

March 2023

Trigg County 4-H Newsletter

4-H YOUTH DEVELOPMENT



Cooperative Extension Service
Trigg County
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As winter turns into spring I am looking forward to moving many of our activities outdoors. I also look forward to watching things bloom, and starting the process of our garden. Please look at all of our upcoming events and the many ways you can get involved.

Congratulations!

Shelley Crawford
Shelley Crawford
County Extension Agent
4-H Youth Development



For more information on Achievement we will have an informational meeting April 17th at 5:00PM at the Trigg County Extension Office Call (270)522-3269 to sign up



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

2x more likely to be civically active



2x more likely to make healthier lifestyle choices



4-H Agriculture Club



Go Paperless

Sign up to have our Newsletters sent to your E-Mail.



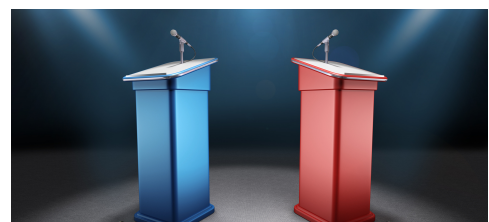
4-H County Communications

Our County Speech and Demonstration contest will be held on Thursday, April 20th at 3:30 p.m.

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

In preparation for our county contest we will host our Communications Workshop on March 23 and April 18 at 3:30 PM

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



JOIN TRIGG COUNTY 4-H AGRICULTURE CLUB!



Meeting are at the Trigg County Extension Office
For questions call (270)522-3269

4-H Camp 2023



Save the date

JUNE 6-9, 2023
COST \$250
AGE 9-14

Registration is going on now and has limited spots left!
\$50.00 Deposit due at Registration

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

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Activities, Projects, and Clubs



Trigg County youth ages 9 thru 18.

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)

For more information contact the Trigg County Extension Office at 270-522-3269.

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Activities, Projects, and Clubs

Cooking Club Cooking Around the World

Our 4-H Cooking club has been cooking around the world this year. This last month we explored Italy. In Italian fashion our cooks learn how to make their own pasta and sauces. They made a Fettuccini Bolognese Alfredo and a Spaghetti Meatball Marinara. This has been our favorite so far.

Our Cooking Club goes from September to May. So far we have explored Germany, Greece, France, and Italy. We look forward to working with these amazing cooks each month. Stay tuned for to see what they plate up in our next club meeting!



Country Ham Project



Last month our ham club members picked their Ham and salted them. They will return March 25th to shape them and get them ready to smoke.

Each participant will cure two hams, as well as prepare and give a speech at the 2023 Kentucky State Fair.



In what ways may a 4-H Volunteer be involved?

There are a variety of ways in which people may volunteer for 4-H. Many volunteer roles involve working directly with other; others do not. There are specific types of 4-H volunteer roles in Kentucky. These include the following:

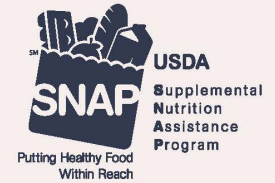
- Community Club Leader**
- Project Club Leader**
- School Enrichment Volunteer**
- 4-H Council Member**

Call (270)522-3269 if you are interested in volunteering in any of our program areas.





Rainbow Pasta Salad



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

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

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



UPCOMING DATES

March 23 - Communications Club 3:30 PM

March 25 - Ham Project 8:00 AM

March 30 - Shooting Sports Safety Meeting
@ Extension Office 5:30 PM

April 3 - Shooting Sports Paperwork Due

April 10 - Livestock Agriculture Club 3:30 PM

April 10 - Teen Leader Interview

April 11 - Shooting Sports Safety at the Range 5:30 PM

April 13 - Shooting Sports Practice 5:30 PM

April 14 - Camp Scholarship Application Due

April 17 - Cooking Club 3:30 PM

April 17 - Achievement information meeting 5:00 PM

April 18 - Communications Club 3:30 PM

April 19 - TLA

April 19 - 4-H Life Club 3:00 PM

April 20 - County Communications Contest 3:30 PM

April 20 - Shooting Sports Practice 5:30 PM

April 24 - Horse Agriculture Club 3:30 PM

April 27 - Shooting Sports Practice 5:30 PM

Call (270)522-3269 or email shelley.crawford@uky.edu for more information