

# FAYETTE COUNTY 4-H

## NOVEMBER 2024 NEWSLETTER



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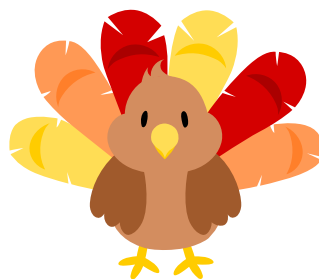
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Welcome to November! The 4-H agents and program assistants have been super busy in schools with programs and clubs! We have had several schools enjoy environmental camp at North Central 4-H camp. Our clubs at our office have been having a lot of fun! In this issue we have information about some new clubs, country ham project, and our written communication contest.



The Fayette County 4-H program is a branch of the Fayette County Cooperative Extension Service that focuses on youth development. Our office is also the host of many programs that are geared towards adults. We highly encourage you to check out our website ([fayette.ca.uky.edu](http://fayette.ca.uky.edu)) to see what other programs are offered for the whole family!



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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506

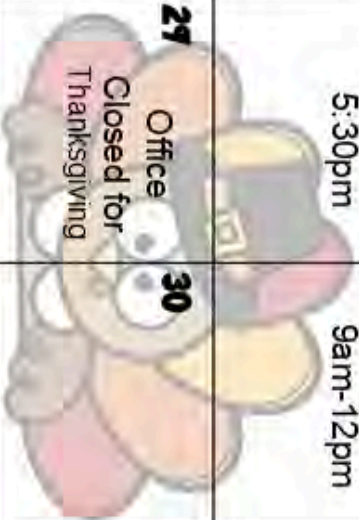


# NOVEMBER

*november*  
2024

NOTES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Fiber Arts 9am-12pm
3	4	5 Office Closed for Election day!	6 Needle Art 6pm Arts and Crafts 6pm	7 Cloverbuds 11am/6pm Teen 6pm	8	9 Cloverbud Chef 10am
10 Sewing Academy 1pm-4pm	11	12 Nature 6pm	13 Needle Art 6pm Horse 6pm	14 Cloverbuds 11am/6pm Teen 6pm	15	16
17 Sewing Academy 1pm-4pm	18	19	20 6pm Junior Homemakers Needle Arts 6pm Poultry 6pm	21	22 4-H STEM 5:30pm	23 Fiber Arts 9am-12pm
24	25 Rabbit 6pm	26	27	28 Office Closed for Thanksgiving	29 Office Closed for Thanksgiving	30





# BREAKFAST WITH SANTA

DECEMBER 14TH 9AM-12PM

FAYETTE COUNTY EXTENSION OFFICE  
1140 HARRY SYKES WAY



\$5 PER PERSON

\$10 PER FAMILY



COME ENJOY BREAKFAST, PICTURES  
WITH SANTA, SHOPPING WITH  
VENDORS, CRAFTS, AND GAMES!



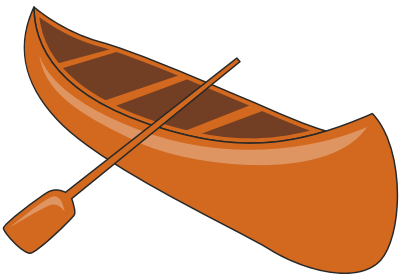
\$25 FOR A 6-FOOT TABLE DISPLAY



# VENDORS WANTED

BREAKFAST WITH SANTA  
DEC. 14, 2024  
9 AM - NOON

FAYETTE COUNTY 4-H COUNCIL  
MAIL@NIKOLECHRISTENSEN.COM



# Fayette County 4-H Camps

Save The Date

June 30-July 4,  
2025





# ***Kentucky 4-H Written Communications Contest***

***The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.***

**Categories include:**

- ***Songwriting***
- ***Poetry***
- ***Original Monologue***
- ***Infographic***
- ***Press Release***
- ***Public Service Announcement***
- ***"What 4-H Means to Me" Essay***



***For more information, please contact Lucas Powell at [lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu)  
Deadline to submit is January 27th***





# FAYETTE COUNTY 4-H COUNTRY HAM PROJECT

Youth ages 9-18  
will gain an  
understanding and  
get hands on  
experience in the  
process of curing  
a country ham.

Cost: \$70.00  
participants will  
receive two hams to  
cure

The deadline to sign-up  
and submit payment is  
Monday, December 9th,  
2024.

