

# NEWSLETTER



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

October 2023

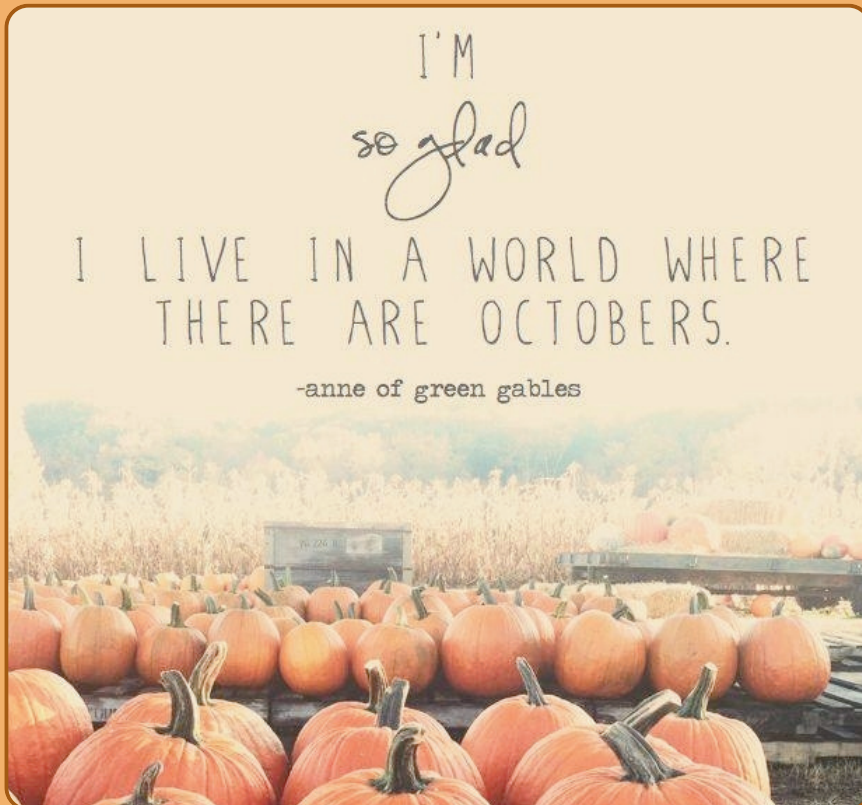


## A DIFFERENT BANQUET

The end of one 4-H program year typically means a time to reflect and recognize the achievements of our awesome members. Instead of our traditional achievement banquet, this year we are trying something completely different!

Join us on Saturday, November 18 from 3-5 pm at the Extension Office for Tea, Treats, and Tokens of Appreciation. This is a come-and-go event with no set program. We'll still have 4-H swag, delicious treats and snacks, and lots of time for fellowship.

Achievement winners will receive a more detailed invitation at a later date, but for now, mark your calendars and make plans to stop in and see us that Saturday!



The days are getting shorter, but our 4-H program is heating up! We have lots going on and hope to see you around the office soon. Please make sure you've completed your 2023-2024 4-H enrollment and check out the enclosed calendar for lots of exciting opportunities.

If you have questions, please reach out. The office is open Monday - Friday from 8 am until 4:30 pm, and closed for lunch from 12-1 pm. **Phone:** 606-365-2447.

**Email:** [courtney.brock@uky.edu](mailto:courtney.brock@uky.edu) [danijo@uky.edu](mailto:danijo@uky.edu)



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## 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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

# September Review: Professor Popcorn, rocket science, and Outdoor Adventure Trips!



Just some rocket science with the Highland Aviators! 🍀💚



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# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Fall Break	3 Fall Break Poultry Club 6 pm Archery 6:30 pm @ Boyle	4 Fall Break Middle School Retreat App DUE	5 Fall Break 4-H Council 6 pm	6 Fall Break	7 LCHS Service Project
8	9 National 4-H Agent Association Meeting	10 NAE4-HYDP Riflery 6:30 pm @ Boyle	11 National 4-H Agent Association Meeting	12 National 4-H Agent Association Meeting	13 Outdoor Adventure Club - Zip-lining	14 
15 	16 Area Teen Meeting	17 Livestock Club 6 pm Archery 6:30 pm @ Boyle	18 Hustonville School Clubs	19 Crab Orchard School Clubs Middle School Retreat	20 Middle School Retreat Homeschool Field Trip	21 
22	23 Cloverbuds 5:15-6 pm Creative Clovers 5-6 pm	24 Riflery 6:30 pm @ Boyle	25 LCHS Club Homeschool Club 10 am - Noon	26 JR Leaders 5-6 pm Teen Club 6:15-7:15 pm	27 Stanford School Clubs	28
29	30 	31 Happy Halloween!				

NOTES	TO DO

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# 4-H Issues Conference



November 16-18

JM Feltner 4-H Center



Civic Engagement | Service Leadership | Communication

For current high school age youth  
**Cost: \$200 (includes transportation)**  
**Applications due: Friday, Oct 20**  
**Contact Courtney for an application**

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**LINCOLN 4-H**

## NEED HELP WITH YOUR 4-H ACHIEVEMENT APPLICATION?

Sign up for a 1-hour help session (in-person or virtual):

- Mon, Oct 30: 2 - 5 pm
- Tue, Nov 7: 1 - 4 pm
- Th, Nov 9: 2 - 5 pm
- Fri, Nov 17: Applications DUE!

**CALL OR EMAIL:** 606-365-2447  
 courtney.brock@uky.edu

## SAVE THE DATE

### Breakfast & Shopping w/SANTA

Sat, December 2  
 9 am - noon

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# Tea, Treats, *and* Tokens of Appreciation



SATURDAY | 18 | NOVEMBER

3:00 - 5:00 pm

Lincoln Co Extension Office  
104 Metker Trail, Stanford, KY

A come &  
go banquet  
alternative!



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**COOKING WITH KIDS**

# Chicken and Dumpling Soup

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.

5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup. Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings  
Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium.

Source: University of Kentucky's Nutrition Education Program, Cook Together, Eat Together



**SMART TIPS**

## Walking for wellness

**A** dults should get at least 150 minutes of moderate-aerobic activity each week. Children should be active for at least 60 minutes each day. Being active can add to total health and cut the risk of long-term health issues such as heart disease, cancer, or high blood sugar.

Walking is a great way to stay active and in good health. Walking does not call for any special skills. You do not need to go to a gym or use high-priced gear. A single bout of mid-to-brisk walking can help with sleep and memory. Go on a walk today and ask your family to join you.

**RECIPE**

## Autumn Sweet Potato Chili

- 1 can (15 ounces) sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 jar (16 ounces) salsa
- 2 cans (15 ounces) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream
- Sharp cheddar cheese, shredded
- Fresh cilantro, chopped

1. Combine sweet potatoes, chili powder, and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.

4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings  
Serving size: 1 cup

Nutrition facts per serving: 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g total sugar; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

