



Cooperative Extension Service
 Allen County
 200 East Main Street
 Scottsville KY 42164-0355
 (270)237-3146
 Fax: (270)237-5716
www.ca.uky.edu/ces



Follow us:
 Facebook @ Allen County 4-H Youth Development

Message from 4-H Agent Anna,



Summer is HERE!!! Help us celebrate the start of summer at our Family Fun Beach Party on June 29th at Barren River Lake State Park - Beach. This event is open to all Allen County 4-H Families. We hope you will join us!!!

As you plan your summer activities, consider adding some 4-H Workshops to your schedule. Upcoming summer workshops include: Pencil Drawing, Fair Baked-Goods, Chicken BBQ, Tractor Driving and more!

4-H Fair Project Showcase is right around the corner!!!

IN This issue:

- Upcoming Dates
- Call for 23-24 Clubs
- Drawing Workshop
- Baking Workshop
- Ag Academy
- Family Beach Party
- 4-H Project Showcase
- Shooting Sports Dates
- Co. Banquet Paperwork
- Culinary Team Dates
- Country Ham Dates
- Co. Dairy, Poultry & Livestock Shows
- Area Tractor Driving
- Area Chicken BBQ
- Area Cupcake Wars
- 4-H Summer Camp
- Registration Instructions
- June & July Calenders
- Chicken Pasta Recipe

DON'T DELAY, START PREPARING YOUR ITEMS FOR 4-H SHOWCASE TODAY!

Save July 10-14th in your calenders. That week will start with Dairy & Poultry Shows on 7/10 and Livestock Shows on 7/11. 4-H Members submitting 4-H Projects to Project Showcase may choose to drop their projects off on one of two time frames: EITHER Wednesday July 12th from 1-5 p.m. OR Thursday July 13th from 7-10 a.m. Projects are open to viewing by 4-H Families and Public Friday July 14th from 8-4 p.m. Members can pick up with projects, ribbons & premium monies from 12-4 p.m.



Allen County Extension Office
 Office Hours
 Monday—Friday
 8:00 a.m.—4:30 p.m.
 (With the exception of Holidays)

Sincerely,
Anna Meador
 Anna Meador
 4-H Youth Development
 Extension Agent



Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!



ARE YOU FOLLOWING US ON FACEBOOK???



HAVE YOU SET US AS A "FAVORITE" - SO YOU GET IMMEDIATE UPDATES





CALL FOR 2023-2024 CLUBS

HEY YOU!!!!!! YES YOU!!!!!!

4-H Parents & Volunteers:
Allen County 4-H relies on the leadership of community individuals to help lead our Special Interest & Community Clubs. Contact Agent Anna if interested in leading a club OR assisting with next years clubs. No matter your availability, we have a role perfect for YOU!!!

UPCOMING DATES

- **Teen Conference:**
June 13-16, 2023
- **State Livestock Judging:**
June 20, 2023 (Lexington)
- **State Horse Show:**
June 24-29, 2023 (Louisville)
- **4-H Cloverbud Camp:**
June 30 -July 2, 2023
- **State 4-H Comm. Contest:**
July 8, 2023
- **4-H Fair Project Showcase:**
July 10-14, 2023
- **4-H Summer Camp:**
July 17-21, 2023
- **AG Academy Program:**
July 26-28, 2023
- **Mum Sales Begin:**
August 1, 2023
- **Farm to Fork Event:**
August 11, 2023
- **State Culinary Challenge Contest:**
August 11-12, 2023 (Boone)
- **State Chicken BBQ / Egg Demo Contest:**
July 29, 2023 (Hardin Co.)
- **State Country Ham Contest:**
August 17, 2023
- **Banquet Paperwork - End of Year, Achievement, Club, Etc. Due:**
August 31, 2023
- **2023 - 2024 Enrollment:**
September 2023
- **Forestry Field Day:**
September 7, 2023
- **County Banquet:**
(HOLD) October 17, 2023

PENCIL DRAWING WORKSHOP

THURS. JUNE 22ND

AT 2-4 PM - BASEMENT RM.

