JULY 2023
TAYLOR COUNTY 4-H YOUTH DEVELOPMENT NEWSLETTER

County Fair Entries


4-H Parade Float


4-H Sunflower Contest


4-H Camp

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Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Lexington, KY 40506

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

JULY

PLEASE SIGNUP USING THE EVENTBRITE WEBSITE

HTTPS://BIT.LY/TAYLOR4H

July 6
1PM - 3PM

Perler Bead Workshop

July 11
2PM - 3PM

GLITTER SLIME

July 13
10AM - 11AM

Hammock Hangout

July 18
10AM & 2PM

Cloverbuds
(Under 9)
Slime Time

July 20
10AM - 2PM

FOOD SCIENCE DAY CAMP

July 25
10AM & 2PM

Owl Painting Class

July 27
2PM

Kids Floral Design

Hello Taylor County! My name is Sarah Beard. I'll be working this summer with the Taylor County Extension Office as an intern. I will be working with 4-H but will branch out to all areas of extension with the office. I am a senior at Eastern Kentucky University majoring in Career and Technical Education. I will graduate in December, and plan on pursuing a career either as an agriculture teacher or in extension. I look forward to meeting and working with members of the community this summer, and possibly leading some classes here at the office. I'd like to extend a special thank you to the staff of the Taylor County Extension Office for being so welcoming and kind. I know we will accomplish a lot this summer!

Sarah E. Beard

County Fair
4-H Entries

Sewing projects

Dish Garden

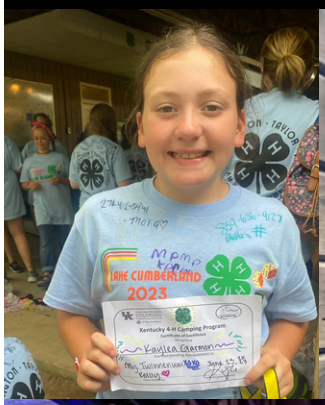
Cupcake & Cake Decorating

Upcycled Container Horticulture Project

4-H Petting Zoo

4-H Camp 2023

2023 Campers and Volunteers



4-H Camp 2023


Kentucky 4-H Camping Program
Leah Schiess
Ballcap Buddy
Zinger

State 4-H Speech and Demonstration Contest

Lucy Wayne
2nd in Junior
Performing Arts
Demonstration

Molly Oaks
2nd in Junior
Agriculture
Demonstration

Lathan Weatherford
Blue in 10 Year Old
Speech

Jake Oaks
Blue in 13 Year Old
Speech

Lee Leblo
Red in 9 Year Old
Speech

4-H Sunflower Contest

4-H Parade Floats

4-H Livestock Club

4-H Archery Club

KENTUCKY 4-H

POULTRY BBQ CONTEST

SATURDAY, JULY 29TH, 2023
HARDIN COUNTY EXTENSION OFFICE
111 OPPORTUNITY WAY, ELIZABETHTOWN, KY 42701

CONTESTS INCLUDE:
MORNING:
- EGG CHEF CHALENGE

AFTERNOON:
- 4-H CHICKEN BBQ
- 4-H TURKEY BBQ

BOTH JUNIORS AND SENIORS (14 YEARS OF AGE AS OF JANUARY 1 BUT NOT 19 YEARS OF AGE AS OF JANUARY 1) MAY PARTICIPATE IN EACH CONTEST. PARTICIPANTS MUST CHOOSE BETWEEN THE CHICKEN OR TURKEY BBQ CONTEST.

REGISTER ONLINE BY MONDAY, JULY 24TH, 2023
CONTEST TIMES TO BE ANNOUNCED AT A LATER DATE.

Chicken or Turkey

TO REGISTER FOR EITHER CHICKEN OR TURKEY BBQ CONTEST - HTTPS://UKY.AZ1.QUALTRICS.COM/JFE/FORM/SV_6JAIBQZMITD21YC

FOR EGG CHEF CHALLENGE CONTEST - HTTPS://UKY.AZ1.QUALTRICS.COM/JFE/FORM/SV_4VDS42MMDTKRF0G

Egg Chef Challenge

KIDS FOOD SCIENCE DAY CAMP

18 USC 707

JULY 20TH, 2023
10 AM - 2 PM AT THE TAYLOR COUNTY EXTENSION OFFICE

Calorie Calculations

Ever wondered how the calories in food are determined? Learn how to build a calorimeter to see how many calories are in your favorite snack items!

Cereal science!

Cereal can have plenty of nutrients, depending on what you buy, but did you ever think you could extract iron from corn flakes? Join us for this fun and simple experiment!

Cooking with sunlight: making a solar oven

Join us to learn how to make a solar oven using a pizza box and some common household items!

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

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SIGNUP FOR CLASSES ON eventbrite

bit.ly/Taylor4H

July

HORTICULTURE JUDGING TEAM PRACTICE

~~Monday, July 3rd 3:30~~ Canceled

Monday, July 10th 3:30

Tuesday, July 18th 3:30

Monday, July 24th 3:30

Taylor County 4-H

CLOVERBUDS

SLIME TIME FOR LITTLES

July 18
10AM & 2PM

CLOVERBUDS IS FOR YOUTH UNDER 9 YEARS OLD AND THEIR PARENT/GUARDIAN. WE LEARN AND EXPLORE NEW AND FUN THINGS THROUGH AGE-APPROPRIATE LESSONS AND "LEARN BY DOING".

2022-2023 4-H ENROLLMENT

SCAN ME

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

EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

RECIPE NAME	CURRICULUM TOPIC	SETTING REQUIREMENTS
Crispy Oven Zucchini Fries	Fruits/Veggies; Gardening	Oven or Grill Required
ESTIMATED TIME	**AGE**	
45 minutes	Youth	

INGREDIENTS

½ cup all-purpose flour
Pinch of salt
½ teaspoon black pepper
1 egg + 1 egg white
½ cup plain or panko breadcrumbs
¼ cup grated parmesan cheese
½ teaspoon paprika
Dash of salt
4 medium zucchini
Nonstick spray

DIRECTIONS

1. Preheat oven to 450° F.
2. In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika and a dash of salt.
3. Slice zucchini lengthwise into ½-inch thick pieces. Cut into 4-inch lengths and then into "fries" or strips.
4. Dip zucchini strips into the flour, then the egg and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
5. Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

Nutrition Facts

8 servings per container
Serving size 1 cup (35g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 45mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cook Together, Eat Together by the University of Kentucky Cooperative Extension Service

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 Elizabeth.Burton@uky.edu

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Kentucky State Fair

4-H Participation Form, Ticket Order & School Excuse Request

First Name: _____ Last Name: _____

School: _____ Grade: _____

Date of Birth: _____ Phone Number: _____

Address: _____

City: _____ State: KY Zip: _____

Email: _____

Each Taylor County 4-H'er participating in the State Fair (through events or entries in Cloverville) will receive TWO tickets to the State Fair for FREE courtesy of the Taylor County 4-H Council.

Number of Extra Tickets Needed: _____ x ($4.00 Each) = $_____

Payment Method: ____ Cash OR ____ Check

Please List Dates & Events that you plan to attend at the State Fair (School Excuses will be sent for days attending with 4-H participation):

_____

_____

_____

_____

_____

_____

Due to the Extension Office by 4:30 p.m. on July 31, 2023