

APRIL 2025

THE CLOVER CONNECTION



CARLISLE COUNTY 4-H



As camp quickly approaches there are a few important dates to remember:

April 10- Scholarship Applications Due

May 1- Pre- Registration form and \$50 deposit is due. registration packets will be mailed out

May 19- Camper & parent orientation. located at extension office 12:00 pm or 6:00 pm. ALL fees and forms due on or before date. All campers must be represented at an orientation session

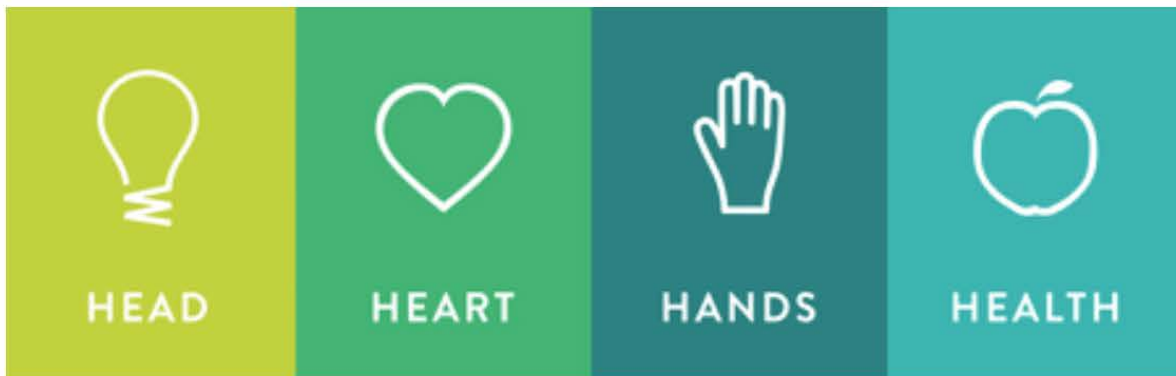


4-H Summer Camp

SAVE THE DATE

JUNE 2-5, 2025

June 2-5 - 4-H CAMP



HEAD **HEART** **HANDS** **HEALTH**

Cooperative Extension Service

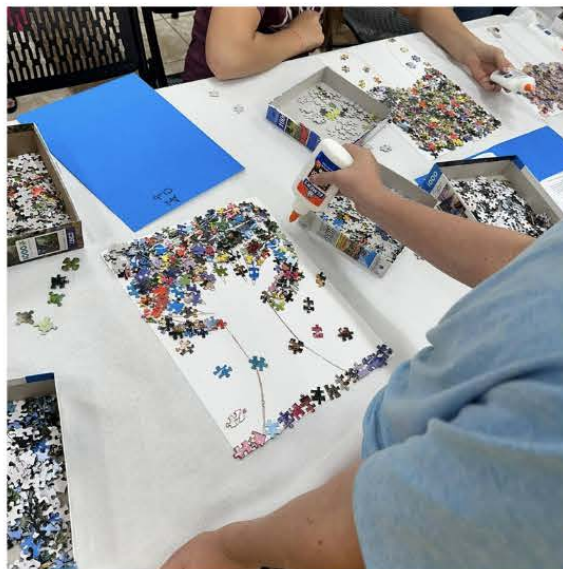
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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



Our Art Club will meet next on April 24. Throughout the course of the year we have been creative with using clay, puzzle pieces, mosaics, and lots of paint. This will be our last meeting, but stay tuned for a preview and dates of the new Art Club starting in September 2025



Our Woodworking Club will meet again April 10. Youth have been able to use basic power tools to create several one of a kind wooden pieces such as lantern boxes, robots, and geo boards. This will be our last meeting, but stay tuned for a preview and dates of the new Woodworking Club starting in September 2025.

Our Bead Club will meet again April 14. In this club youth have been able to get creative using perler bead, making ornaments, pictures frames, and more. This will be our last meeting for the year.





Our Cloverbuds will meet again on April 15. Youth are able to get a taste for 4-H in this club by learning about a different theme each month, making a delicious snack, and creating works of art. This will be our last meeting, however, stay tuned for a preview and dates for our new club that starts September 2025. More information will also come on our Summer Cloverbud Camp.

Gardening To-Go!

Carlisle County Extension Office

FRIDAY, APRIL 18
10AM-4PM
(while supplies last)

FREE Garden Starter Kit

- Seeds
- Vegetable Plants
- Garden Guide
- Planting Calendar
- Farmer's Market Guide
- Recipes
- and More!



KENTUCKY COOPERATIVE EXTENSION

UK MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Communications Contest

SPEECHES & DEMONSTRATIONS

Cloverbuds: (age 5-8) *COUNTY ONLY*

Juniors (Age 9-13)

Seniors: (Age 14-18)
ages as of Jan 1, 2025



RULES

Speeches

- Cloverbuds: 3 minutes, any topic
- Juniors: 3-5 minutes, any topic
- Seniors: 5-7 minutes, any topic

Demonstrations

- 5-15 minutes, any topic
- MUST have a poster board or tri-fold poster as visual aid
- Review specific Demonstration Rules
- No weapons (or ammo) allowed



TOPICS

- Agriculture
- Visual or Performing Arts
- Clothing/Textiles
- Family & Consumer Sciences
- Foods
- Health
- Natural Resources
- Shooting Sports
- S.E.T.
- Digital Media (will need posters to go along with demonstration)



MONDAY, APRIL 14 5:00pm

Carlisle County Cooperative Extension Service
65 John Roberts Drive, Bardwell, KY

Selected County Participants will advance to Area Level Competition on April 29



For questions and registration, call 270-628-5458 or email brooke.hogancamp@uky.edu

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

Show Off Your Skills at the Fair!

Carlisle County Project Days Coming This Summer

Are you interested in entering a project you completed in 4-H or at home this year in the 4-H Rally Day? You could win ribbons, premium money, and a chance to compete at the State Fair, too!

Classes will include the following:

- Sewing
- Baking
- Art & Home
- Photography
- Cupcake Wars
- Woodworking
- Horticulture

More information and dates to come!





Volunteer with 4-H

4-H is always looking for positive adult and teen role models in the community to support our organization by volunteering. Volunteers can lead clubs and teach classes, transport and supervise youth, help fundraise and publicize programs, provide mentorship and serve on councils, and so much more! No matter what your talent is, there is a spot for you in 4-H! Call today to learn more about how to get involved!



Peach Crisp

½ cup quick cook oats	6 cups peaches, peeled and sliced
½ cup honey-sweetened granola	1 teaspoon ground cinnamon
3 tablespoons whole wheat flour	¼ teaspoon ground nutmeg
½ cup packed light brown sugar	¼ teaspoon ground all spice
¼ cup butter, softened	¼ cup chopped pecans

Preheat oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. Lightly **coat** an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown.

Yield: 9 servings

Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

Kentucky Peaches

SEASON: July through September.

NUTRITION FACTS: Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

SELECTION: Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are "freestones" (flesh separates easily from pit) and "clingstones" (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

STORAGE: Some peaches may need to be stored at room temperature to ripen. Fragrance

is an indication of ripeness. Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

PREPARATION: One pound of peaches will equal 3 to 4 medium sized peaches, 2 cups sliced or 1½ cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

KENTUCKY PEACHES

Kentucky Proud Project
County Extension Agents for F and Consumer Sciences,
University of Kentucky, Dietetic and Human Nutrition students
June 2018

Source: www.fruitsandveggies.com
Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>

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