- COST: \$5.00 (INCLUDES PENCIL KIT)
- TO REGISTER: CALL (270) 237-3146
- RSVP & PAY BY: 6/15
- OPEN TO: AGES 5-18



ALLEN COUNTY 4-H Project SHOWCASE Approved Project!

SUMMER 4-H WORKSHOP SERIES

Baking Workshop

Tuesday
June 27th
@ 3-6 PM



- Cost: \$5.00
- Location: Large Mtg. Rm @ Ext. Office
- Limited: First 16 Youth
- To Register: Call (270) 237-3146
- RSVP & Pay by: 6/20



2023 AG-ACADEMY

Cost: \$75.00
(covers 6 meals + hotel + travel)

Call Extension Office to Enroll at 270-237-3146 by July 7th

Spaces limited to 1st SIXTEEN youth ages 9-18

Cloverbuds may attend Day 1 with Parent Chaperone

Wednesday July 26th (@ 9:00 AM - 5 PM)
Location: Extension Office & Off-site Tours

Day 1

FIELD TRIP to Local Farms



- Intro to Ag Lesson
- Local Day Field Trips (TBD)
- Hands-On Make & Take Workshop



Thursday July 27th (Meet @ 7:30 AM)
Friday July 28th (Return @ 7:00 PM)
Location: Drop Off & Pick-up at Extension Office

Day 2 & Day 3



FIELD TRIP to



- Overnight Field Trip to Shaker Village (Harrodsburg, KY)
- Visit Other Farms in Central KY
- Overnight Hotel-Stay

ALLEN COUNTY 4-H



BEACH PARTY

AT BARREN RIVER LAKE PARK - BEACH



4-H FAMILY DAY

- OPEN TO ALL CURENT/ INTERSTED 4-H FAMILIES
- LUNCH PROVIDED
- COST: \$5/PERSON
- RSVP & PAY BY: 6/21
- PREPARE FOR A DAY OF FUN, WEAR SWIMWEAR, TOWELS, ETC.



FOOD, FUN & SUN W/ 4-H

THURS. JUNE 29, 2023
10:30 AM - 2:30 PM

BARREN RIVER LAKE STATE PARK BEACH

1149 STATE PARK RD, LUCAS, KY 42156

OPEN TO ALL CURRENT/INTERSTED FAMILIES

ALLEN COUNTY 4-H Project SHOWCASE



4-H PROJECT CHECK-IN:

WEDNESDAY, JULY 12TH @ 1-5 PM
AND
THURS, JULY 13TH @ 7-10 AM



PUBLIC PROJECT VIEWING:

FRIDAY, JULY 14TH, 2023
8:00 A.M. - 4:00 P.M.



4-H PROJECT CHECK-OUT:

FRIDAY, JULY 14TH, 2023
12:00 P.M. - 4:00 P.M.

4-H Members may have already created these through these 4-H activities:

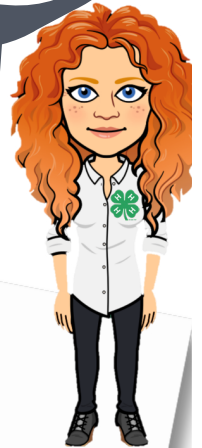
- Workshops
- Club Activities
- Create-at-Home

(Create these at home through At Home Learning!)

Why submit your 4-H Projects???

Not only do you get to show off your awesome talents for the community to see, but you also:

- Win ribbons based upon performance
- Receive premium money for your ALL your submissions.
- Compete to advance to State Fair Cloverville




ALLEN COUNTY
4-H Project 
SHOWCASE

2023 4-H PROJECT FAIRBOOK

4-H PROJECT CHECK-IN:
WEDNESDAY, JULY 12TH, 2023
1:00 P.M. - 5:00 P.M.

