

FAYETTE COUNTY 4-H

AUGUST 2023 NEWSLETTER



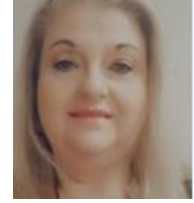
Genaea Sarantakos
4-H Agent



Lucas Powell
4-H Agent



Manda Clark
4-H Agent



Robin Grace
4-H Program Assistant

genaea.sarantakos@uky.edu lucas.powell213@uky.edu amanda.clark@uky.edu robin.grace@uky.edu



Hello Fayette County!



We are so excited to start the new 4-H Program Year! In this newsletter you will find lots of great information on what we have coming up this fall including workshops, events and clubs! Enrollment opens September 1st, so be sure to follow the instructions in this newsletter to enroll your child and sign up for clubs. We do have a new and hopefully easier way to enroll. The Fayette County 4-H program is a branch of the Fayette County Cooperative Extension Service that focuses on youth development. Our office is also the host of many programs that are geared towards adults. We highly encourage you to check out our website (fayette.ca.uky.edu) to see what other programs are offered for the whole family!





FAYETTE COUNTY 4-H

**WE ARE GOING TO BE UTILIZING
AN EMAILED NEWSLETTER FOR
THE 2023-2024 PROGRAM YEAR!
IF YOU ARE STILL WANTING TO
GET A PAPER COPY OF THE
NEWSLETTER THEN WE CAN SEND
THAT, BUT THERE WILL BE A
DELAY COMPARED TO THOSE
WHO RECEIVED THEM
ELECTRONICALLY.**

**CLICK HERE TO FILL OUT
INFORMATION FOR
NEWSLETTER!**





4-H Enrollment begins September 1st!

September 1st, 2023 is the first day of the 2023-2024 4-H program year! We are very excited to be offering a wide variety of clubs and workshops this year. On September 1st you will use the link in this newsletter to enroll in 4-H and register for clubs/activities. Please do NOT sign up for clubs or register until September 1st. This month we are showing you a sneak peak of some of the clubs that will be available this year!



Enroll below on September 1st!
Enrollment is the first step to participation in Fayette County 4-H! It must be completed in order to sign up for any of our clubs or programs. It does NOT sign you up for clubs and programs.

Fayette County 4-H

How to Enroll



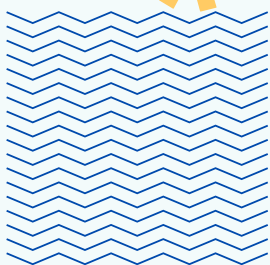
Step 1: Click this link, or use QR code.



Step 2: Fill out online enrollment (MUST BE DONE BEFORE CLUB SIGNUPS)



Step 3: Club registration will open September 1st. Follow the link or QR codes on the club flyers below.



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Fayette County 4-H Club Information

Martin-Gatton
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAYETTE

4-H YOUTH
DEVELOPMENT



Sewing



Fall Sewing will be for beginners only. Youth will learn the ins and outs of the sewing machine, fabrics, and more. Projects can be made for county fair. Ages 9 and up. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Homeschool



Homeschool youth who are 9 and up can participate in learning activities, art projects, and field trips. This club will meet at the same time as Cloverbud Homeschool. This a great opportunity to meet families. Ages 9 and up.

Clover Chef



Clover Chef is just for youth ages 5-8 years. Youth will learn about kitchen skills and safety plus make yummy food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Junior Chef



Junior Chef is for youth ages 9-13 years. Youth will learn kitchen and safety skills plus make yummy food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Senior Chef



Senior Chef is for youth ages 14-18 years. Youth will be able to learn about kitchen skills plus make food. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Rabbit



Open to youth ages 5-18 years. Youth and their rabbits will learn about companionship, showmanship, and responsible ownership. All rabbits must be current on the vaccinations. Must sign up with agent Genaea to participate. genaea.sarantakos@uky.edu

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or request to participate in the civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546



Disability
accommodated
with prior notification

Fayette County 4-H Club Information

Martin-Gatton
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAYETTE

4-H YOUTH
DEVELOPMENT



Arts and Crafts



Youth will explore several areas of creative expressions including but not limited to acrylic painting, clay, pastels, watercolors, and more! Most of the items will be able to be entered into the county fair. Ages 9 and up.

