

Trigg County 4-H Newsletter

Cooperative Extension Service
Trigg County
P.O. Box 271
2657 Hopkinsville Rd
Cadiz KY 42211-0271
(270)522-3269
Fax: (270) 522-9192
extension.ca.uky.edu

4-H YOUTH DEVELOPMENT



Winter is in full swing and cold weather has moved in. Come by the Extension office and get some awesome soup recipes we have available. Wintertime is a great time for staying warm inside with your favorite book or learning a new hobby. Join us for our different clubs and activities to find something you might be interested in.

Shelley Crawford

Shelley Crawford
County Extension Agent
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 disabilities 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.

Activities, Projects, and Clubs

4 Hs Long-reaching Effects
 Compared to other youth, 4-Hers are:

- 4x more likely to contribute to their communities
- 2x more likely to be civically active
- 2x more likely to make healthier lifestyle choices

4-H County Communications

Our County Speech and Demonstration contest is April 23rd at 5:30 PM.

The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member, and a leader.

Our Communications club will be at 3:15 PM-4:30 PM February 7, February 21, March 6, March 20, and April 17 to begin preparing for speeches, demonstrations, and Mock interviews.

Call the Extension office to sign up
 (270)522-3269



4-H LIFE CLUB

LIVING INSPIRED WITH FRIENDSHIPS AND ENCOURAGEMENT




FOR MIDDLE AND HIGH SCHOOL AGE YOUTH

4TH MONDAYS
 3:15 PM - 4:30 PM

WE MEET AT THE TRIGG COUNTY EXTENSION OFFICE



Make It and Take It

Cost: \$5.00

When: February 8 at 3:30PM

Where: Trigg County

Extension Office

Call (270)522-3269 to sign up by

February 5

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Lexington, KY 40506



Activities, Projects, and Clubs



Triggers Shooting Sports
Trigg County 4-H

Come Join Our Team!

Orientation and Safety

Trigg County Complex Convention Center
303 Complex Road
Cadiz, KY 42211

February 22, 2024 at 5:30 PM

For more Information Call or Email
Phone : 270.522.3269
Email : shelley.crawford@uky.edu

Youth ages 9-18 based on age as of January 1, 2024.

Instruction in **SAFETY, SKILLS, RESPONSIBILITY, and CARE FOR EQUIPMENT**

Disciplines offered:
Archery (4 Divisions)
Pistol (Air, BB, and .22)
Rifle (Air, BB, and .22)
SHOTGUN (Trap)



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JOIN TRIGG COUNTY 4-H AGRICULTURE CLUB!



Contact Trigg County Extension Office
For questions or more information (270)522-3269

Club Dates:

Horticulture	Livestock	Horse
October 2	September 11	September 18
November 6	November 16	October 16
December 4	December 11	November 20
February 5	January 8	February 19
March 4	February 12	March 18
April 8	March 11	April 22
May 6	April 15	

Outings will be announced at meetings



LITTLE RIVER 4-H CLUB

LEARN ABOUT ALL THINGS 4-H
BECOME A LEADER IN OUR COMMUNITY!



Cloverbud and 4-H Age

Open to all ages 5-18
Complete projects, activities, and learn about the different program areas 4-h has to offer!
Join us the first Wednesday of every month at the Trigg County Extension Office 3:30 PM!

Phone : 270.522.3269
Email : shelley.crawford@uky.edu

YOU ARE WELCOME

Activities, Projects, and Clubs

4-H Camp

JUNE 4-7, 2024

COST \$300

COMPLETED GRADE 3-8

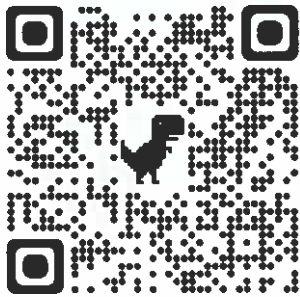
Registration starts February 1!

\$50.00 Deposit due at Registration. We will have fundraisers and opportunities for scholarships to reduce cost.

For more information come by our office at 2657 Hopkinsville Road Cadiz, KY or Call Trigg County Extension Office (270)522-3269



Newsletter Email



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Remind

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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:

servings: 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

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2/1/2024	4-H Camp Registration Begins		Trigg Co Exension	8-4pm	age 9-18
2/5/2024	Ag Club	Horticulture	Trigg Co Complex	3:30pm	age 4-18
2/7/2024	Communication Club		Trigg Co Exension	3:30pm	age 9-18
2/8/2024	Make It & Take It		Trigg Co Exension	3:30pm	age 9-18
2/10/2024	Ham Club	Choose/Salting	Broadbents-Kuttawa	8:00am	
2/12/2024	Ag Club	Livestock	Trigg Co Complex	3:30pm	age 4-18
2/13/2024	Cooking Club	Beginning	Trigg Co Exension	3:30pm	
2/17/2024	Ham Club	Salting	Broadbents-Kuttawa	8:00am	
2/20/2024	Cooking Club	Advanced	Trigg Co Exension	3:30pm	
2/21/2024	Communication Club		Trigg Co Exension	3:30pm	age 9-18
2/22/2024	Shooting Sports	Orientation	Trigg Co Complex	5:30pm	age 9-18
2/26/2024	Life Club		Trigg Co Exension	3:30pm	age 11-18
3/4/2024	Ag Club	Horticulture	Trigg Co Complex	3:30pm	age 4-18
3/6/2024	Communication Club		Trigg Co Exension	3:30pm	age 9-18
3/11/2024	Ag Club	Livestock	Trigg Co Complex	3:30pm	age 4-18
3/12/2024	Cooking Club	Beginning	Trigg Co Exension	3:30pm	
3/16/2024	Ham Club	Washing/Hanging	Broadbents-Kuttawa	8:00am	
3/18/2024	Ag Club	Horse	Trigg Co Complex	3:30pm	age 4-18
3/19/2024	Cooking Club	Advanced	Trigg Co Exension	3:30pm	
3/20/2024	Communication Club		Trigg Co Exension	3:30pm	age 9-18
3/25/2024	Life Club		Trigg Co Exension	3:30pm	age 11-18
4/8/2024	Ag Club	Horticulture	Trigg Co Complex	3:30pm	age 4-18
4/11/2024	Shooting Sports	Practice	Range	5:30pm	age 9-18
4/15/2024	Ag Club	Livestock	Trigg Co Complex	3:30pm	age 4-18
4/16/2024	Cooking Club	Beginning	Trigg Co Exension	3:30pm	
4/17/2024	Communication Club		Trigg Co Exension	3:30pm	age 9-18
4/18/2024	Shooting Sports	Practice	Range	5:30pm	age 9-18
4/22/2024	Ag Club	Horse	Trigg Co Complex	3:30pm	age 4-18
4/23/2024	Cooking Club	Advanced	Trigg Co Exension	3:30pm	
4/23/2024	Communication Club	Contest Day	Trigg Co Exension	5:30pm	age 9-18
4/25/2024	Shooting Sports	Practice	Range	5:30pm	age 9-18
4/29/2024	Life Club		Trigg Co Exension	3:30pm	age 11-18