



FEBRUARY 2023 TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER



TCIS School Clubs



Cricut for Kids Class



KCA Fun Friday



Cornbread Muffin Class

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

UPCOMING EVENTS

FEBRUARY 3 - 4-H FAIR BOOK COVER CONTEST DEADLINE

FEBRUARY 3, 10, 17 - LIVESTOCK JUDGING | 1:30 PM

FEBRUARY 7, 14, 21 - LIVESTOCK CLUB | 6:30 PM

FEBRUARY 13 - ART CLUB | 3:30 PM

FEBRUARY 13 - CLOVERBUDS | 5 PM

FEBRUARY 16 - SEWING PROGRAM ORIENTATION | 5:30 PM

FEBRUARY 21 - HORTICULTURE CLUB | 3:30 PM

FEBRUARY 21 - ARCHERY PRACTICE | 6 PM

**FEBRUARY 24 - WRITTEN COMMUNICATIONS CONTEST
DEADLINE**

FEBRUARY 28 - LAND JUDGING PRACTICE | 5 PM

FEBRUARY 28 - 4-H COUNCIL MEETING | 6:30 PM


MARCH 1 - 4-H CAMP SIGNUPS START

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TAYLOR COUNTY 4-H LAND JUDGING

Youth 9-18

Located at Taylor County Extension Office

 Tuesday, February 28, 2023

 5:00pm-6:30 pm

CONTACT US

 TAYLOR COUNTY EXTENSION OFFICE
(270) 465-4511



BREAKFAST WITH THE EASTER BUNNY

SATURDAY, MARCH 25TH | 9AM-11AM
TAYLOR COUNTY EXTENSION OFFICE

PHOTOS WITH THE BUNNY

ALL YOU CAN EAT PANCAKE & COUNTRY HAM BREAKFAST

SPRING CRAFTS



Kids	Adults
\$6	\$10

CHILDREN UNDER 2 FREE WITH PAYING ADULT



All Proceeds Benefit Taylor County 4-H!

SAVE THE DATE!



4-H Summer Camp



JUNE 20-23, 2023

LAKE CUMBERLAND 4-H CAMP
NANCY, KY

THEME: TIME WARP
LARUE, MCCREARY, RUSSELL,
TAYLOR, WASHINGTON COUNTIES



ADULT LEADERS NEEDED FOR CAMP

We depend on parents & guardians of 4-H campers to attend camp and serve as adult cabin leaders.

As a volunteer, you will attend classes with campers, join in all the fun, and help to keep your group safe and happy.

Adults pay no fees to attend camp.

If you would be interested in serving as an adult cabin leader, please let us know through this link. If you have any questions or concerns, contact Kimberly Thomas at (270) 465-4511 or by email Kimberly.Thomas@uky.edu.

<https://bit.ly/CampLeaders23>



Taylor County 4-H Art Club



VALENTINE LUMINARIES

FEBRUARY 13
3:30 PM



REGISTER ON EVENTBRITE
[HTTPS://BIT.LY/ARTCLUBFEB23](https://bit.ly/artclubfeb23)

Taylor County Cooperative Extension Service | 1143 South Columbia Ave | Campbellsville, KY 42718 | Phone: (270) 465-4511



MONDAY, FEBRUARY 13 | 5PM
Q-TIP ART

REGISTER ON EVENTBRITE
[HTTPS://BIT.LY/CLOVERBUDSFEB23](https://bit.ly/cloverbudsfeb23)



UPCOMING ARCHERY PRACTICES

FEBRUARY 21ST
MARCH 21ST
APRIL 18TH

6 PM AT
CAMPBELLVILLE
UNIVERSITY

MUST HAVE COMPETED
ARCHERY SAFETY MEETING
BEFORE PRACTICING

FOR MORE INFORMATION OR TO SIGN UP,
CONTACT COACH CHRIS BUIS AT
(606) 706-9658

Taylor County 4-H Archery Safety Meeting

TUESDAY, APRIL 11TH AT 6PM
TAYLOR COUNTY EXTENSION OFFICE (PARK IN BACK)



This meeting is required for any youth interested in participating 4-H archery. We will not be shooting at this meeting.