Cloverbud Homeschool



Homeschool youth who are ages 5-8 will participate in learning activities, art projects, field trips, and other projects. This is a great opportunity to get to know other families.

Cloverbud



This club is for our youth ages 5-8 years old that want to be a part of 4-H. During the year you will do fun learning activities, art projects, and guest speakers.

Nature



This club is for nature lovers. During the year you will learn about plants, animals, and much more! Many hands on activities that will make you love nature a little more! Ages 9 and up.

Entomology



Bugs, bugs and more bugs! If this appeals to you then this your club! Youth will learn about different types of insects. Also, how to collect, and make an insect box for county fair. Ages 9 and up.

Drone



Learn how to build a drone and fly it. Drones are provided in the club. Must sign up with agent Genaea to participate. Ages 9 and up. Genaea.sarantakos@uky.edu

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or receipt or indication for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506.



Disability
accommodated
with prior notification.



Fayette County 4-H Club Information

Poultry



Open to ages 9-18 years of age. Youth and their chickens will learn breeds and species, cooking techniques, anatomy, showmanship, and responsible ownership. Must sign up with agent Genaea to participate. genaea.sarantakos@uky.edu

Gardening



Open to youth ages 5-12 years of age. Youth will learn basics about planting, growing, and harvesting plants, and careers involved in plant science. You must sign up with agent Genaea to be able to participate. genaea.sarantakos@uky.edu

Teen



Teen Club is for youth ages 14 and up. Youth will explore leadership, participate in community service, and enjoy fellowship with peers. Must sign up with agent Manda to participate. amanda.clark@uky.edu

Crochet



Youth will learn basic skills of crochet techniques. Youth will make items that can be put in the county fair. Must sign up with agent Manda to participate. amanda.clark@uky.edu. Ages 9 and up.

The list has our organized clubs on it. It does not include various workshops, project days, clubs later in the year, and special events we will hold.





**VOLUNTEER TODAY.
INSPIRE FOR A
LIFETIME.**



DO YOU ENJOY WORKING WITH YOUTH AND HAVE A SKILL YOU COULD TEACH?

WE ARE LOOKING FOR 4-H CLUB VOLUNTEERS WITH A PASSION FOR:

COOKING

EMBROIDERY

OUTDOOR ADVENTURE

DOG

FOOD PRESERVATION

FISHING

LEADING A CLUB ENTAILS A MONTHLY MEETING HELD AT THE FAYETTE COUNTY EXTENSION OFFICE FOR YOUTH 5-18 (MAY VARY BY SPECIFIC CLUB). MEETING TIMES MAY ALSO VARY, BUT MUST TOTAL 6 EDUCATIONAL HOURS OVER THE COURSE OF THE PROGRAM YEAR. IF YOU DON'T WANT TO COMMIT TO A YEAR LONG CLUB THEN YOU COULD ALSO CONSIDER LEADING A WORKSHOP SERIES.

CONTACT MANDA CLARK AT AMANDA.CLARK@UKY.EDU OR 859-257-5582 IF YOU MAY BE INTERESTED.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions or want to volunteer.



4-H GROWS HERE

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



RABBIT CLUB

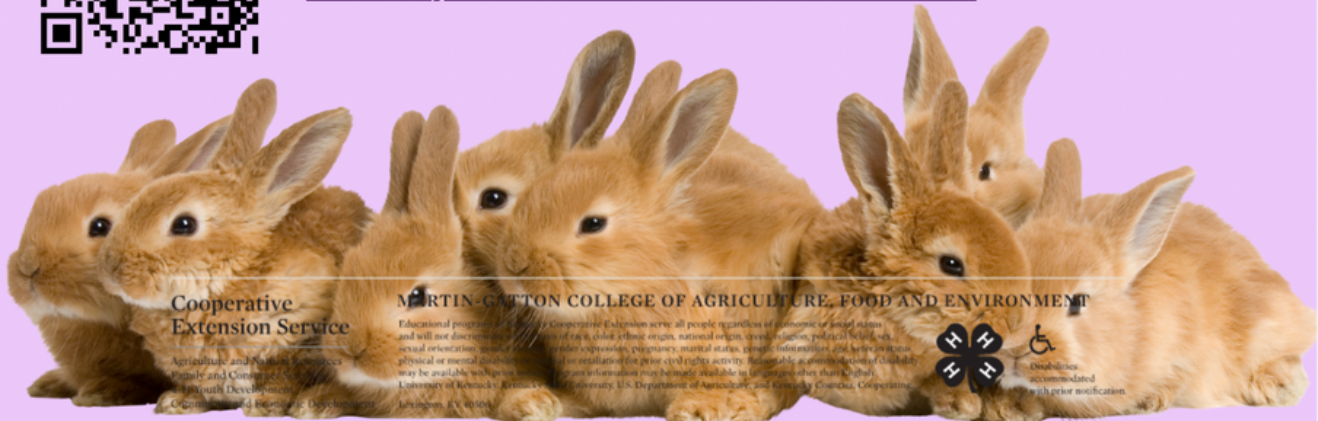
OPEN TO YOUTH AGES 5-18 YEARS OLD. YOUTH AND THEIR RABBITS WILL LEARN , COMPANIONSHIP, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. ALL RABBITS MUST BE CURRENT ON ALL VACCINATIONS. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS AUGUST 31ST AT 6 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.



