

Union County 4-H Newsletter



Inside this issue:

4-H Info:	2
4-H Club Meetings	3
4-H Spotlight	4
4-H Fundraiser	
Speech/Demonstration	5
4-H Summer Camp	6
Ag Tag	7
Veggie Egg Rings	8
4-H Activity Page	9



March 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**.

Mar 1	MES	12:40 - 1:30 p.m.
Mar 4	UCHS (Healthy Choice)	1:20 - 2:20 p.m.
Mar 6	UCHS (College Reality)	8:40 - 10:40 a.m.
Mar 7	TLA (Frankfort, State Capital)	All Day
Mar 9	Boots N Bridles (John Arnold Arena)	10:00 am
Mar 10	Daylight Savings Begins	(Spring Forward)
Mar 10	Shooting Sports (Twin Silos)	1:00 p.m.
Mar 12	Master Chef Cooking	4:30 - 6:30 p.m.
Mar 13	Country Ham Project (Hang Hams)	Afterschool
Mar 14	SES	1:20 - 2:20
Mar 14	Cloverbuds	4:30 - 5:30 p.m.
Mar 17	St Patrick's Day (Be sure and wear 4-H Green)	
Mar 18	SES	1:20 - 2:20 p.m.
Mar 19	Arts N Crafts	4:30 - 6:00 p.m.
Mar 20	Homeschool Club	1:00 p.m.
Mar 21	Livestock Ranchers Club	6 p.m.
Mar 22	Horse Camp Registrations	Due by 4:30 p.m.
Mar 23	Pancakes with Easter Bunny	8:30 - 10:30 a.m.



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

The University of Kentucky Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, Lexington, KY 40546 or the Secretary of Agriculture by writing to USDA Director, Office of Civil Rights, Room 325-W Whitten Bldg. 14th and Independence Ave. SW, Washington D.C. 20250.

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 Club meetings



4-H Barrel Burners (Shooting Sports)

March 10 (Sunday)
1:00 p.m.
Twin Silos
Shooting Complex

4-H Boots N Bridles (Horse Club)

March 9 (Saturday)
10:00 a.m.
Extension Office
Project Room

4-H Master Chef Cooking Club

March 12 (Tuesday)
4:30 –6:30 p.m.
Union County
Extension Office
(Meeting Room)

4-H Arts N Crafts

March 19 (Tuesday)
4:30–6:00 p.m.
Union County Extension Office
4-H Project Room

4-H Livestock Club

March 21 (Thursday)
6:00 p.m.
Union County
Extension Office
(4-H Project Room)

4-H Cloverbuds

Ages 5-8
March 14 (Thursday)
4:30–5:30 p.m.
Union County Extension Office
Meeting Room

Contact the Union County Extension Office for more information
1938 US Hwy 60 W, Morganfield, KY 42437 8:00 - 4:30 M - F
270-389-1400



Union County 4-H Youth Spotlight



Boots N Bridles Club
Horses, zebras,
miniature horse and
camel. Great lesson
at Baird Farm!
Thank you!!



Master
Chefs
Speech
Time!



**Union County 4-H Council
Pancakes and Picture with the Easter Bunny!**

When: March 23rd!

Time: 8:30 - 10:30 a.m.

Where: Union County Extension Office

**What: pancakes and sausage, and coffee,
juice and milk.**

Picture with the Easter Bunny

Cost: Adults - \$10 & \$5 for kids

**Come out and enjoy some awesome
pancakes!**



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 demon-
stration (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

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!**



AG TAG MONTH IS HERE!!!!

It only cost \$10 to inspire opportunities for Kentucky 4-H, Kentucky FFA, and Kentucky Proud. Be sure to ask about the Kentucky Ag Tag Program when you renew your license plate and how to make your \$10 donation in support of the youth in your community. The Ag Tag Program is supported by the Kentucky Commissioner of Agriculture, Jonathan Shell. The money raised by the program is evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud, which promotes agricultural products raised, grown, or processed in Kentucky by Kentuckians. |

Help us in growing leaders, strengthening the agriculture community and funding opportunities for Union County Youth this March through Ag Tag voluntary donations!

In 2023, Union County raised \$5,640.00 through the Ag Tag Voluntary Donation program. We thank our farmers for their continued support!





Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 Veggie Egg Ring

Cost per recipe: \$1.94

Cost per serving: \$0.49

Nutrition facts

per serving:

60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

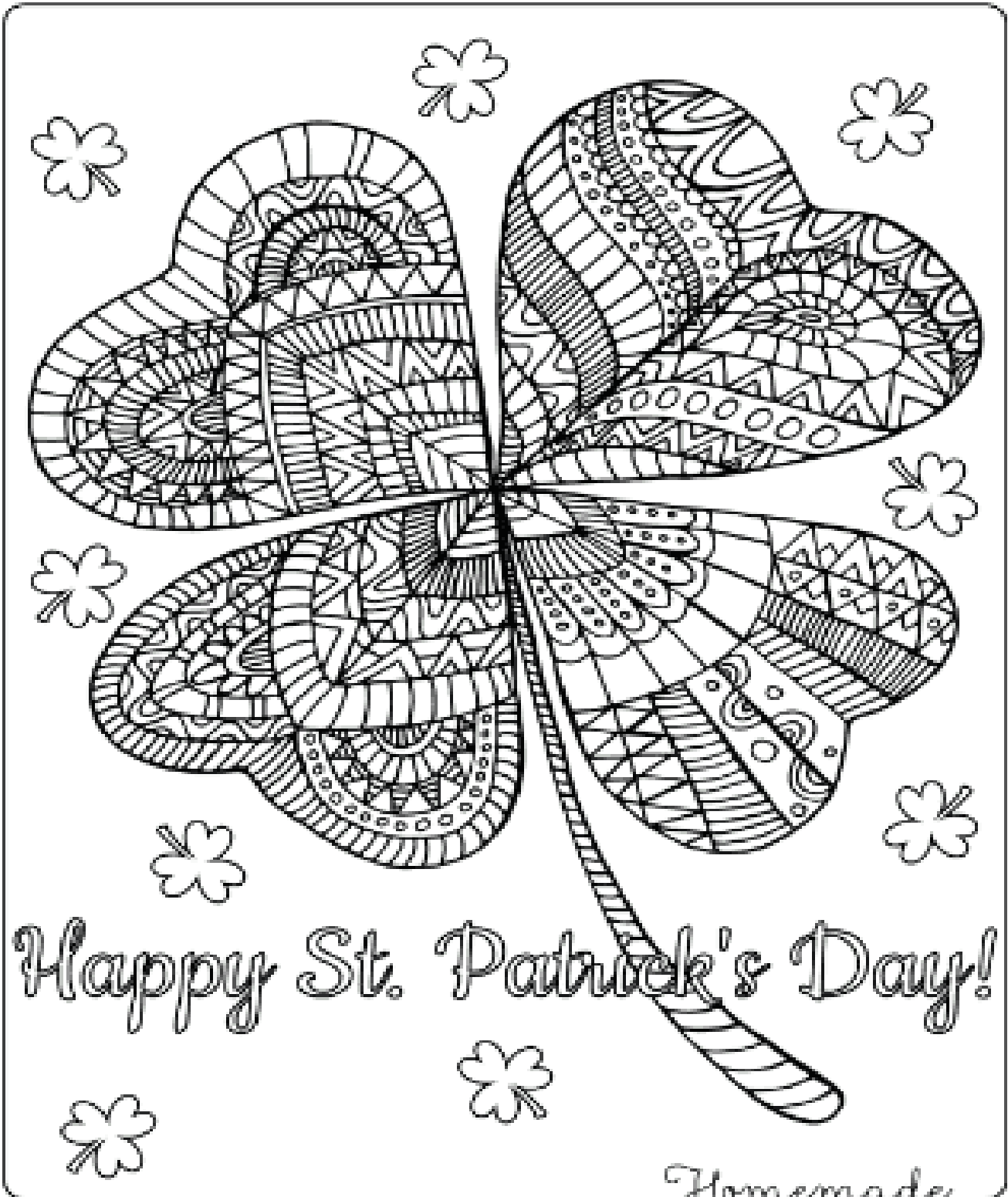
Source:

Benita Wade, Christian County SNAP-Ed Program Assistant



4-H Activity Page

Take a picture and send to Union Co. 4-H (Remind) - Code: @unionco4h





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

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

**Union County
1938 US HWY 60W
Morganfield, KY 42437 - 6246**

RETURN SERVICE RQUESTED