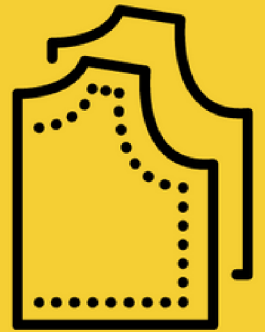
For more information or to sign up, contact coach Chris Buis at (606) 706-9658 or Kimberly Thomas Taylor County 4-H Agent at the Taylor County Extension Office at 270-465-4511



2023 4-H Sewing Program Orientation



February 16 | 5:30 PM
Taylor County Extension Office



Learn about the 4-H Sewing Program & Meet with our Sewing Volunteers!

The Taylor County 4-H Sewing Program teaches youth how to use a sewing machine. Youth will create a variety of projects and learn many sewing skills.

Orientation is required for any youth wanting to participate in the six week, 4-H Sewing Program this year!



2023 TAYLOR COUNTY 4-H WRITTEN COMMUNICATIONS CONTEST



Categories include:

- Songwriting
- Poetry – 3 line minimum and 25 line maximum
- “What 4-H Means to Me”
Essay – minimum 500 words
- Original Monologue
- Press Release – maximum of 1,000 words
- Public Service Announcement

This is for any youth age 9 (as of January 1st, 2022) to 18. Junior and Senior divisions for each category. The deadline for submission is February 24th, 2023 at 4:30PM.

All entries must be submitted as a PDF to kimberly.thomas@uky.edu and include name, birthdate, category and school.





HUNTER EDUCATION STUDENT COURSE

STUDENT COURSE:

This training course includes study in Hunter Ethics, Wildlife Conservation and Identification, Field Care of Game, First Aid, Firearm Safety, Archery and Muzzleloading. The last session of the course will include a written test and a live fire exercise. All materials including firearms and ammunition are provided at NO CHARGE.

Participants must be at least nine years of age to take the hunter education course.

Saturday, March 4th

8 AM - 3 PM (EST)

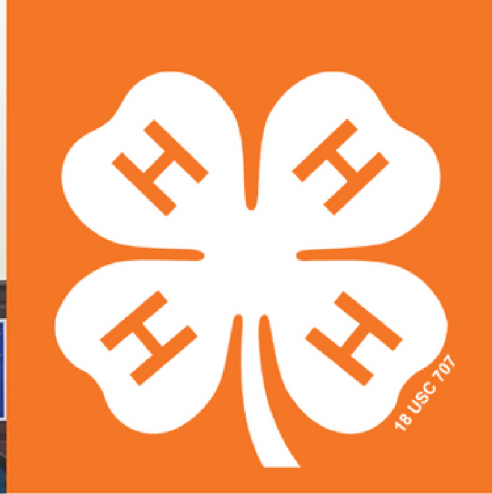
Taylor County Extension Office

REGISTER HERE

<https://www.register-ed.com/events/view/193748>



QUESTIONS? CALL/TEXT MARK BENNETT AT 270-699-6256



TAYLOR COUNTY 4-H *Speech & Demo* CONTEST

**Thursday,
April 27th at
6PM**



**Check In
Begins at
5:30PM**

Register Here

bit.ly/Speech-Demo23

**Questions? Contact Taylor County 4-H Agent, Kimberly Thomas
Kimberly.Thomas@uky.edu | (270) 465-4511**

2022-2023 4-H ENROLLMENT



An enrollment form needs to be completed each school year for individuals to be enrolled in 4-H. Paper Enrollment forms are now available at the Taylor County Extension Office OR you may enroll online! Scan the code at the left with your phone or visit <https://v2.4honline.com> If you have any questions about enrollment, please reach out to the Taylor County Extension Office at (270) 465-4511.

Scan & Click "Don't Have an Account" if this is your first time enrolling



Strawberry Salsa

- | | | |
|--|--|--|
| 1 tablespoon olive oil | 2 cups, coarsely chopped fresh strawberries | 2 cups chopped cherry or grape tomatoes |
| 2 tablespoons white vinegar or white balsamic vinegar | 8 green onions, chopped | ½ cup chopped fresh cilantro |
| ½ teaspoon salt | | |

- Whisk olive oil, vinegar, and salt in large bowl.
- Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- Cover and chill for 1 hour.
- Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.
Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.
Source: www.fruitsandveggiematter.gov

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



TAYLOR COUNTY 4-H NEWSLETTER

Our 4-H newsletter is published monthly and includes announcements, club news, registration forms, and information about upcoming events. To get added to our newsletter email list, email carolyn.morris@uky.edu

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
March 2011

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COOPERATIVE
EXTENSION
SERVICE



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