



Robertson County 4-H Newsletter June 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Robertson County
39 E Walnut St.
Mt. Olivet, KY 41064
(606) 724-5796
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The Robertson County 4-H Newsletter will be operating on a quarterly basis moving forward. We hope that you show this newsletter to your kids to see if any of our programs interest them!

We have several day camps being offered this summer that we hope you take advantage of!

Don't forget about fair projects either! They are a great way to get involved and earn a little extra money for your kids!

We will send out enrollment forms at the beginning of the school year. Be sure to fill yours out and encourage others to as well!

Britney Poe
FCS/4-H Youth Development Agent

Samantha Saunders
ANR/4-H Youth Development Agent



Website:

<https://robertson.ca.uky.edu/>



Robertson County
Extension Service

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June 29 - Cloverbud Nature Exploration Day Camp

July 11 - Cloverbud Art Adventure Day Camp

July 13 - Summer Science Lab

July 18-20 - Plant Camp

POP Club

July 28 - 4-H Fair Projects (Rally Day)

Blueberry French Toast Bake



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

CLOVERBUD NATURE EXPLORATION DAY CAMP

June 29th

8:30 AM - 3:30 PM

Ages 6-8

Limited to 15 kids

Cost: \$10



**USE THE LINK PROVIDED
TO REGISTER**

We will be meeting at the Robertson County School, traveling to Blue Licks State Park, and then returning to Robertson County School to be picked up.

This day camp will include a trip to Wendt's Wildlife Adventure in Carlisle (cost is included in registration fee)

If you have any questions or concerns, call
(606)-724-5796





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Cloverbud Art Adventure Day Camp



July 11th

8:30 AM - 3:30 PM

Ages 6-8

Limited to 15 kids

Cost: \$10

Use the link provided to register

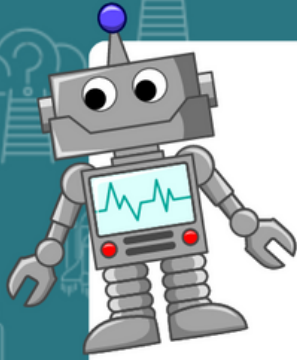
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SUMMER SCIENCE LAB



July 13th
9:00-3:00

Robertson Co. Extension Office

Ages 9-14

Cost: \$10

Limit to 10 kids



Youth will participate in
multiple science
experiments/activities and
make a mason jar lamp
that can be entered into
the fair!



Call 606-724-5796 to
register or
use the link provided



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PLANT CAMP



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AGES 9-12



SPONSORED BY: KY 4-H FOUNDATION AG MINI GRANT

2023

JULY 18

- SWEET PEASE BERRIES & BOUQUETS CUT FLOWERS FARM TOUR
- ALL THINGS BEES

JULY 19

- SUNFLOWER SUNDRIES FARM TOUR
- BLUE LICKS STATE PARK

JULY 20

- HIGH TUNNELS
- BUTTERFLY WAYSTATION

18-20
JULY

TRANSPORTATION WILL BE PROVIDED FROM THE EXTENSION OFFICE & DEPARTURE TIMES WILL VARY BY DAY (TYPICAL WORK DAY TIME FRAME). DETAILED AGENDAS WILL BE PROVIDED TO REGISTRANTS CLOSER TO THE DATE. LUNCH WILL BE PROVIDED.

REGISTRATION REQUIRED VIA THE QR CODE OR BY CALLING:

