



4-H Updates- March 2017

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WE HAVE TWO SPOTS LEFT! IF YOU'RE INTERESTED - COME IN AND RESERVE YOUR SPOT BEFORE THEY'RE TAKEN!!



Join us after school the second Thursday of every month for 4H Cloverbud club! The next scheduled meeting is Thursday, April 13th. We will meet in the

cafeteria at 3:05 and depending on the activity for the session, may stay there for the duration or relocate to another room in school after snack. This is open to all K-3 grade! Lesson, project, & snack each session. Parents/Guardians – please note that you will need to sign your child out by signing beside their name on our sign in sheets when you come to pick up your child.



4H Livestock Club

Feeder calf tag in is 5- 7 pm at Maysville Stockyards on Thursday, May 18th

Hog, Sheep & Goat tag in is 8-12 at Maysville Stockyards on Saturday, May 20th

Livestock club members are going to Kentucky University to attend an educational meats lab taught by Dr. Rentfrow. The kids will also see another side of agriculture. They are going to attend the Paris stockyard sale and enjoy lunch at the great restaurant.

We are also going to “**Strive for the Drive**” educational clinic on April 15th

5th Annual Strive for the Drive

presented by Hinton Mills & Morehead State University

When: Evening of Friday, April 14th -- greeting, tour of farm, hospitality hosted by MSU staff & students (optional)

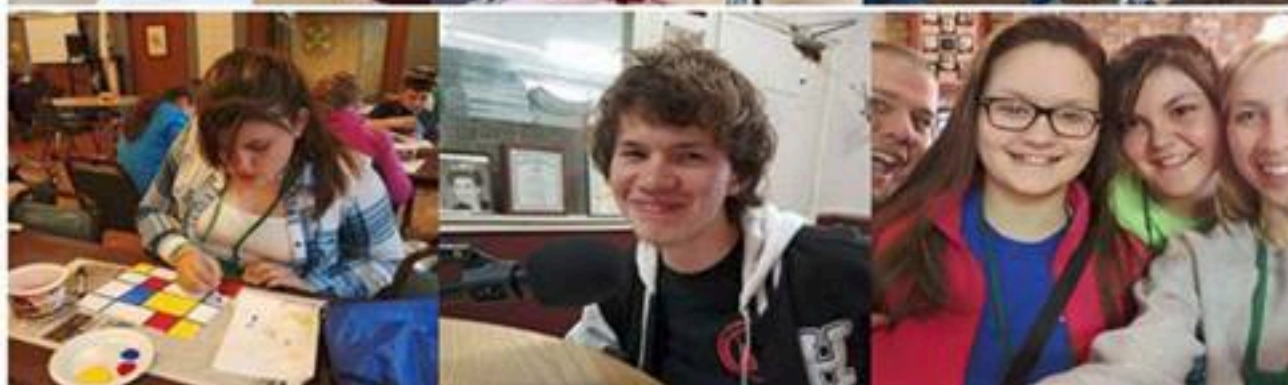
Morning of **Saturday, April 15th** -- youth livestock show clinic

Where: Morehead State University Farm – 25 MSU Farm Drive, Morehead, KY.

Who: Youth & Adults interested in learning about showing livestock.

What: The objective is to better understand nutrition, fitting, showmanship and what judges are looking for in regards to showing cattle, hogs, sheep & goats. Professional instruction provided by Purina Ambassadors and staff, with assistance from MSU and Hinton Mills staff and associates.

Why: 3 hours of credit for Livestock Educational Training on Saturday



Camp Clover Bud

JUNE 2-4, 2017

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development



Camp Cloverbud is specifically designed for campers (and parents) who are not yet ready for a full week of a residential camping experience!

The length of the stay is shorter and the staff to camper ratio is greater. Of course campers still participate in all the traditional camp activities offered at 4-H camp, including canoeing, swimming, archery, nature, and recreation, as well as a host of fun nighttime activities. This will be many campers first taste of "sleep-away-camp" so staff and leaders take great care to create a caring community in which a clover bud camper can grow in confidence and begin to enjoy the fun and camaraderie of summer camp!



- Ages 6-8
- Cost is **\$62.50** (\$125 is base cost) *Includes meals, lodging, staff, supplies, & t-shirt
- Campers will rotate through each camp class, participate in evening activities & free swim
- Applications are available at **Robertson Co. Extension Service**
- **DEADLINE FOR APPLICATIONS AND MONEY IS MAY 1st!**
*Applications are accepted on a first-come, first-serve basis as space is limited!





Have a Heart for the 4-H Fire Victims of Tennessee:



We are in a distribution stage and able to give each 4-H family a set of gift cards valued at over \$1400. The generosity of 4-H friends from across the country has been amazing and is an encouragement to these families. They have a long road ahead but this is encouraging to them.

Thank you again,
Glenn K. Turner
Extension Agent III
4-H Coordinator, Sevier County

The next cooking club session will take place on Wednesday, April 19th in Mrs. Thayer's room from 3:15-4:30, with the final session as our Cinco de Mayo celebration on the May 5th.

Parents/Guardians – please note that you will need to sign your child out by signing beside their name on our sign in sheets when you come to pick up your child.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids & Cookin'

Kids' Tool Kit

Electric skillet
Strainer
Measuring cup
Measuring spoons
Can opener
Spoon
Thermometer

Chef's Choice

Super Spaghetti
Supper
Green beans
Bread stick
Pear half
Low fat milk

Nutrition Facts

Per Serving (1/2 cup)	
Calories	100
Total Fat	2g
Cholesterol	10mg
Sodium	10mg
Total Carbohydrate	20g
Fiber	1g
Sugars	10g
Protein	10g

Super Spaghetti Supper

Great for lunch, too!

 Level: Easy

Serves: 4 to 6

Ingredients:

- 1 pound lean ground beef or turkey, browned and drained
- 3 1/2 cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into pieces 3 to 4 inches long
- 1 tablespoon dried onion flakes
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder



Directions:

Remember to wash your hands!

- Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet.
- Add onion flakes and spices; cover skillet and bring to boil. Simmer 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 160 degrees.



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe dish, cover loosely with a paper towel, reheat on medium power, stir and rotate dish midway through cooking. This recipe is perfect for planned-overs!



Safety Tips: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a foodborne illness.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *We Eat Dinner in the Bathtub* by Angela Shelf Medearis.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsofcookin.ksu.edu, or e-mail kidsofcookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5889.

Sue Hughes, Robertson CEA for FCS/4-H

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LEXINGTON, KY 40546



Disabilities
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with prior notification.