

NEWSLETTER



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

September 2023



NEW CLUB ALERT!

All youth currently in 4th through 7th grade are invited to join the **4-H Junior Leaders Club**. This will serve as a transitional club for youth who have graduated from their Cloverbud Club, but don't have a project-specific interest (Livestock, Poultry, etc.).

In addition, 4-H Teen Club will now be reserved for youth currently in grades 8 through 12. Both clubs will meet on the same day (mostly on the third Thursdays) with the Junior Leaders meeting first, followed by the Teen Club.



September 1st is the start of a brand new 4-H program year, so please make sure you get your enrollment form in ASAP or complete online enrollment. Even if you have been a 4-H member in the past, you must complete a new enrollment each fall. Use the QR code below left to enroll online or visit: <https://bit.ly/2024enroll>

Check out the September calendar to see when your 4-H club (or a NEW club) is meeting this month! Note: shooting sports will be taking off for the month of September and will resume with archery on Tuesdays in October.

If you have questions, please reach out. The office is open Monday - Friday from 8 am until 4:30 pm, and closed for lunch from 12-1 pm. **Phone:** 606-365-2447. **Email:** courtney.brock@uky.edu danijo@uky.edu



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Family and Consumer Sciences
4-H Youth Development
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Disabilities accommodated with prior notification.

Summer Fun!



Cloverbud Camp 2023!



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SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Stanford School Clubs	2
3	4 Labor Day - Office Closed	5 Poultry Club 6 pm	6	7	8 County Extension Council! Alaska Apps Due!	9
10 	11 Creative Clovers 5-6 pm Area Teens	12 LCHS Club Service Day 3:30-6:30 pm	13 Agent Area Staff Meeting	14 Crab Orchard School Clubs 4-H Council 6p	15 Waynesburg & Highland School Clubs	16
17	18 District Board Meeting 8 am	19 Livestock Club 6 pm	20	21 JR Leaders 5-6 pm Teen Club 6:15-7:15 pm	22 Outdoor Adventure Club	23
24	25 Cloverbuds 5:15-6pm	26	27 Homeschool Club 11am-1pm (Boyle Office)	28 	29 4-H AG DAY!	30

NOTES	TO DO

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LINCOLN 4-H



OUTDOOR ADVENTURE CLUB

Youth currently in grades 6th - 12th

What: Fort Boonesborough (tour, hike, mini golf)

When: Fri, September 22

Time: arrive office 8:45 am, return by 3 pm

Cost: FREE! Bring your own lunch & money for a snack stop at Buc-ee's on the way home

SIGN UP BY FRI, SEPT 15

Call 606-365-2447 or email Dani
danijo@uky.edu



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FOOD FACTS

Lettuce

Many people think of salads and fresh veggies only during the warmer months. This is when there is a lot of fresh food at farmers' markets and stores. Lettuce is a great choice that you can buy all year long in Kentucky. Well known lettuce varieties are romaine, iceberg, red leaf, and butter lettuce. Choose lettuce that is dark green and leafy. Stay away from lettuce with brown edges. Lettuce is a good source of vitamin A. It is cholesterol free and fat free as well as very low in sodium. Load your salad up with a lot of in-season fruits, veggies, and herbs. Don't forget to use a healthy dressing made from olive oil.

Source: Adapted from <https://eatfresh.org/discover-foods/lettuce>

COOKING WITH KIDS

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- 2 cups crispy rice or wheat cereal squares
- 1/2 cup roasted whole pumpkin seeds
- 1/3 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup raisins

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

Serving size: 1/2 cup
Makes 8 servings

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>



RECIPE

Sorghum Gingerbread Pear Muffins

- 1 cup whole-wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup buttermilk
- 1/2 cup sorghum syrup
- 1/2 cup unsweetened applesauce
- 1 pear, peeled, cored, and diced

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Grease 12 muffin cups or line with paper liners.
4. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt.
5. In a separate bowl, mix together the egg, buttermilk, sorghum syrup,

and applesauce until smooth.

6. Add the egg mixture to the flour mixture and combine until the batter is just moistened.
7. Gently fold in the diced pears.
8. Fill the muffin cups with the mixture. They will be full.
9. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Serving size: 1 muffin
Makes: 12 muffins

Nutrition facts per serving: 90 calories; 1g total fat; 0g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 20g total carbohydrate; 2g dietary fiber; 13g sugars; 10g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Plate it Up! Kentucky Proud Project

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PARENT CORNER

Visit your local pumpkin patch

Are you looking for an outing with the kiddos this fall? Visit a local pumpkin patch or orchard. This is a great way to get outdoors and enjoy the cooler weather. Teach your kids about Kentucky fruits and vegetables grown in the fall. Let the kids pick a pumpkin to prepare and taste at

home. Pumpkin is a great source of fiber. It is high in vitamin A, and it can be used in many ways.

For tips on pumpkins, visit <https://fcs-hes.ca.uky.edu/commodity/pumpkin>.



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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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