

January 2025

Trigg County 4-H Newsletter

KENTUCKY 
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Cooperative Extension Service

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4-H YOUTH DEVELOPMENT



We have had a great and busy winter season. As we have entered into Spring we look forward to flowers blooming and leaves growing on trees. Spring brings us a fresh start with all the new things blooming around us. In this season I encourage you to step outside to enjoy the sunshine, take a walk, plant a garden, or just listen to the birds chirp. Take some time to pause and refresh.

Shelley Crawford

Shelley Crawford
County Extension Agent
4-H Youth Development

4-H Activity Highlights



**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
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Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Four steps to food safety

Following four simple steps at home — Clean, Separate, Cook, and Chill — can help protect you and your loved ones from food poisoning.



Clean

Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.



Cook

To the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- **Whole cuts of beef, pork, veal, and lamb:** 145°F (then allow the meat to rest for 3 minutes before carving or eating)
- **Ground meats**, such as beef and pork: 160°F
- **All poultry**, including ground chicken and turkey: 165°F
- **Leftovers/casseroles:** 165°F
- **Fresh ham (raw):** 145°F
- **Fin fish:** 145°F (or cook until flesh is opaque)



Separate

Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods — unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



Chill

Refrigerate promptly.

- Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F.
- Keep your refrigerator at 40°F or below and know when to throw food out.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Source: Centers for Disease Control and Prevention



Lemon Broccoli Pasta

Cook time: 30 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.
3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.

5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving: 320 calories; 9 g total fat; 2.5 g saturated fat; 0 g trans fat; 10 mg cholesterol; 200 mg sodium; 51 g total carbohydrate; 7 g dietary fiber; 2 g total sugars; 0 g added sugars; 13 g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source: Jeannie Najor, RD, Extension Specialists for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



Rate this recipe



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Activities, Projects, and Clubs

4-H's Long-reaching Effects

Compared to other youth, 4-Hers are:

4x more likely to contribute to their communities

4-H

2x more likely to be civically active

2x more likely to make healthier lifestyle choices



Area Teen Council

High School Age Youth

Our teens traveled to Owensboro to join our other area teen in ice skating. Throughout this year they have learned about different life skills and adulting. Through their meeting they develop leadership skills and program development. May 27 - 28 we will travel to Holiday World and have a leadership retreat.



Little River 4-H Club

The Little River 4-H Club has been buzzing with creative and educational activities. At our recent meetings, members learned the art of table settings and how to design a balanced menu, building skills for gracious hosting. We also explored the science of greenhouses, understanding how they function to nurture plants. Members got hands-on by creating their own “mini” greenhouses, planting seeds, and observing their growth over time. Looking ahead, we’re gearing up for the Trigg County Ag Fair and the Kentucky State Fair, with upcoming meetings focused on preparing projects and honing skills for these exciting events.



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Activities, Projects, and Clubs

Livestock Club

The Trigg County 4-H Livestock Club has been busy learning about responsible livestock care. Recent meetings covered the importance of fecal egg counts to combat parasite resistance, with hands-on practice during a field trip to volunteer leader Ashley Heuchling's farm, where members tested sheep and goats. We also explored livestock judging basics, animal selection for fairs, and feed identification. Upcoming meetings will include lessons on medications and proper injection methods to ensure animal health as well as focus on preparing for the Trigg County Ag Fair. We're excited to see our members shine!



Horse Club Happenings

By: Reporter Haylee Burch

The horse club has a new name and has been busy this year learning with hands on activities and field trips. In February, the Trigg Trotters displayed a collection of horse tack and other items at the John L. Street Library for the public to see. They took a trip to Herndon and toured the Excell Equine Aquatics facility where members learned about equine water and red light therapy.

In March, the club had a special guest host a horse painting activity that can be entered in for judging at the local level for the Kentucky 4-H State Fair. The t-shirt design committee met to organize the club's new t-shirt design to wear at events. Rogers Riding owner, Hayden Rogers, held a consignment sale with proceeds going to the Trigg Trotter's 4-H Horse Club and presented a check of \$350 to the members at their March meeting.

In the next few months, some members will be attending a 4-H Horse Camp and will be preparing for the Kentucky 4-H State Fair Horse Show in Louisville. They will be practicing for a required showmanship class and other events they will be competing in.

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Activities, Projects, and Clubs

Teen Leadership Academy

Our Middle School Teen Leadership Academy had an amazing last couple month. March was organized by Cadiz-Trigg County Tourist and Convention Commission. We visited the Land Between the Lakes National Recreation Area - U.S. Forest Service Planetarium learning all about their shows and events. We then had a visit from the Nature Station learning fascinating information about wildlife in our area. After visited The Red Brick Inn learning historical information and enjoying great pizza in their family friendly outdoor area! We enjoyed dessert at The Pig's Tail Ice Cream Shop and ended our day working on their presentations at our newly renovated West Cadiz Park.

In April we visited Crittenden County where we took a tour of Par4 Plastics. There we learned about their worldwide impact. Then toured the Ben E. Clement Mineral Museum, and had fun with an educational scavenger hunt.



Cooking Club

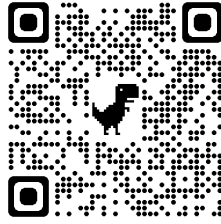
Our beginning and Advanced cooking have been learning great new skills outside of the kitchen. Our current kitchen is currently under renovation, so we have learned to cook with electric skillets, griddles, instapot, hot plates, and many other ways! We have worked on sharpening knife skills, and learning different cooking styles. Our advanced cooking class has been Asian recipe themed. The have cooked Lo Mein, Fried Rice, Pho, Pad Thai, Crab Rangoon, and many other great dishes.



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It's All Good
In The
Woods



Trigg County
4-H Camp
July 14-18, 2025

**Completed
3rd-8th
Grade**



West Kentucky 4-H Camp

Dawson Springs, KY

\$300 per camper

Financial Assistance
available

Pre- Register with
QR code



Contact

Trigg County 4-H

Call 270-522-3269 or

Email - shelley.crawford@uky.edu

**\$50 deposit
paid at**

**to the Extension Office
2657 Hopkinsville Road
Cadiz, KY 42211**

