

FAYETTE COUNTY 4-H

MARCH 2024 NEWSLETTER



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 Hello Fayette County! 

Happy March everyone! Don't forget 4-H camp is from July 22nd- July 26th at Feltner 4-H camp.

We still have some male and female camper spots left. Don't miss out on signing up!

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!



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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



MARCH

SUN MON TUE WED THUR FRI SAT

Notes:

1
Cloverbud
STEM
Workshop

2

3
1:30pm-4 pm
Beginning
Sewing Club

4

5
6pm
Beyond
Sewing

6
6pm
Arts and
Crafts Club
5:45pm
Bee
Workshop

7

8

9

10
1:30pm-4 pm
Beginning
Sewing Club

11
5:30pm
Teen Club

12
6pm
Beyond
Sewing
6pm
Nature Club

13
6pm
Outdoor
Adventure
Club

14
11am
Homeschool
Cloverbud
Homeschool
6pm
Cloverbud
6pm
Embroidery
Club
6pm
Entomology
Club

15
6pm
Senior Chef



18
6pm
Beekeeping
Club
6pm
Yoga Club

19
6pm
Beyond
Sewing
6pm
Crochet Club

20
Poultry Club
6:30pm

21

22

23

24

25
6pm
Communications
Contest

26
6pm
Beyond
Sewing

27
6pm
Outdoor
Adventure
Club
6pm
Rabbit Club

28

29

30

31

Notes:

STILL NEED MALE ADULT AND TEEN LEADERS! WAITLIST FOR FEMALE ADULT AND TEEN LEADERS!



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

COUNSELORS NEEDED FOR 4-H CAMP!

Serving as a counselor gives you the chance to serve as a role model for campers, be outdoors, and change lives!

Please fill out the questionnaire below to receive information.

Teen Leaders must be
16 or 17 by July 22nd.

Adult Leaders must be
18+ by July 22nd

Mandatory dates for camp:

Application due: July 1st

Counselor Orientation: July 13th (all day)

Camper Orientation: July 17th

4:00pm-5:30pm

5:45pm-7:15pm

Camp: July 22nd-July 26th



[BIT.LY/FAYETTECOCAMPLEADER](https://bit.ly/fayettecocampleader)

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



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4-H Camp 2024 Registration

Registration opens February 15th at this link:
bit.ly/Fayette4hcampsignup

Campers: 9 on the first day of camp. (\$250)

Counselors in Training: 15 years old (\$150)

Junior Counselors 16 and 17 years old (FREE)

Adults: 18 and up (FREE & one camper goes for free)

Scholarships are available upon request on a first come first served basis.

Out of county residents will pay \$300 for camp.

February 29th- Last day for payment plan sign up

June 3rd- Scholarship Applications due

July 1st- ALL APPLICATIONS DUE!



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Disabilities accommodated with prior notification.

JULY 22ND-JULY 26TH JM FELTNER 4-H CAMP LONDON, KENTUCKY



SPONSOR A CAMPER FOR 4-H CAMP!



Please consider sponsoring a Fayette County camper for 4-H camp this year! Full camp cost is \$300 and with an Extension District Board contribution the cost will be \$250. Fayette County is looking to take 318 campers this summer.

If you would like to sponsor the Fayette County 4-H camping program by providing a donation you can do so by check (to Fayette County 4-H council) or through online payment: bit.ly/Fayettecountypayment (put scholarship on 4-H program/club line).

Thank you in advance for generosity!

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



Fayette County 4-H Livestock Club

Join us in the Spring at the Fayette County Extension Office for our informational meeting- date TBD. Register first for more information



Step 1: Be sure you are enrolled in 4-H here:



Step 2: Commit to the year by signing up for Livestock Club here:



Are you interested in learning more about Livestock?
Would you like to get hands-on experience with animals and learning how to care for and show them?

Open to youth ages 5-18 years old.
Families are responsible for daily care of animals, though housing options are available.
Cost-share scholarships are available from funding provided by the Kentucky Agriculture Development Fund. You do not have to own an animal to join the club.

For more information contact Genaea at
genaea.sarantakos@uky.edu.

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YOGA CLUB

Taught by Ms. Becca
Licensed Child Therapist

February 26th April 22nd
March 18th May 20th
6pm-7pm

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

Must register here to attend:

bit.ly/fayetteyogaclub

\$10 per class

Pay Here:

bit.ly/fayettecountypayment

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

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4-H OUTDOOR ADVENTURE CLUB



University of Kentucky
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 4-H Youth Development



Youth ages 9-14 years old will enjoy the great outdoors and master outdoorsmanship while building friendships, learning independence, and survival skills.



Dates:

March 13th and March 27th
April 10th and April 24th
May 8th and May 22nd
June 12th and June 26th



NO FEE

Spots are limited please sign up here:
bit.ly/fayettecooutdooradventure

Reach out to Manda at
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FAYETTE COUNTY 4-H STEM WORKSHOP: SUTURE AND FIRST AID

Interested in medical or emergency health sciences? Join us to learn about suturing, how to splint injuries, stop the bleed, and treat burns.



AGES: 8-18

COST: \$15 [Pay here](#)

WHEN: MARCH 29, 2024 AT 5:30PM

WHERE: FAYETTE COUNTY EXTENSION OFFICE



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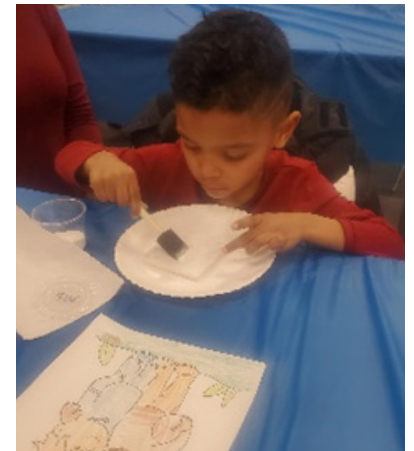
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CLOVERBUD CLUB

THIS MONTH THE CLOVERBUDS MET AND LEARNED ABOUT WHAT IT MEANS TO BE A GREAT FRIEND. THEY ALSO LEARNED THE NEED FOR POSITIVE REINFORCEMENTS AND DIFFERENT WAYS TO PROVIDE THEM. FOR OUR CRAFT, WE MADE A COASTER FOR THEM TO GIVE TO SOMEONE SPECIAL.





OUR 4-H CANDY JAR CRAFT DAY WAS A HUGE SUCCESS. THE GIRLS CAME TOGETHER TO MAKE A "CANDY JAR" OUT OF TERRACOTTA POTS ALONG WITH A COASTER. THE GIRLS WORKED HARD ON THEIR PROJECTS AND WERE ABLE TO FINISH AT THE END OF THE DAY. CHECK OUT OUR PHOTOS OF THE DAY!





Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 Veggie Egg Ring
Cost per recipe: \$1.94
Cost per serving: \$0.49

Nutrition facts per serving:

60 calories;
 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant

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