For more information and  
to sign-up contact Lucas  
Powell by email at  
[lucas.powell213@uky.edu](mailto:lucas.powell213@uky.edu)  
or call (859) 257-5582



Participants will  
give a speech at  
the state fair on  
a topic related  
to the Country  
Ham Project.

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Disabilities  
accommodated  
with prior notification



# NEEDLE ARTS CLUB

**DATES AND TIME:**

**NOVEMBER 6TH 6PM**

**NOVEMBER 13TH 6PM**

**NOVEMBER 20TH 6PM**

**DECEMBER 4TH 6PM**

**DECEMBER 11TH 6PM**

**DECEMBER 18TH 6PM**

**REACH OUT TO MANDA AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU)**

**FOR MORE INFORMATION!**



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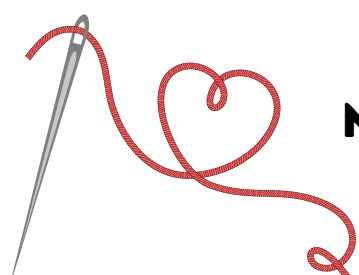
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Disabilities  
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with prior notification.

**SPOTS STILL AVAILABLE TO JOIN!  
MUST BE ENROLLED IN 4-H ONLINE TO  
SIGN UP!**



# FIBER ARTS CLUB



- 10/5 9AM -12PM FIBER ARTS**
- 10/19 9AM-12PM FIBER DYEING**
- 11/2 9AM-12PM LOOM WEAVING**
- 11/23 9AM-12PM BASKETS**
- 12/7 9AM-12PM FELTED ITEMS**
- 12/21 9AM -12PM FIBER ARTS ORNAMENT**
- 1/4 9AM-12PM WINTER FIBER ARTS**
- 1/25 9AM-12PM WINTER FIBER ARTS**
- 2/8 9AM-12PM HEART KEEPSAKE**
- 2/22 9AM-12PM HEART KEEPSAKE**
- 3/1 9AM-12PM ST. PATRICK'S DAY ART**
- 4/12 9AM-12PM SPRING BASKET**



**5/10 9AM-12PM MACARME**

**\$10 PER CLASS SESSION**

**REACH OUT TO MANDA AT [AMANDA.CLARK@UKY.EDU](mailto:AMANDA.CLARK@UKY.EDU)  
WITH ANY QUESTIONS.**

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**TWEEN ACADEMY**

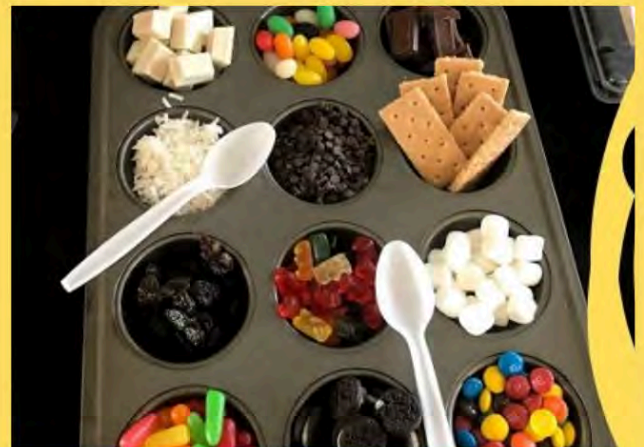
# LET'S DO A CUPCAKE WAR



In November, we'll talk about Family Consumer Science and do a cake war! Each month, we'll explore a new career path. For ages 8 to 12.

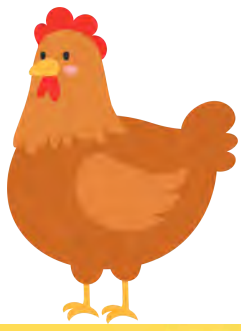


**November 21**  
**4 pm - 5pm**  
**Careers in Family**  
**Consumer Science-**  
**Let's Do a Cupcake**  
**War!**



**Eastside Branch**  
**Children's program room**





**FAYETTE COUNTY 4-H  
POULTRY CLUB WILL BE  
MEETING 11/20 AT 6PM AT  
THE FAYETTE COUNTY  
EXTENSION OFFICE!**



# CLOVERBUD CHEF

**ON OCTOBER 19TH, THE CLOVERBUD CHEFS MET TO DEVELOP THEIR SKILLS FOR MAKING CREEPY CRAWLY SNACKS. THE MENU CONSISTED OF PB&J SPIDERS WITH GRAVEYARD PUDDING. LOOK AT THEIR CREATIONS AND SEE IF YOU THINK THEY WERE ABLE TO PUT THE CREEPY CRAWLY INTO THEIR SNACKS.**



## Spider Sandwiches

While you may not always find yourself looking up spider sandwich recipes, you're going to love this pb&j spider! It's simple, easy, and adorable!