**FOR MORE INFORMATION CONTACT GENAEA AT
GENAEA.SARANTAKOS@UKY.EDU**

[BIT.LY/FAYETTECORABBITCLUB](https://bit.ly/fayettecorabbitclub)



**Cooperative
Extension Service**

1000 University Drive
Fayette, KY 40504
606-335-5800
www.uky.edu/extension

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

1000 University Drive
Fayette, KY 40504
606-335-5800
www.uky.edu/extension



Disabilities
accommodated
with prior notification

Email 4-H Youth Development Extension Agent, Genaea Sarantakos at genaea.sarantakos@uky.edu if you have any questions regarding this club!



Fayette
2023-2024

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

NATURE CLUB

**Second Tuesday
September - May
6:00 p.m. - 7:00 p.m.**

Sign up here with the QR code or link.



bit.ly/fayetteconatureclub

**For more information,
please contact Lucas Powell at
Lucas.Powell213@uky.edu**

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!



**TAUGHT BY MS. BECCA
LICENSED CHILD THERAPIST.**



**Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.**

FAYETTE COUNTY 4-H YOGA CLUB AGES: 9-13

**SEPTEMBER 5TH, SEPTEMBER 19TH,
OCTOBER 3RD, OCTOBER 17TH,
NOVEMBER 14, AND NOVEMBER 21ST.**

\$10.00 A MEETING

PAY HERE

6PM-7:30PM

MEETINGS AT FAYETTE EXTENSION OFFICE

**EMAIL MANDA WITH QUESTIONS
AMANDA.CLARK@UKY.EDU**

**MUST REGISTER TO
ATTEND**

**SIGN UP HERE OR →
BIT.LY/FAYETTEYOGACLUB**



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or request or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506.



***Email 4-H Youth Development Extension Agent, Manda Clark at
amanda.clark@uky.edu if you have any questions regarding this club!***



Sewing Club

Cloverbud Only

Ages: 5-8 years

\$30.00 fee Pay here



Dates: October 15th

October 22nd

October 29th

November 5th

November 12th

November 19th

1:30pm-4:00pm



Must sign up to attend!



Spots are Limited!

or click this link to sign up

bit.ly/sewingclub

Email Manda at amanda.clark@uky.edu with any questions.



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veterans status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506.



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

FAYETTE COUNTY TEEN CLUB

WELCOMING ALL AGES 13 AND OLDER

LEADERSHIP. FRIENDSHIP. COMMUNITY SERVICE. LIFE SKILLS.

SEPTEMBER 11TH FEBRUARY 12TH

OCTOBER 2ND MARCH 11TH

NOVEMBER 13TH APRIL 15TH

DECEMBER 11TH MAY 13TH

5:30PM-6:30PM

DINNER WILL BE PROVIDED EACH MEETING!

SIGN UP HERE!

BIT.LY/FAYETTECOTEENCLUB



**CONTACT MANDA AT
AMANDA.CLARK@UKY.EDU FOR
MORE INFORMATION!**

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Education 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



Learn basic cooking skills and have fun!



Martin-Gatton College of Agriculture, Food and Environment University of Kentucky.

CLOVER CHEF

Ages: 5-8 years

MUST SIGN UP HERE TO ATTEND!

spots are Limited

3rd Saturdays of

the month.

