with a sharp knife to allow the zucchini to sit flat. **Scoop** out the pulp, leaving $\frac{1}{4}$ -inch shells. (Optional, lightly brush the shells with olive oil.) **Preheat** the oven to 350° F. **Cut** chicken breast into 1 inch cubes. In a large skillet, **cook** chicken and onion over medium heat until meat is no longer pink; **drain**. **Remove** from the heat; **stir** in the egg, marinara sauce, bread crumbs, garlic powder, black pepper and 1 cup cheese. **Spoon** about $\frac{1}{4}$ cup into each

zucchini shell. **Place** each filled shell onto a non-greased cooking sheet and place into the oven and **bake** for 15 minutes. **Remove** boats from oven and **sprinkle** on the remaining cheese. **Bake** boats for an additional 5 minutes or until the cheese melts.

Yield: 4 servings

Nutritional Analysis: 420 calories, 20 g fat, 9 g saturated fat, 170 mg cholesterol, 700 mg sodium, 19 g carbohydrate, 4 g fiber, 9 g sugar, 40 g protein.



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

Kentucky Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before

Source: www.fruitsandveggiesmatter.gov

preparation. The storage life of summer squash is brief; use within two to three days.

PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

KENTUCKY ZUCCHINI

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

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.ag/fcs

COOPERATIVE
 EXTENSION
 SERVICE





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

Sharee Rushing

Livingston County 4-H Youth Development

803 US 60 East, Smithland, KY 42081

Email: sharee.rushing@uky.edu

Cell: 270.779.1884

Office: 270.928.2168



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



LIVINGSTON COUNTY 4-H
Making the best better

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

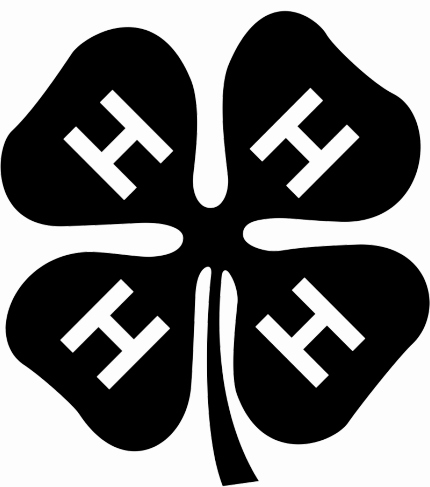
January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023



Hello Summer

REGISTRATION Open

4-H Camp



June 6-9



Join our private Facebook group for updates and pictures!

March 3	Registration Opens
April 10	Scholarship Application Due
April 28	\$25 Deposit Due
May 12	Camper Orientation #1
May 13	Camper Orientation #2
May 22	Final Payment Due

4-H DAY

with the Cardinals

CARDINALS



U Extension | University of Missouri

Registration will open on February 1 and run through 11:59 p.m. on March 31.

Game day is May 20 at 6:15 p.m. against the LA Dodgers. Tickets are \$30.00 each and includes a specially designed t-shirt.

W1/W2 4-H AREA TEEN COUNCIL

GREEN OUT

Join us for a fun night of leadership activities & wear your green!

MARCH 13, 2023 | 6:00 PM
MARSHALL COUNTY EXTENSION
1933 MAYFIELD HIGHWAY,
BENTON, KY 42025

4-H SPAGHETTI LUNCH FUNDRAISER

Orders & Payment Due: March 17, 2023
 Delivery Date: March 27, 2023

To place an order, or for more information
 Call: 270-928-2168
 Email: sharee.rushing@uky.edu
 In-Person: Livingston County Extension Office
 803 US 60 E.
 Smithland, KY 42081

Cost: \$8.00

Menu:
 Spaghetti
 Meat/No Meat Sauce
 Garlic Bread
 Salad
 Brownie
 Drink

Benefits Livingston County 4-H!