

Union County 4-H Newsletter March 2025



The 4-H Pledge

I pledge my **HEAD**
to clearer thinking,
my **HEART**
to greater loyalty,
my **HANDS**
to larger service,
and my
HEALTH
to better living,
for my **CLUB**,
my **COMMUNITY**,
my **COUNTRY**
and my **WORLD**.

March Events (SAVE THE DATE)

Mar	7	MES	1:30 - 2:30 pm
Mar	9	Daylight Savings Time Begins	Spring Forward
Mar	10	UCHS Healthy Snack	Lunch
		Communication Skills Workshop	6 p.m.
Mar	11	JPII Club meeting	2:30 p.m.
		Arts N Crafts	4:30 - 6 pm
Mar	13	Homeschool	1-2 p.m.
		Cloverbuds	4:30 -5:30
Mar	14	UES	1:15 p.m.
Mar	17	St Patrick's Day (Wear 4-H Green)	
Mar	18	Cooking Club	4:30 - 6pm
Mar	19	TLA (Frankfort Trip	All Day
		Country Ham (Hanging Hams)	After School
Mar	20	Livestock Ranchers	6 pm
Mar	25	Teen Club	4:30 - 5:30 pm
Mar	26	SES	7:45 & 1:20
		Babysitting Clinic	4:30 - 6 pm
Mar	27	Babysitting Clinic	4:30 - 6 pm
Mar	29	Pancakes with Easter Bunny	8:00 - 10:00 a.m.



4-H NEWSLETTER BY EMAIL: Get 4-H news faster. We will add you to our email list and send you a newsletter. Contact the Extension office at 270-389-1400

4-H WEBSITE: <http://union.ca.uky.edu>. Visit our 4-H Website that will provide you with information about 4-H in Union County and links to Kentucky 4-H programs. You can visit the Agriculture/Natural Resources and Family Consumer Sciences pages on the website.

4-H FACEBOOK: Visit our 4-H FACEBOOK page to learn about 4-H, when clubs will meet. View pictures of 4-H youth participating in various events and activities.

4-H CONTACT INFORMATION:

Union County Cooperative Extension Office
1938 US Hwy 60 W, Morganfield, KY 42437
Office Phone: 270-389-1400

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What is 4-H?

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of **Head, Heart, Hands, and Health**.

These are the values members work on through fun and engaging programs.

Head Managing, Thinking
Heart Relating, Caring
Hands Giving, Working
Health Being, Living



Stay Connected with 4-H Happenings!
Find out what exciting things are happening in 4-H?

4-H social media: Union County 4-H
Visit our County website:
union.ca.uky.edu



**Union County
Cooperative
Extension**



**Union County
4-H Facebook
page**

PANCAKES WITH THE EASTER BUNNY

Union County Extension Office

March 29th, 2025

8:00 AM to 10:00 AM

Cost: \$5/Person



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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Disabilities accommodated with prior notification.

4-H Speech & Demonstration

April 14, 2025

6:00 p.m.

Union County Extension Office

Please pre-register your speech and/or demonstration by calling the Union County Extension Office.

Registration information needed: Name, birth date, title of speech or demonstration (include topic for demonstration).

Speeches 9-13 years old (Junior) 3-5 minutes in length

14-18 years old (Senior) 5-7 minutes in length

Demonstration speeches - 5-15 minutes long.

Last day to register is April 11th, 2025

Register by calling the

Union County Extension Office 270-389-1400



2025 4-H Summer Camp

June 10-13, 2025.

Registration is open!

Don't wait get registered today!

Summer vacation is never complete without 4-H Camp in Dawson Springs at the West Kentucky 4-H Camp.

9 –15-year-olds.

Teen leadership opportunities for 16–17-year-olds

Adult Leaders 18 and up.

For more information: call the **Extension Office - 270-389-1400**

COST: \$125.00

**Fun Times and
lots of great
memories!**



AG TAG MONTH IS HERE!!!!!!

It's that time of year again to renew your Ag Tags! For just \$10, you can help provide scholarships, camps, and leadership opportunities for youth in Union County. Ask your county clerk how you can give back today!

#AgTagDonation

#4HYouth

#SupportAgriculture

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair** and **North American International Livestock Exposition** possible.



