



JANUARY 2023 TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER



Giant Snowflakes Class



December School Club Meeting at TCIS



Rag Wreath Class



Christmas Tree String Art

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In this Issue

- Upcoming Events & Contests
- Piggy Bank Contest Winners

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

JANUARY 6, 13, 20, 27 - LIVESTOCK JUDGING | 1:30 - 3:30 PM

JANUARY 10, 17, 24, 31 - LIVESTOCK CLUB | 6:30 PM

JANUARY 17 - 4-H COUNCIL MEETING | 6:30 PM

JANUARY 19 - CORNBREAD CLASS | 3:30PM

JANUARY 30 - CRICUT FOR KIDS | 3:30 PM

FEBRUARY 3 - 4-H FAIR BOOK COVER CONTEST DEADLINE

**FEBRUARY 24 - WRITTEN COMMUNICATIONS CONTEST
DEADLINE**



Bee Ornaments from first Bee Club Meeting



2022 Taylor County Piggy Bank Contest Winners



k-3rd Grade
1st - Esther McIntosh
2nd - Bazile McIntosh



4th-6th Grade
1st - Marla Bat
2nd - Molly Oaks



7th-8th Grade
1st - Logan Allen

CONGRATS!

Overall Winner - Esther McIntosh
"Bath Time Bathtub"





DECEMBER SCHOOL CLUB MEETINGS



We learned about poinsettias and all their parts. It was a 4-H lesson. We made a paper poinsettia in class and it was fun! We also colored one in and labeled it!

**-Kara S. 4-H School Club Reporter at TCIS
Mrs. King's 6th Period Class**

Let's Bake: Cornbread



Thursday, January 19 | 3:30PM
Taylor County Extension Office

Thank you for subscribing to our newsletter. You are receiving priority access to register for this class.
Register Here - <https://bit.ly/4hcornbread>



cricut
FOR KIDS

JANUARY 30TH
AT 3:30PM

LIMITED TO 10
SPOTS



Participants will make a personalized pouch

Thank you for subscribing to our newsletter. You are receiving priority access to register for this class. Class will go public on 1/8/23.

Early Access Link - <https://bit.ly/cricut4kids>



LIVESTOCK JUDGING

PRACTICE EACH FRIDAY THROUGH FEB. 18
1:30 - 3:30 PM | TAYLOR COUNTY EXTENSION OFFICE

Learn about different breeds of livestock, external parts of livestock, skeletal anatomy of livestock, feedstuffs used in livestock diets, equipment using in raising and showing livestock and more!

TAYLOR COUNTY 4-H 2023 FAIR BOOK COVER CONTEST



Must include:

"Taylor County 4-H Fair Book 2023"

The 4-H Logo

Designs may be hand drawn or computer graphics

Hand-drawn designs should be drawn on a 8 ½ x 11 vertical sheet of paper

Entries must be dropped off to the Taylor County Extension Office or email to Kimberly.Thomas@uky.edu by Friday, February 3, 2023.

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.



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



Sweet Potato Crisp

- | | | |
|--|------------------------------|--------------------------|
| 3 large fresh sweet potatoes, washed until tender. | 1 teaspoon vanilla | ½ cup all-purpose flour |
| 8 ounces reduced fat cream cheese, softened | 1 tablespoon ground cinnamon | ½ cup quick cooking oats |
| 1 cup brown sugar, divided | 2 medium apples, chopped | 3 tablespoons butter |
| | | ¾ cup chopped pecans |

- Preheat oven to 350°F. Lightly spray a 12 x 9 x 2 inch pan with non-stick spray.
- Mash sweet potatoes. Add cream cheese, ½ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread sweet potato mixture evenly into pan.
- Top sweet potatoes with chopped apples.
- In a small bowl, combine flour, oats, and ½ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.
- Sprinkle mixture over apples.
- Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.
Nutritional Analysis:
 240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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 Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandvegetables.mg.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375°F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOS

Kentucky Proud Project
 County Extension Agents, For Rural and Consumer Sciences,
 University of Kentucky, Human
 and Food Science students
OCTOBER 2012

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.edu/4H.



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