

FAYETTE COUNTY 4-H

OCTOBER 2023 NEWSLETTER



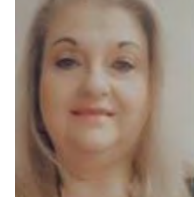
Genaea Sarantakos
4-H Agent



Lucas Powell
4-H Agent



Manda Clark
4-H Agent



Robin Grace
4-H Program Assistant

genaea.sarantakos@uky.edu lucas.powell213@uky.edu amanda.clark@uky.edu robin.grace@uky.edu

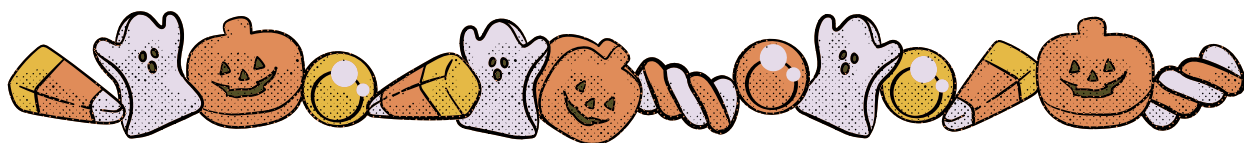


Hello Fayette County!



Happy Fall everyone! We have been super busy with school programs and clubs this past month. We should know by mid-October what our camp dates will be. Make sure to look at for that announcement. We hope you have a spooooky October!

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) 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



Disabilities accommodated with prior notification.



© Kim Miller



OCTOBER

SUN MON TUE WED THUR FRI SAT

1 	2	3 Crochet Club 6pm-7pm	4 Deadline to turn in Middle School Retreat paperwork	5	6 	7
8	9	10 Nature Club 6pm-7pm Beyond Sewing Club 6:00pm-8:30pm	11	12 Cloverbud Homeschool 11am-12pm Homeschool Club 11am-12pm Cloverbud Club 6pm-7pm	13	14 Wool Embroidery Class 10am-4pm
15 Cloverbud Sewing 1:30pm-4:00pm	16	17 Yoga Club 6pm-7:30pm Beyond Sewing Club 6:00pm-8:30pm	18 Gardening Club 5:30pm-6:30pm Poultry Club 6:30pm-7:30pm	19 4-H Middle School Retreat	20 4-H Middle School Retreat Senior Chef 6pm-7:30pm	21 Clover Chef 1pm-2pm Junior Chef 2:30pm-3:45pm
22 Cloverbud Sewing 1:30pm-4:00pm	23	24 Beyond Sewing Club 6:00pm-8:30pm	25	26 Entomology Club 6pm	27	28
29 Cloverbud Sewing 1:30pm-4:00pm	30	31	Notes: 			



4-H Issues Conference

Dates: November 16th-18th, 2023

Cost: \$200

Where: JM Feltner 4-H Camp

9th-11th grade



If you are a high school student, have issues you are passionate about, and want to impact your community - Then mark your calendar! This 3-day engaging experience is your chance to connect with other young leaders from across Kentucky, discuss issues important to you, and learn how to impact your community.

Registration due October 13th

Email Manda at amanda.clark@uky.edu for more information.

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Fayette 2023-2024

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

ENTOMOLOGY CLUB

Meeting Time and Dates
 6:00 p.m. - 7:00 p.m.
 September 7th
 October 26th
 November 16th
 December 7th
 January 4th
 February 1st
 March 7th
 April 11th
 May 2nd

bit.ly/entomologyclub



For more information please contact Lucas Powell at Lucas.Powell213@uky.edu

Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Email H Youth Development Extension Agent, Lucas Powell at lucas.powell213@uky.edu if you have any questions regarding this club!

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RABBIT CLUB

OPEN TO YOUTH AGES 5-18 YEARS OLD. YOUTH AND THEIR RABBITS WILL LEARN, COMPANIONSHIP, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. ALL RABBITS MUST BE CURRENT ON ALL VACCINATIONS. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS AUGUST 31ST AT 6 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

FOR MORE INFORMATION CONTACT GENAEA AT GENAEA.SARANTAKOS@UKY.EDU

[BIT.LY/FAYETTECORABBITCLUB](https://bit.ly/fayettecorabbitclub)



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Email H Youth Development Extension Agent, Genaea Sarantakos at genaea.sarantakos@uky.edu if you have any questions regarding this club!

WHY DID THE CHICKEN CROSS THE ROAD?

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

TO GET TO FAYETTE COUNTY 4-H'S CHICKEN CLUB!



OPEN TO YOUTH AGES 9-18 YEARS OLD. YOUTH AND THEIR CHICKENS WILL LEARN BREEDS AND SPECIES, COOKING TECHNIQUES, ANATOMY, SHOWMANSHIP, AND RESPONSIBLE OWNERSHIP. THE CLUB WILL MEET MONTHLY.

FIRST MEETING IS SEPTEMBER 27TH AT 6:30 P.M. AT THE FAYETTE COUNTY COOPERATIVE EXTENSION OFFICE.

FOR MORE INFORMATION CONTACT GENAEA AT GENAEA.SARANTAKOS@UKY.EDU



[BIT.LY/POULTRYCLUB](https://bit.ly/poultryclub)

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FAYETTE COUNTY TEEN CLUB

WELCOMING ALL AGES 13 AND OLDER

LEADERSHIP. FRIENDSHIP. COMMUNITY SERVICE. LIFE SKILLS.