AND THURSDAY, JULY 13TH, 2023
7 A.M. - 10 A.M.

PUBLIC PROJECT VIEWING:
FRIDAY, JULY 14TH, 2023
8:00 P.M. - 4:00 P.M.

4-H PROJECT CHECK-OUT:
FRIDAY, JULY 14TH, 2023
12:00 P.M. - 4:00 P.M.

DISPLAY YOUR PROJECT

Qualifying entries will advance to the  KENTUCKY STATE FAIR

ALLEN COUNTY
4-H Project 
SHOWCASE

| | |
|---|-------|
| 2101: 4-H Tobacco Exhibit | pg 1 |
| 6012.1: 4-H Dairy Judging Contest | pg 4 |
| 6013.1: 4-H Country Ham Project | pg 5 |
| 6014.1: Avian Bowl | pg 7 |
| 6015: 4-H Horticulture & Plant Science | pg 8 |
| 6016: State Horticulture Contest | pg 10 |
| 6018: 4-H Crops Project | pg 11 |
| 6019: 4-H Land Judging and Home Site Evaluation | pg 14 |
| 6022: 4-H Lawn Tractor Operators Contest | pg 17 |
| 6023: 4-H Wood Science | pg 18 |
| 6026: Ecology, Natural Resources | pg 19 |
| 6027: 4-H Forestry | pg 20 |
| 6028: Geology | pg 24 |
| 6029: 4-H Arts | pg 25 |
| 6030: 4-H Photography | pg 28 |
| 6031: 4-H Sewing | pg 35 |
| 6032: 4-H Sewing Skillathon | pg 39 |
| 6033: 4-H Food Exhibits | pg 44 |
| 6034: 4-H Food Preservation Exhibits | pg 46 |
| 6035: 4-H Home Environment | pg 52 |
| 6036: 4-H Consumer & Financial Education | pg 78 |
| 6037: 4-H Leadership & Communications Project | pg 81 |
| 6038: 4-H Trends | pg 87 |
| 6039: 4-H Trends | pg 90 |
| 6040: 4-H Trends | pg 92 |



Check out our 4-H Fairbook Online at:
<https://allen.ca.uky.edu/4-h-project-fairbook>

NOTE: "Floral Hall" will now be recognized as our "4-H Project Showcase"

SHOOTING SPORTS CLUB



4-H Shooting
Sports Program
Archery, Rifle &
Shotgun Discipline
Practice Dates

SUMMER DATES

AT PARDUE FARMS - ALL
PRACTICES @ 9:30 AM

- May 6th
- May 27th
- June 3rd
- June 24th
- July 15th
- July 29th
- Aug. 5th
- Aug. 19th
- Sept. 9th - State Shoot

Questions? Call the Extension
Office (270) 237-3146



-Year End Member Recognition Form

-State Achievement Application

-Club Secretary Book

-Club Scrapbook

-Club Treasurer Reports

**4-H RECOGNITION BANQUET
PAPERWORK -
DUE AUGUST 31ST!!!!**

Don't delay, get started today!!!!

ALLEN CO. 4-H CULINARY TEAM



SUMMER 2023 MEETING DATES

- June 1st @ 3:30 - 6:00 PM
- June 22nd @ 3:30 - 6:00 PM
- June 29th @ 3:30 - 6:00 PM
- July 6th @ 3:30 - 6:00 PM
- Aug. 1st @ 3:30 - 6:00 PM
- Aug. 12th - ALL DAY CONTEST

All Meeting at Ext. Office
Large Rm/Kitchen

Adult Led by:
Melissa Biggs

OPEN TO ALL!!!