1pm-2pm

\$20 fee

Pay Here

bit.ly/Cloverchef



Contact Manda at amanda.clark@uky.edu for any questions

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Lexington, KY 40506



Disabilities are accommodated with prior notification.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



Fayette
2023-2024



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

ENTOMOLOGY CLUB

Meeting Time and Dates

6:00 p.m. - 7:00 p.m.

September 7th

October 26th

November 16th

December 7th

January 4th

February 1st

March 7th

April 11th

May 2nd

bit.ly/entomologyclub



**For more information please contact
Lucas Powell at Lucas.Powell213@uky.edu**

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!



Fayette County 4-H

CROCHET CLUB

All meetings will be held 6-7PM at the Fayette
County Cooperative Extension Office

September 5, 2023

October 3, 2023

November 7, 2023

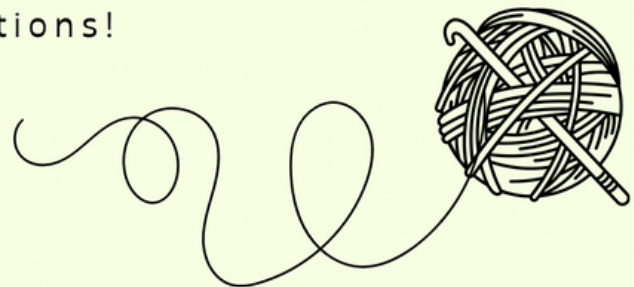
December 5, 2023

No experience required!

Email Amanda Clark at
amanda.clark@uky.edu to for any
questions!



Sign up on
bit.ly/fccrochetclub



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**Email 4-H Youth Development Extension Agent, Manda Clark at
amanda.clark@uky.edu if you have any questions regarding this club!**

WHY DID THE CHICKEN CROSS THE ROAD?

TO GET TO FAYETTE COUNTY 4-H'S CHICKEN CLUB!



OPEN TO YOUTH AGES 9-18 YEARS OLD. YOUTH AND THEIR CHICKENS WILL LEARN BREEDS AND SPECIES, COOKING TECHNIQUES, ANATOMY, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS SEPTEMBER 27TH AT 6:30 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

FOR MORE INFORMATION CONTACT GENAEA AT
GENAEA.SARANTAKOS@UKY.EDU



[BIT.LY/POULTRYCLUB](https://bit.ly/poultryclub)

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Genaea Sarantakos at genaea.sarantakos@uky.edu if you have any questions regarding this club!



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

JUNIOR CHEF

AGES: 9-13

3RD SATURDAY OF THE MONTH
2:30PM-3:45PM

MUST SIGN UP **SPOTS ARE LIMITED**
HERE TO ATTEND!

bit.ly/fcjuniorchef



\$25 FEE
PAY HERE

Reach out to Manda at amanda.clark@uky.edu with any questions!

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



Fayette
2023-2024

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

ARTS AND CRAFTS CLUB

First Wednesday
September - May
6:00 p.m. - 7:30 p.m.

bit.ly/fayettecoartsandcraftsclub



For more information,
please contact Lucas Powell at
Lucas.Powell213@uky.edu

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



SENIOR CHEF

AGES: 14-18

3RD FRIDAY

STARTING IN OCTOBER

NO MEETINGS IN MARCH AND APRIL

MUST SIGN UP HERE
TO ATTEND!

SPOTS ARE LIMITED!



\$30 FEE
PAY HERE



bit.ly/Seniorchef

Reach out to Manda at amanda.clark@uky.edu with any questions!



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disability
accommodations
with prior notification



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this club!



BEYOND 4-H SEWING

**THIS CLASS IS FOR ANYONE WHO TRULY WANTS
TO LEARN TO SEW!**

GARMENT SEWING ONLY

**VARIOUS TECHNIQUES WILL BE LEARNED,
FOUNDATION OF SEWING TAUGHT, AND NO
PROJECTS JUST GARMENT!**

**ATTENDANCE IS VERY IMPORTANT AS THIS IS A
VERY BIG COMMITMENT!**

**TUESDAYS FROM
OCTOBER-MARCH
6PM-8:30PM**

\$175.00 FOR THE YEAR (\$35 A MONTH)

**PAYMENTS CAN BE MADE MONTHLY, SCHOLARSHIPS ARE
AVAILABLE.**

**SEWING KITS, THREAD, AND SAMPLE
FABRICS WILL BE PROVIDED. SEWERS WILL
PROVIDE GARMENT FABRIC.**

MUST SIGN UP HERE TO ATTEND!

