

Union County 4-H Newsletter April/May 2024



April & May Events (SAVE THE DATE)

The 4-H Pledge

I pledge my **HEAD**
to clearer thinking,
my **HEART**
to greater loyalty,
my **HANDS**
to larger service,
and my
HEALTH
to better living,
for my **CLUB**,
my **COMMUNITY**,
my **COUNTRY**
and my **WORLD**.

Apr 1-5	Spring Break	
Apr 9	Master Chef Cooking Club	4:30 - 6:30 p.m.
Apr 11	Cloverbuds	4:30 - 5:30 p.m.
Apr 12	MES	12:40 - 1:30 p.m.
Apr 14	Barrel Burners (Twin Silos)	1:30 p.m.
Apr 15	UC 4-H Speech/Demonstrations	5:30 p.m.
Apr 16	JPII	2:15 p.m.
	Arts N Crafts	4:30 - 6:00 p.m.
Apr 17	Country Ham Mtg (Ext Office)	4:30 p.m.
Apr 18	TLA (Henderson)	All Day
	Livestock (Dalrymple's)	6 p.m.
Apr 19	SES	1:20 - 2:20
Apr 22	Earth Day	
	UCHS Healthy Choice	11:00 - 12:30 p.m.
	SES	1:20 - 2:20
Apr 29	UES	12:30 - 1:30 p.m.

May 1	Country Ham Speech Preparation	4:30 p.m.
May 3-5	Horse Camp (UC Fair Grounds)	
May 9	Area Communications (Madisonville)	6 p.m.
May 10	MES 4th grade Etiquette Class	1 p.m.
May 11	Livestock Club (visit MSU)	
May 12	Mother's Day	
May 13	UCHS Health Choice	11-12:30 p.m.
May 16	Livestock Club	6 p.m.
May 20	Camp registration due	
May 30 - 31	4-H Project Days	9 - 2 p.m.

Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.

4-H NEWSLETTER BY EMAIL: Get 4-H news faster. We will add you to our email list and send you a newsletter. Contact the Extension office at 270-389-1400

4-H WEBSITE: <http://union.ca.uky.edu>. Visit our 4-H Website that will provide you with information about 4-H in Union County and links to Kentucky 4-H programs. You can visit the Agriculture/Natural Resources and Family Consumer Sciences pages on the website.

4-H FACEBOOK: Visit our 4-H FACEBOOK page to learn about 4-H, when clubs will meet. View pictures of 4-H youth participating in various events and activities.

4-H CONTACT INFORMATION:

Union County Cooperative Extension Office
1938 US Hwy 60 W, Morganfield, KY 42437
Office Phone: 270-389-1400

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What is 4-H?

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of **Head, Heart, Hands, and Health**.

These are the values members work on through fun and engaging programs.

Head Managing, Thinking
Heart Relating, Caring
Hands Giving, Working
Health Being, Living



Stay Connected with 4-H Happenings!
Find out what exciting things are happening in 4-H?

4-H social media: Union County 4-H
Visit our County website:
union.ca.uky.edu



**Union County
Cooperative
Extension**



**Union County
4-H Facebook
page**



Union County 4-H Youth Spotlight



Livestock Ranchers
Club Visit to
S & P Farms
Thank you!!



UC 4-H Pancake Breakfast!
Thank you
H & R for Sponsoring the breakfast!



4-H Speech & Demonstration

April 15, 2024

5:00 p.m.

Union County Extension Office

Please pre-register your speech and/or demonstration by calling the
Union County Extension Office.

Registration information needed: Name, birth date, title of speech or demonstration (include topic for demonstration).

Speeches 9-13 years old (Junior) 3-5 minutes in length

14-18 years old (Senior) 5-7 minutes in length

Demonstration speeches - 5-15 minutes long.

Last day to register is April 12th, 2024

Register by calling the
Union County Extension Office 270-389-1400

4-H Project Days!!

May 30 -31, 2024

9:00 a.m. - 2:00 p.m.

(lunch provided)

Join us and prepare your

4-H Fair projects

for the

County Fair!

Your project could have
the chance to be showcased
at the

State Fair!

Only 15 spots!

Call 270-389-1400 to register
(4-H Fair project books are available
at the Extension office.

Spots are filled on a first
come first serve basis!

Don't wait!
Register now!
Spots are filling up!



2024 Summer Camp "Under the Big Top" .

June 11-14, 2024.

Registration is open!

Don't wait get registered today!

Summer vacation is never complete without 4-H Camp in Dawson Springs at the West Kentucky 4-H Camp.

9 –15-year-olds.

Teen leadership opportunities for 16–17-year-olds

Adult Leaders 18 and up.

For more information: call the **Extension Office - 270-389-1400**



**Fun Times and lots of
great memories!**





Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



- amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

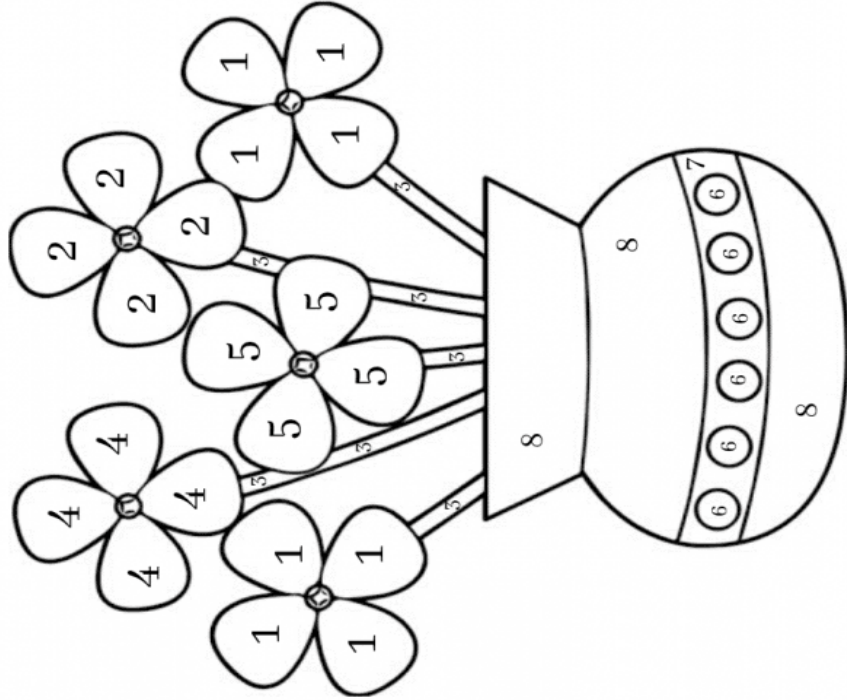
Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service



SPRING

Paint by Numbers



**1 - red 2 - yellow 3 - green 4 - purple 5 - orange
6 - pink 7 - yellow 8 - blue**

Spring Word Search

e	q	b	m	l	n	b	i	r	d
a	w	c	h	i	c	k	c	s	a
s	a	v	k	u	e	a	t	z	f
u	r	k	c	t	q	f	x	m	f
n	f	l	o	w	e	r	e	y	o
e	l	a	s	r	l	o	w	p	d
f	q	m	e	a	n	g	s	v	i
s	h	b	z	q	e	r	r	g	l
r	a	i	n	b	o	w	a	e	y

flower chick
rainbow bird
lamb frog
daffodil sun



Annette Buckman
Union County Extension
Agent for 4-H
& Youth Development

**Cooperative
Extension Service**

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with prior notification.

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RETURN SERVICE RQUESTED