Junior Team: Ages 11-13
Senior Team: Ages 14-18

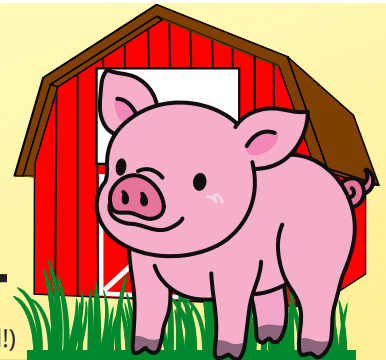
The Kentucky 4-H Jr. Culinary Challenge:
Saturday, August 12th, 2023 at the Boone
County Enrichment Center, Burlington, KY.
Registration Fee is \$40.00 per team.



2023 COUNTRY HAM

4-H PROJECT

(Prior registration required!)



SAVE THE DATES

Country Ham Education Sessions (must attend 2 of 3)

- May 2nd, 2023 @ 6:00 PM at Clifty Farms
- July 6th, 2023 @ 6:00 PM at Clifty Farms
- Aug. 3rd, 2023 @ 6:00 PM at Clifty Farms

Country Ham Speech Workshop (Optional)

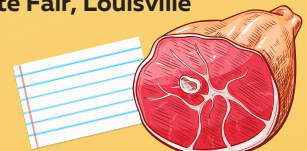
August 3rd, 2023 @ 3:30- 5:00 PM at Extension Office

State Country Ham & Speech Contest

August 17th, 2023 - KY State Fair, Louisville



Must compete with
your finished Ham &
Speech at State Fair





2023



ALLEN COUNTY LIVESTOCK SHOWS

JULY 10TH & 11TH, 2023

Contact Allen County Extension Office @ 270-237-3146 for more info.

Offering Dairy Cattle, Poultry, Market Sheep, Market Swine, Market Goats & Beef Cattle Shows

Allen County Fair Grounds
750 Rediger Drive, Scottsville, KY 42164

MONDAY, JULY 10TH

- Dairy Cattle Check-in @ 8 AM
- Dairy Cattle Show begins @ 9 AM
- Poultry Show begins @ 5 PM
(NEW Addition - Poultry Show (as of 2022!!!))

TUESDAY, JULY 11TH

- Weigh-in @ 5:30 PM (Sheep & Goats)
- Sheep & Goat Show begins @ 6:00 PM
- Weigh-in @ 6:30 PM (Swine & Cattle)
- Swine Show begins @ 6:45 PM
- Beef Show begins @ 7:00 PM

***Species Show Order: Market Lambs, Market Goats, Swine & Beef Cattle

*ALL SHOWS OPEN TO KENTUCKY RESIDENTS



W7-W8 4-H

Tractor

Driving Contest



Metcalfe County Fair Grounds

101 Fairgrounds Street
Edmonton, KY 42129

June 12, 2023

Contest begins at 9:30am



Chicken BBQ Camp & Contest

4-H Grilling

So you've never BBQ'd before? Not a problem. You will learn the basics at the camp.

June 28th, 2023

Located at Warren Co. Office:

5162 Russellville Rd. Bowling Green, KY
Register with your County Agent by June 9th

- 9:00 A.M. – Set Up and Registration
- 9:30 A.M. – Program Starts; Ends 12:00 P.M.
- 11:30 A.M. – Lunch

Bring With You:

- Apron
- Hair Restraint

Spaces limited to 20!!!



Chicken, Grill & Charcoal Will Be Provided

All participants may participate in the state contest,

Location: Hardin County Extension Office

Date: Saturday, July 29, 2023

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.