[BIT.LY/BEYOND4HSEWING](https://bit.ly/beyond4hsewing)

Cooperative
Extension Service

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

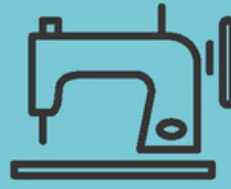
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or receipt of public benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

September is National Sewing Month! 4-H will be hosting workshops for both adults and youth! You must sign up for each individual event to attend. Please reach out to Manda Clark with any questions amanda.clark@uky.edu.

Beginning Free Motion Quilting Class

September 2nd 10am-4pm
\$25.00 Ages 9 to adult!

Spots are limited must sign up to attend.

In this class, you will learn how to set your domestic sewing machine up to free-motion-quilting (FMQ), basic FMQ designs and practice your new skills! Some quilting knowledge would be helpful for this class, but you do not need any FMQ experience— Beginners are encouraged! Motifs to be taught include stipple, loops, L's and E's, wishbones, and more.



Pack a lunch

Register and Pay Here:
<https://bit.ly/fall2023sewing>



Cooperative
Extension Service

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

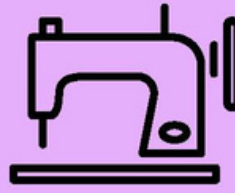
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky's 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, physical or mental disability or receipt or indication for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

September is National Sewing Month! 4-H will be hosting workshops for both adults and youth! You must sign up for each individual event to attend. Please reach out to Manda Clark with any questions amanda.clark@uky.edu.

Presented by Quilted Guild of Bluegrass, MVCC, and 4-H

Jelly Roll Sewing Event

September 16th 10am-4pm

\$25.00 Ages 9 to adult!

Spots are limited must sign up to attend.

Join our Jelly Roll Day as we create a seasonal table runner which begins with a center motif 5" or larger.

Sign up now for this fun day of sewing, food, door prizes and more.. This workshop is for beginners that know how to sew and use their sewing machine, as well as experienced sewists that want to complete a holiday project. The supply list will be sent upon registration.



Register and Pay Here:

<https://bit.ly/fall2023sewing>



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



Log Cabin Silk Block

**Saturday, September 9th
10am-3pm**

Learn to work with silk as you create a log cabin block using silk ties.

Bring a lunch, drink and dessert provided!

**Required supplies: a sewing machine
all other supplies provided.**

Must sign up to attend.

 <https://bit.ly/logcabinsilkblock>



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or spiritual or religious affiliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disability
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



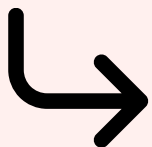
WOOL EMBROIDERY NEEDLE CASE SATURDAY, OCTOBER 14TH

10AM-3PM

**LEARN THE ART OF EMBROIDERING ON WOOL.
YOU WILL MAKE A NEEDLE CASE, AND GO HOME
WITH DIRECTIONS TO MAKE MORE FUN WOOL
EMBROIDERY SEWING RELATED PROJECTS.**

**BRING A LUNCH, DESSERT AND DRINKS
WILL BE PROVIDED.**

MUST SIGN UP TO ATTEND!



[BIT.LY/WOOLEMBROIDERYCLASS](https://bit.ly/woolembroideryclass)



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



SWEDISH WEAVING

SATURDAY, NOVEMBER 4TH

10AM-3PM

INTRODUCTION TO THE ART OF SWEDISH WEAVING A TYPE OF NEEDLE ART THAT CREATES A SURFACE DESIGN BY WEAVING FLOSS OR YARN UNDER RAISED FLOATS ON FABRIC. THIS WORKSHOP WILL FOCUS ON CREATING A DESIGN ON 100% COTTON HUCK TOWELING.

ALL SUPPLIES PROVIDED

PACK A LUNCH, DRINKS AND

DESSERTS PROVIDED!

MUST SIGN UP HERE TO ATTEND!

↳ [BIT.LY/FAYETTESWEDISHWEAVING](https://bit.ly/fayetteswedishweaving)

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506.



Disabilities
accommodated
with prior notification.

Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Selvage Savy

Saturday, November 18th

10am-3pm

We measure our grain to the selvage but then we cut it off and toss it away...not anymore! Join us to learn how to be creative with selvages and save the environment in the process!