SEPTEMBER 11TH FEBRUARY 12TH
 NOVEMBER 13TH MARCH 11TH
 DECEMBER 11TH APRIL 15TH
 JANUARY 8TH MAY 13TH

5:30PM-6:30PM

DINNER WILL BE PROVIDED EACH MEETING!

SIGN UP HERE!
[BIT.LY/FAYETTECOTEENCLUB](https://bit.ly/fayettecoteenclub)

CONTACT MANDA AT
AMANDA.CLARK@UKY.EDU FOR MORE INFORMATION!



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STILL SPOTS AVAILABLE!

CLUB SPOTLIGHT!

“AT THE SEPTEMBER MEETING, OUR CLOVERBUDS READ THE BOOK “THE VERY HUNGRY CATERPILLAR” . DURING THE BOOK READING THE CHILDREN PLAYED A GAME OF LISTENING BINGO FILING THEIR CARDS AS THEY LISTENED OR SAW ITEMS FROM THE BOOK. AFTER THE BOOK READING THE CHILDREN PARTICIPATED IN A TASTING OF SOME OF THE FOODS THAT THE CATERPILLAR ATE IN THE BOOK. THESE FOODS INCLUDED STRAWBERRIES, ORANGES, LETTUCE, SPINACH, AND KALE, AFTER THE TASTING THE CHILDREN MADE A CATERPILLAR OUT OF RED AND GREEN GRAPES FOR THEIR SNACK. IN ADDITION TO THE CATERPILLAR THE CHILDREN MADE A BUTTERFLY USING CLOTHES PINS AND COFFEE FILTERS TO TAKE HOME.

WE HAVE MANY CLOVERBUD PROGRAMS THROUGHOUT THE COUNTY. SOME ARE AT OUR LOCAL SCHOOLS AND TWO THAT MEET MONTHLY HERE AT THE EXTENSION OFFICE. WE STILL HAVE SPACE AVAILABLE SO COME JOIN US AT OUR NEXT MEETING ON OCTOBER 12TH AT 11AM OR 6PM HERE AT THE EXTENSION OFFICE.”



CLUB SPOTLIGHT!



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

CLOVERBUDS

2023-2024

Fayette County 4-H

Youth Ages
5-8
are welcome to join
us for monthly
meetings beginning
at
6:00 pm.

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11th
- May 9th
- June 13th



Meetings will be held at
1140 Harry Sykes Way
Lexington, KY
Unless told differently

Learn about 4-H in
a fun environment!

For any additional
information,
questions, or / and
to **RSVP** meeting
attendance, please
contact:

Robin Grace
Fayette County 4-H
Youth Development
Program Assistant.

robin.grace@uky.edu
or
859-257-5582


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LEXINGTON, KY 40546




Disabled?
Accommodated
with your invitation.

Email 4-H Youth Development Program Assistant, Robin Grace at robin.grace@uky.edu if you have any questions regarding this club!



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



CLOVERBUDS

HOMESCHOOL CLUB


2023-2024

Fayette County 4-H

Homeschooled youth
ages 5-8
are welcome to join us for
monthly meetings
11:00 am-12:00 pm.

Meeting Dates:

- August 10th
- September 14th
- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11th
- May 9th
- June 13th



Meetings will be held at the
Fayette County Extension Office
1140 Harry Sykes Way; Lexington, KY
Unless told differently


For any additional information,
questions, or / and to **RSVP**
meeting attendance, please
contact:

Robin Grace
Fayette County 4-H
Youth Development Program
Assistant

robin.grace@uky.edu
or
859-257-5582

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LEXINGTON, KY 40546



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COOPERATIVE EXTENSION



Kentucky Volunteer Forum

VOLUNTEERS REACHING NEW HORIZONS
FEBRUARY 22-24, 2024

TO INSPIRE, EDUCATE, EMPOWER, AND RECOGNIZE
4-H AND EXTENSION VOLUNTEERS AND PROFESSIONALS



Central Bank Convention Center
Hyatt Regency Lexington

401 W HIGH STREET,
LEXINGTON, KY 40507

REGISTRATION OPENS
OCT 1, 2023

HOTEL ACCOMODATIONS

HOST HOTEL: HYATT DOWNTOWN
OVER FLOW: HYATT PLACE

DONT MISS OUT

- WORKSHOPS
- NETWORKING
- SEMINARS ON WHEELS
- OPENING EVENT
- HALL OF FAME BANQUET
- AWARDS LUNCHEON
- VENDORS
- VOLUNTEER ACCREDITATION

For More Information:

Contact your local County Extension Office

[HTTPS://4-H.CA.UKY.EDU/CONTENT/KENTUCKY-VOLUNTEER-FORUM](https://4-h.ca.uky.edu/content/kentucky-volunteer-forum)

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Please contact your local extension agent for registration details after October 1st. Early bird registration is due December 15th with a final deadline of January 19th.



Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.
 6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
 7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
 8. Stir in flour and cook for 2 minutes.
 9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
 10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
 11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
 12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:

270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative
Extension Service





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

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

RETURN SERVICE REQUESTED



Fayette County Extension 4-H Newsletter



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Manda Clark Lucas Powell Genaea Sarantakos

Manda Clark Lucas Powell Genaea Sarantakos
County Extension Agents for 4-H Youth Development



Cooperative Extension Service
Fayette County Extension Service
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Lexington, KY 40504-1383
(859) 257-5582

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