- FLEMING: (606) 845-4641
- ROBERTSON: (606) 724-5796



**LIMITED SPOTS
AVAILABLE !**

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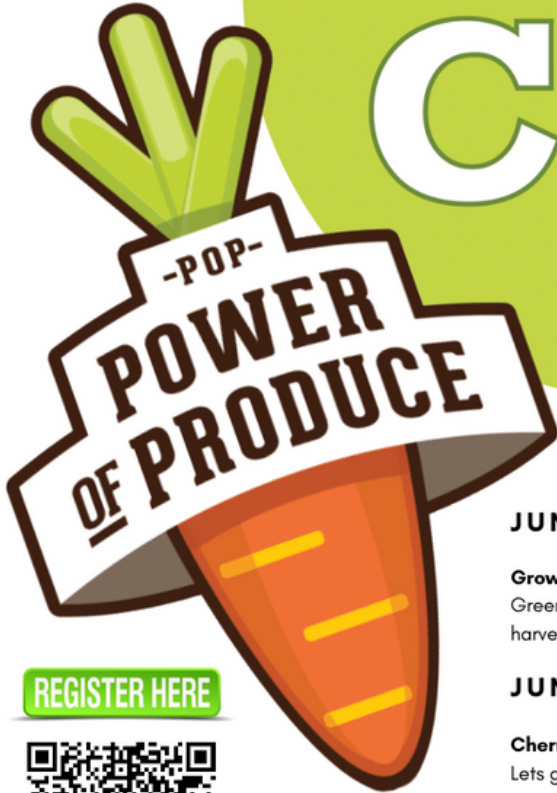
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**FREE SUMMER FUN!!
CALL TO REGISTER
606-724-5796**

POP Club!



REGISTER HERE



JUNE 9 - BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Grow-a-Salad

Greens are one of the easiest crops to grow indoors. Grow spinach, lettuce, mustard or kale and you can begin to harvest micro-greens within a month!

JUNE 23- BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Cherry Tomato Planter

Lets grow tomato's all summer long!

JUNE 30- BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Bee House- Importance of Pollinators

Bees make it possible for plants to reproduce and create fruits by spreading pollen from plant to plant.

**Any youth
who attends
a POP
session
receives:**



**To be spent
on fruits and
veggies at
the Farmer's
Market.**

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4-H Fair Projects



All projects need
to be turned in by:

July 28th @ 4:00 PM



*It's almost State Fair time!
Which means...projects!*



Bring your fair projects in to the Robertson County Extension Office between now and July 28th to qualify for State Fair. Projects are a great way to get involved and also allow youth to earn a few extra dollars!

***Youth must be age 9 as of January 1, 2023 to enter any 4-H Project**

****Any project that needs to be redone (food or vegetables), can be picked up at the office after the Germantown Fair and brought back on :**

August 11th—State Fair (if it qualifies)

Projects must be brought into the office to qualify for State Fair

**WE CAN'T WAIT TO SEE ALL
OF THE PROJECTS!**





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Robertson County Extension
PO Box 283
Mt. Olivet, KY 41064



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

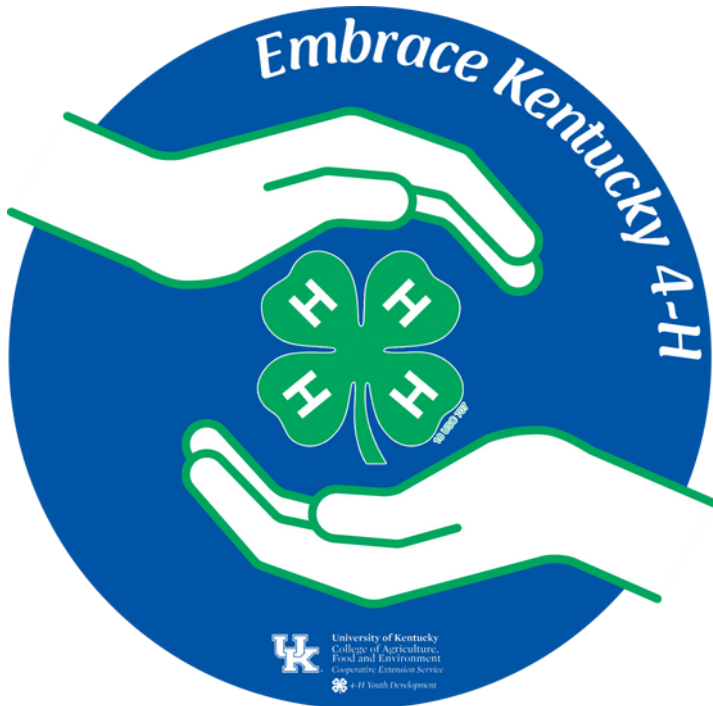
hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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



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