Pack a lunch, dessert and drinks provided!

Must sign up here to attend!

↳ bit.ly/fayetteselvagesavy



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Email 4-H Youth Development Extension Agent, Manda Clark at amanda.clark@uky.edu if you have any questions regarding this program.

**LEARN A NEW SKILL WHILE HANGING
OUT WITH OTHER HOMESCHOOL
FAMILIES.**

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



HOMESCHOOL CLUB

AUGUST 10TH

FEBRUARY 8TH

SEPTEMBER 14TH

MARCH 14TH

OCTOBER 12TH

APRIL 11TH

NOVEMBER 9TH

MAY 9TH

DECEMBER 14TH

JUNE 13TH

JANUARY 11TH

11AM-12PM



Reach out to Manda at
amanda.clark@uky.edu with
any questions.

bit.ly/fchomeschoolclub

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**Email 4-H Youth Development Extension Agent, Manda Clark at
amanda.clark@uky.edu if you have any questions regarding this club!**



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

CL^{VER}BUDS

2023-2024

Fayette County 4-H

Youth Ages
5-8
are welcome to join
us for monthly
meetings beginning
at
6:00 pm.



Learn about 4-H in
a fun environment!

For any additional
information,
questions, or / and
to **RSVP** meeting
attendance, please
contact:

Robin Grace

Fayette County 4-H
Youth Development
Program Assistant.

robin.grace@uky.edu

or

859-257-5582

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11h
- May 9th
- June 13th

Meetings will be held at
1140 Harry Sykes Way
Lexington, KY
Unless told differently

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 notification.

Email 4-H Youth Development Program Assistant, Robin Grace at robin.grace@uky.edu if you have any questions regarding this club!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

CLVERBUDS

HOMESCHOOL CLUB

2023-2024

Fayette County 4-H

Homeschooled youth
ages 5-8
are welcome to join us for
monthly meetings
11:00 am-12:00 pm.

For any additional information,
questions, or / and to **RSVP**
meeting attendance, please
contact:

Robin Grace

Fayette County 4-H
Youth Development Program
Assistant

robin.grace@uky.edu

OR

859-257-5582

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11h
- May 9th
- June 13th



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 notification.

Email 4-H Youth Development Program Assistant, Robin Grace at robin.grace@uky.edu if you have any questions regarding this club!



4-H SRTL

DATE & LOCATION

SEPTEMBER 21 - 24, 2023

CLYDE M. YORK 4-H CENTER, TN

CONTACT YOUR COUNTY 4-H AGENT FOR DETAILS!

\$275 TO ATTEND!

REACH OUT TO MANDA AT AMANDA.CLARK@UKY.EDU

FOR MORE INFORMATION!

Volunteers **NEEDED**



Do you have a passion for helping others and educating youth?

If so, then we need you to volunteer!