Crunchy Air Fryer Fish

Prep time: 10 minutes

Rest 10 minutes

Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts

per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

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

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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

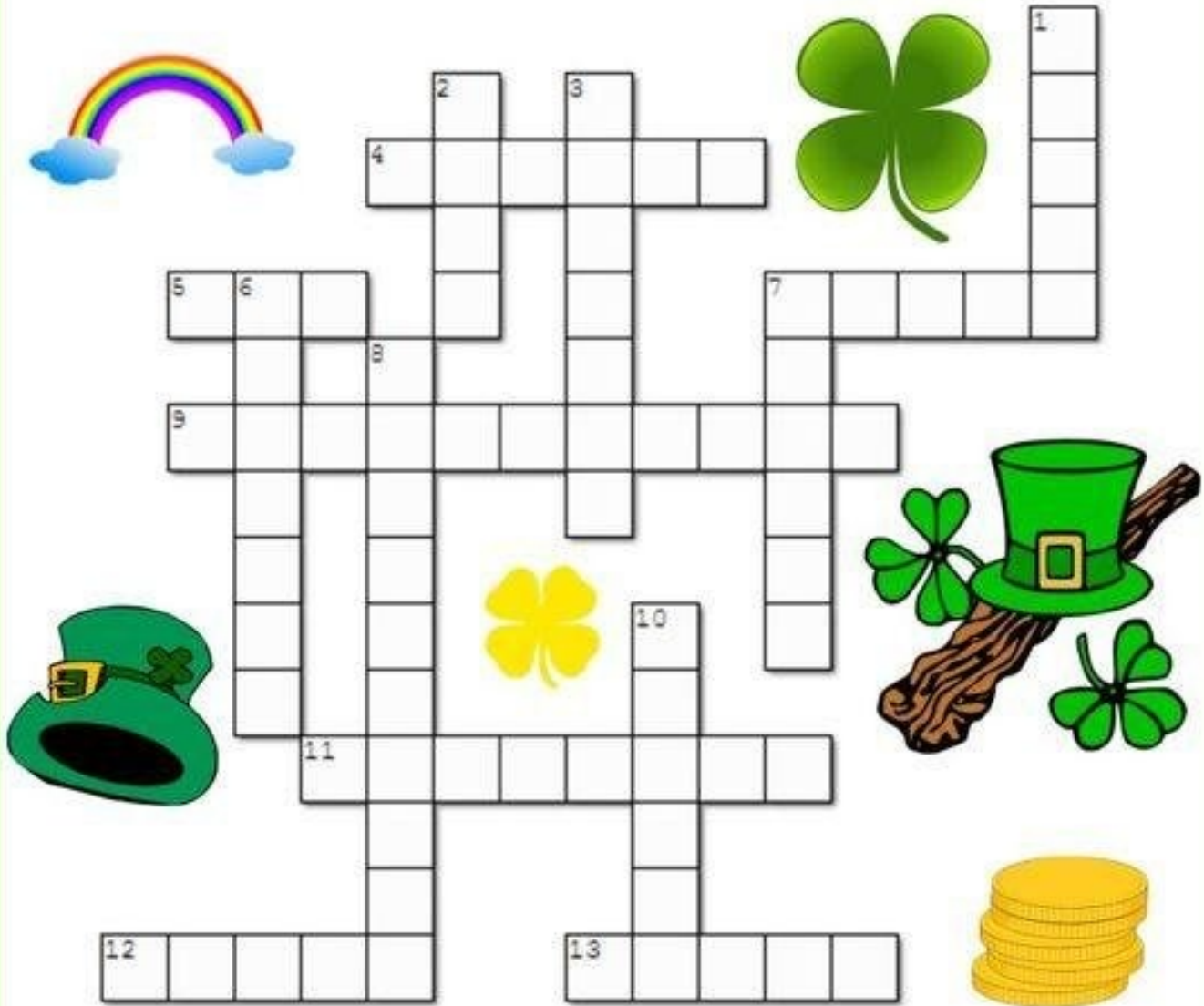
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Disabilities
accommodated
with prior notification.

4-H Activity Page

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____



Annette Buckman
Union County Extension
Agent for 4-H
& Youth Development



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Extension Service**

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RETURN SERVICE RQUESTED