Prep Time	Cook Time	Total Time
10 mins	0 mins	10 mins

Course: Lunch, Snack | Cuisine: American | Diet: Vegetarian | Servings: 2 sandwiches  
Calories: 450kcal | Author: [Nicole Durbin](#) | Cost: Recipe \$0.94 / Serving \$0.47



★★★★★  
3 from 1 vote

### Equipment

- [Biscuit cutter](#) or a wide mouthed drinking glass or mason jar
- [Butter knife](#)
- [Ziploc bags](#) (if you want to pipe the filling on for a prettier look)

### Ingredients

- 4 slices sandwich bread (\$0.24)
- 4 Tablespoons creamy peanut butter (\$0.20)
- 4 Tablespoons your favorite jelly (\$0.40)
- 8 pretzel sticks (\$0.06)
- 4 chocolate chips (\$0.02)

### Instructions

1. Using your wide mouthed glass or round biscuit cutter to press a circle out of your bread. You may need to run a knife around the crimped edge to get it to pop out of the crust.
2. Spread peanut butter on one slice of sandwich bread as usual. Or pipe the peanut butter and jelly on after the following step for a neater appearance.
3. Spread jelly on another round cut piece of bread.
4. Place 4 of the pretzels neatly on each side of the sandwich to resemble spider legs.
5. Top the sandwiches with the jellied bread round.
6. Add two chocolate chips on top of the bread for the eyes, serve and enjoy!

### Notes

Piping the peanut butter or jelly onto the bread using a pastry bag or plastic bag with the corner cut off is the easiest way to create these sandwiches.

It's better to cut the bread first, then fill the sandwich, as it makes it easier to insert the pretzel legs.

Experiment with variations, such as using mashed banana instead of jelly, different nut butters, or alternative ingredients for the eyes like candy eyes, M&Ms, raisins, jelly beans, or fresh blueberries.

To make gluten-free spider sandwiches, use gluten-free bread and pretzels. Warming the gluten-free bread before cutting it can make the process easier.

### Nutrition

Serving: 1 sandwich | Calories: 450kcal | Carbohydrates: 62g | Protein: 12g | Fat: 19g | Saturated Fat: 4g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 9g | Trans Fat: 1g | Cholesterol: 1mg | Sodium: 415mg | Potassium: 275mg | Fiber: 3g | Sugar: 26g | Vitamin A: 11μ | Vitamin C: 4mg | Calcium: 130mg | Iron: 3mg

## Crunchy Clover Snacks

Servings: 4 Serving Size: 1/2 cup



### Ingredients:

- 16 ounces frozen green peas
- 1 teaspoon olive oil
- 1 teaspoon garlic powder

### Directions:

1. Thaw peas. Place between paper or cloth towels and remove as much moisture as possible.
2. Preheat oven to 375°.
3. Place peas in a single layer on a baking sheet and toss with oil and garlic powder, coating evenly.
4. Bake for 30 minutes, shaking and stirring often to cook evenly.
5. Check to see if they are crunchy. If not, continue baking in increments of 10 minutes until crunchy.
6. Cool before serving.

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky  
Cooperative Extension Service

110 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 18g total carbohydrate; 6g dietary fiber; 6g total sugars; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium



Fayette County Cooperative Extension  
1140 Harry Sykes Way  
Lexington, KY 40504-1383

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# Fayette County Extension 4-H Newsletter



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*Manda Clark Lucas Powell Genaea Sarantakos*

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County Extension Agents for 4-H Youth Development



Cooperative Extension Service  
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1140 Harry Sykes Way  
Lexington, KY 40504-1383  
(859) 257-5582

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And our Website  
<https://fayette.ca.uky.edu/content/4-h-youth-development>