**We Need
Help With :**

- Beekeeping
- Shooting Sports
- Horse

Time commitment is 1-3 hours monthly



Email Genaea at genaea.sarantakos@uky.edu



FAIR 2023

NAME

CATEGORY

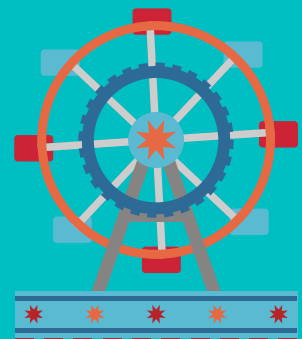
RIBBON

Annalise Bacon	Oatmeal Muffins	Blue Ribbon/Champion
Annalise Bacon	Cornmeal Muffins	Blue Ribbon/Champion
Annalise Bacon	Brownies	Blue Ribbon/Champion
AnneMarie Dvorak	Table Setting	Blue Ribbon/Champion
Armanda Brown	Table Runner	Blue Ribbon
Armanda Brown	Laundry Bag	Red Ribbon
Elin Thomas	Table Runner	Blue Ribbon
Elin Thomas	Laundry Bag	Blue Ribbon
Ellie Quisehuatl	Table Runner	Blue Ribbon/Champion
Ellie Quisehuatl	Laundry Bag	Red Ribbon
Elsie Thompson	Drawstring Backpack	Blue Ribbon/Champion
Elsie Thompson	Pajama Pants	Blue Ribbon
Hina Saylor	Pajama Pants	White Ribbon
Karsten Dvorak	JD Table Setting	Red Ribbon
Karsten Dvorak	Chair	Blue Ribbon/Champion
Katherine Zimmerman	5th year ENT	Blue Ribbon/Champion
Katherine Zimmerman	Fox	Blue Ribbon/Champion
Kedley Zimmerman	Multimedia collage	Blue Ribbon/Champion
Kedley Zimmerman	Blue 50s dress	Red Ribbon
Kedley Zimmerman	Rooster	Blue Ribbon/Champion
Kindle Zimmerman	Painting	Blue Ribbon/Champion
Kindle Zimmerman	B/W Drawing	Blue Ribbon/Champion
Kindle Zimmerman	3rd year ENT	Blue Ribbon/Champion
Kindle Zimmerman	Dress	Blue Ribbon/Champion
Kindle Zimmerman	Napkin Holder	Blue Ribbon/Champion
Kindle Zimmerman	Hat	Blue Ribbon

FAIR 2023

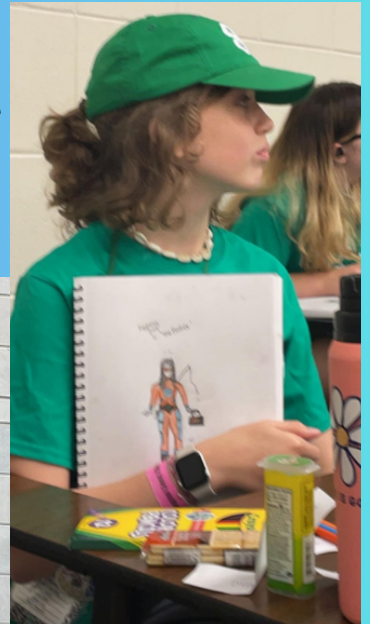
NAME	CATEGORY	RIBBON
Kolton Zimmerman	Wood Burning	Blue Ribbon/Champion
Kolton Zimmerman	5th Year ENT	Blue Ribbon/Champion
Kolton Zimmerman	Leaf Collection	Blue Ribbon/Champion
Kolton Zimmerman	Rock Collection	Blue Ribbon/Champion
Kolton Zimmerman	Shirt and Pants	Blue Ribbon/Champion
Lillian Coleman	Zippered Tote Bag	Blue Ribbon
Lily Bischoff	Table Runner	Blue Ribbon
Lydia Clayton	Coffee Cake	Blue Ribbon/Champion
Nora Reichert	Ballet Costume	Blue Ribbon/Champion
Nora Tower	Table Runner	Blue Ribbon
Pinkie Lin	Handbag	Blue Ribbon/Champion
Pinkie Lin	Shorts	Blue Ribbon/Champion
Rachel Wilkinson	Crochet	Blue Ribbon/Champion
Rachel Wilkinson	Doll Crochet	Blue Ribbon/Champion
Stella Heathcoat	Table Runner	Blue Ribbon
Sylvie Reichert	Pants	Blue Ribbon
Vanessa Keese	Acrylic Painting	Blue Ribbon/Champion
Victoria LaMarche	Jacket	Blue Ribbon

Congratulations to all of our county fair winners!

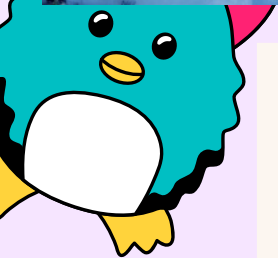
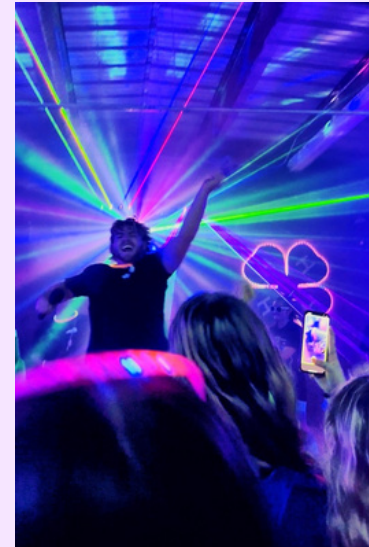


TEEN CONFERENCE 2023

10 delegates from Fayette county learned what life is like at UK. They were able to pick classes, do community service, and get to know campus.



4-H CAMP WAS A BLAST!



