

Union County 4-H Newsletter October/November 2024



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**.

October (SAVE THE DATE)

Oct 2	Arts N Crafts	4-6 p.m.
Oct 3	TLA (Henderson)	All Day
Oct 4	MES	1-2 p.m.
Oct 5	Boots N Bridles (Ext Office)	10:00 a.m.
Oct 7-11	UCPS (Fall Break)	
Oct 10	Homeschool	1-2 pm
Oct 14	Cloverbuds	4:30 -5:30 pm
Oct 17	U.C Ranchers (Livestock)	6 pm
Oct 19	Boot N Bridles (Rich Barn Visit)	10 am
Oct 23	SES (4th & 5th)	
Oct 23	Cooking Club (Club is full)	4:30 - 6:30 pm
Oct 24	Middle School Reality	

November (SAVE THE DATE)

Nov 1	MES	1-2 pm
Nov 5	Election Day (Union Co. Ext. Office Closed)	
Nov 6	TLA (Webster)	All Day
Nov 8	UES	1:15
Nov 9	Boots N Bridles (TBD)	10 am
Nov 12	Arts N Crafts	4:30 - 6 pm
Nov 14	Homeschool	1-2 pm
Nov 14	Cloverbuds	4:30 -5:30 pm
Nov 19	Cooking club (Club is full)	4:30 - 6 pm
Nov 20	SES (4th & 5th)	
Nov 21	UC Ranchers (Livestock)	6 pm
Nov 26	Teen Club	4:30 -5:30 PM



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**



Union County 4-H Youth Spotlight



Pictured: Julian Beaven, Finley Beaven, Rodman Meacham, & Annette Buckman
2024 Junior Reserve Country Ham Champion - Finley Beaven
2024 Senior Reserve Country Ham Champion - Julian Beaven

Get Involved in the Country Ham Project!

4-H Country Ham Entry Deadline Nears

The country ham project is just one of the many character building and educational programs 4-H offers that does not require youth or their families to own considerable amounts of acreage or live-stock or have a background in agriculture.

Kentucky has a rich tradition in producing quality country ham. Similar to horse racing, some people consider country ham to be one of the standard symbols of the state. The 4-H country ham program educates youth about country ham production and raises awareness on where food comes from and how it is prepared before it is packaged and sent to grocery stores. It also gives children a historical perspective about food preparation before refrigeration was invented.

Youth who participate in the country ham project make a commitment to cure two hams over the course of the year, with the goal of entering one of the hams in the contest at the fair. More than 991 youth submitted hams during the 2024 contest.

While the project is over the course of the year, most of the time is devoted to letting the ham age. Youth receive hams in February and will be responsible for washing, trimming and applying curing mix to the ham. Union County 4-H will be curing their hams at Meacham's Ham House, Sturgis, KY.

Youth must complete six hours of training in the livestock certification program before the state fair to be eligible to submit a ham to the contest. During this training, 4-H'ers learn the history of country ham production, the country ham industry and criteria judges look for in a prize winning ham.

At the fair, The hams are divided into two different categories, smoked and non-smoked hams, and by the age of the youth. Hams are judged on aroma, lean to fat ratio and shape, but this is only 40 percent of the youth's entire score. Youth must also present a three to five minute speech about a topic related to the ham curing process, which counts for 60 percent of the score.

For more information on how to be involved in this program, contact Annette Buckman at the Union County Co-operative Extension Service, 270-389-1400.



September 2024

Homeschool	5th	1:00 - 2:00
Cloverbuds	5th	4:30-5:30
Arts & Crafts	10th	4:30-6:00
Master Chef	17th	4:30- 6:00
Livestock	19th	6:00 - 7:00
Teen Club	24th	4:30 - 5:30

October 2024

Arts N Crafts	2nd	4:30-6:30
Boots N Bridles	5th	10 a.m.
Homeschool	10th	1:00-2:00
Cloverbuds	14th	4:30-5:30
Master Chef (Full)	23rd	4:30-6:00
Livestock	17th	6:00-7:00
Teen Club	22nd	4:30-5:30

November 2024

Arts N Crafts	12th	4:30-6:30
Homeschool	14th	1:00-2:00
Cloverbuds	14th	4:30-5:30
Master Chef (Full)	19th	4:30-6:00
Livestock	21th	6:00-7:00
Teen Club	26th	4:30-5:30

December 2024

Homeschool	12th	1:00-2:00
Cloverbuds	12th	4:30-5:30
Cookies, Cocoa, & Crafts	17th	4:30-6:00
Livestock	19th	6:00-7:00

January 2025

Homeschool	9th	1:00-2:00
Cloverbuds	9th	4:30-5:30
Arts N Crafts	14th	4:30-6:00
Master Chef	21st	4:30-6:00
Livestock	23rd	6:00-7:00
Teen Club	28th	4:30-5:30

February 2025

Arts N Crafts	11th	4:30-6:00
Homeschool	13th	1:00-2:00
Cloverbuds	13th	4:30-5:30
Master Chef	18th	4:30-6:00
Livestock	20th	6:00-7:00
Teen Club	25th	4:30-5:30

March 2025


Arts N Crafts	11th	4:30-6:00
Homeschool	13th	1:00-2:00
Cloverbuds	13th	4:30-5:30
Master Chef	18th	4:30-6:00
Livestock	20th	6:00-7:00
Teen Club	25th	4:30-5:30

April 2025

Homeschool	10th	1:00-2:00
Cloverbuds	10th	4:30-5:30
Arts N Crafts	15th	4:30-6:00
Master Chef	12th	4:30-6:00
Livestock	24th	6:00-7:00
Teen Club	29th	4:30-5:30

Dates & Time are subject to change. Please join remind to stay up to date on all clubs and events.

OCTOBER 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Arts N Crafts 4:30 -6 pm	3 TLA 9-1	4 MES 1-2 pm	5 Boots N Bridles 10 am
6	7 Fall Break	8 Fall Break	9 Fall Break	10 Fall Break Homeschool 1-2	11 Fall Break	12
13	14 Cloverbuds 4:30 -5:30	15	16	17 Livestock 6 pm	18	19 Boots N Bridles 10 am
20	21	22 Teen Club 4:30 -5:30	23 Cooking Club Full	24	25 KJRA (John Arnold Arena)	29 KJRA
27 KJRA	28	29	30	31 		

NOVEMBER 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 MES 1-2	2
3	4	5 Election Day Ext Off. Closed	6 TLA	7	8 UES 1:15	9 Boots N Bridles 10 a.m. (TBD)
10	11	12	13	14 Cloverbuds 4:30 -5:30 pm	15	16
17	18	19 Cooking Club (Full)	20 SES 4th & 5th	21 Livestock 6 p.m. Clo	22	23
24	25	26 Teen Club 4:30 -5:30	27	28 	29	30



Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



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6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing Ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide Ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1 cup
Cost per recipe: \$7.71
Cost per serving: \$1.29

Nutrition facts

per serving:
460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of Iron; 15% Daily Value of potassium

Source:
Brooke Jenkins,
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Lexington, KY 40506



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Annette Buckman

Annette Buckman
Union County Extension
Agent for 4-H
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