4-H CAMP WAS A BLAST!



**It's just goodnight and
not good-bye! We can't
wait to see you in 2024!**




**Be on the lookout
for 2024 4-H camp
dates in the fall!**

CLOVERBUD CAMP 2023



JULY / AUGUST 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Summer is time for kids to try new foods

Summer brings lots of tasty new foods. This is the perfect time to bring new fresh fruits and veggies to the whole family.

Try these four summer superstars:

Berries

Strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants. The berries can support kids' total health. They are also a good source of fiber!

Avocados

Add avocados to tacos or use them as a spread on grilled cheese sandwiches. You can also serve them with some eggs and fruit in the morning. Avocados have heart-healthy monounsaturated fat. They also have fiber, vitamin E, potassium, and vitamin C.

Tomatoes

Tomatoes have fiber, vitamins A and C, and potassium. You can buy tomatoes



in many colors and sizes. The amount of water in tomatoes makes them a good hydrating choice. Add tomatoes to sandwiches or chop them up and toss them into salads and pasta dishes. Your kids can help you make fresh salsa!

Watermelons

Nothing says summer like a fresh slice of watermelon. Watermelon has one of the highest water contents of any food. This makes it great for keeping kids hydrated on hot, scorching days. It is also packed with vitamin C and lycopene. Watch out for seeds. The seeds could be a choking hazard for young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad!

Farmers' markets are a great place to buy fresh-picked foods. A lot of markets now take SNAP benefits.

For a directory of Kentucky's summer farmers' markets, go to <https://www.kyproud.com/farmers-markets> or contact your local county Cooperative Extension Service: <https://extension.ca.uky.edu/county#county-alpha>

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/summer-is-time-for-kids-to-try-new-foods>

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



BASIC BUDGET BITES

Tips for saving money on food

Plan

- Take time to plan your meals and make a grocery list.
- Plan your meals using seasonal foods.

Shop

- Find stores with super food sales during special times such as “Friday and Saturday Blow-out Sales” or “10 Items for \$10.”
- Find a local farmers’ market. Fruits and veggies tend to be fresher and cheaper.

Buy

- Buy store brands when the taste and quality suit your needs.
- Compare the unit price. The cost per ounce or per pound helps you find the best deal.
- Buy family packs of meats, cheese, poultry, and luncheon meats. Split the packs into servings, freeze, and use as needed.

Track

- Know the normal prices of items you buy most often. A sale will then be easy to spot.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Source: Adapted from Alabama Cooperative Extension — <https://www.aces.edu/blog/topics/for-you/ways-to-save-your-food-dollars>

FOOD FACTS

Raspberries and blackberries

Raspberries and blackberries are great when they are picked fresh. Many farms offer “pick-your-own” berry patches. If you pick enough, you can enjoy berries out of your freezer in other seasons.

Local raspberries and blackberries ripen after strawberries. You can gather wild raspberries and blackberries in late summer.

Nutrition information

Berries are low in calories when eaten raw. A half-cup of berries has 30 to 40 calories. Limit the added sugar or highfat products like pie crust or whipped topping, which add calories and fat.

Choose healthy serving methods that will give you the least amount of fat and sugar. One-half cup of some berries has 100% of the vitamin C an adult needs. Berries are also rich in potassium.

Storage

As soon as you get the berries home, check them over. Throw away any that show signs of decay, mold, or other spoilage. Use blackberries within a couple of days.

Raspberries are more fragile and do not stay fresh very long. Use raspberries right away.

Preparation

Wash, drain, cover, and store blackberries in the refrigerator for later use. Store unwashed raspberries covered in the refrigerator. Wash them before using.

There are many uses for berries. Use them in baked goods, blender drinks, fresh with milk and sugar, in sauces, over desserts, or just eat them plain. Of course, putting up jams and preserves is a way to make sure you enjoy berries in the winter months.

Source: Adapted from <https://extension.umaine.edu/publications/4267e>





PARENT CORNER

Breakfast ideas to try

The morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from <https://kidshealth.org/en/parents/breakfast.html>

COOKING WITH KIDS

Seasonal Layered Fruit Salad

- 1/2 cup fruit A
- 1/2 cup fruit B
- 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt

1. Select two different fruits to fit the season, holiday, or summer fun event.
2. Choose fresh, frozen, or canned fruits.
3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad>



RECIPE

Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>