MAMMOTH CAVE AREA 4-H

Cupcake Wars

2 AUG



WARREN COUNTY EXTENSION OFFICE

REGISTRATION 9AM
CONTEST 10AM
JUDGING 11AM

THEME: TIME WARP

DEADLINE TO REGISTER JULY 26TH
CONTACT YOUR LOCAL OFFICE TO REGISTER

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
1-800-451-4246

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



ALLEN COUNTY

4-H SUMMER CAMP 2023

JULY 17-21 5 DAYS,
4 NIGHTS



Location: West KY 4-H Camp - Dawson Springs, KY

2023 4-H SUMMER CAMP RATES:

- **Early Bird Camper Rate** (ages 9-15): \$180 – Register by 4/14
- **Regular Camper Rate** (ages 9-15): \$200 (Registration After 4/14)
- **Sibling Camper Rate** (ages 9-15): \$180 for 1st Camper
& \$170 for each additional Sibling
- **Teen Leaders** (ages 16-17): \$100 (Leadership Role Required)
- **Adult Leaders** (ages 18+): FREE (Background Check Required)

**\$50 DEPOSIT WITH APPLICATION
REQUIRED TO HOLD CAMPER SPOT**



**PAPERWORK & PAYMENT:
DUE BY JUNE 15, 2023**



FORMS LOCATED ON COUNTY WEBSITE AT:

<https://allen.ca.uky.edu/program-areas/4-h-youth-development/4-h-camp-opportunities>

SCAN
ME 

Limited Scholarships given to
Families who participate in
Fundraising Opportunity:



"Summer Family Fun"
Raffle Basket
Fundraiser:
May 1-24



4-H Summer Camp Registration

Camp Registration in 5 quick & easy steps!!!

1

Step 1: Locate a 4-H Camp Application online at:
<https://allen.ca.uky.edu/program-areas/4-h-youth-development/4-h-camp-opportunities>

OR in-person at 200 East Main St.

2

Step 2: Complete your application and return to the Allen County Extension Office ASAP to reserve your spot.

3

Step 3: Pay a \$50 deposit fee at time of submitting your camp application. Remaining Payment due by June 15th.

4

Step 4: Fundraising starts on May 1st. This years "Summer Family Fun" Raffle fundraiser is currently going on May 1-24. Families requesting scholarship assistance must participate in fundraising efforts.

5

Step 5: Mark your calendar to attend 4-H Summer Camp Orientation on July 7th @ 6:30 - 8:00 PM

4-H Camp Registration Forms & Info located at:

<https://allen.ca.uky.edu/program-areas/4-h-youth-development/4-h-camp-opportunities>



SCAN
ME 

CALENDAR OF EVENTS - June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|--|--|
| | | | | 1 - Leather Workshop #2 @12:00 - 2:00 PM - Culinary Team @ 3:30 - 6:00 PM | 2 | 3 - Shooting Sports Practice @ 9:30 AM |
| 4 | 5 - District 6 Horse Show @ WKU | 6 | 7 < ----- STATE | 8 Leather Workshop #3 @12:00 - 2:00 PM ----- HORSE ----- | 9 -----CONTEST-----> | 10 |
| 11 | 12 - Area Tractor Driving Contest @ Edmonton @ 9:30 AM | 13 <----- STATE | 14 ----- TEEN ----- | 15 --- CONFERENCE--- | 16 - Camp Fees Due!!! -- LEXINGTON ----> | 17 - Shooting Sports Practice @ 9:30 AM |
| 18 | 19 JUNETENTH HOLIDAY OFFICE CLOSED | 20 - State Livestock Judging Contest - Lexington | 21 | 22 - Pencil Drawing Workshop @ 2:00 - 4:00 PM | 23 | 24 - Shooting Sports Practice @ 9:30 AM < ----- STATE -- |
| 25 | 26 ----- HORSE ----- | 27 - Baking Workshop @ 3:00 - 6:00 PM -----SHOW----- | 28 - Area Chicken BBQ Contest @ Warren Co. @ 9 AM-12 PM ----- | 29 - Family Beach Day @ Barren River State Park Beach @ 10:30 AM - 2:30 PM -----STATE----- | 30 - Cloverbud Camp @ West KY 4-H Camp ----- HORSE ----- | |

CALENDAR OF EVENTS - July 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|---|--|---|--|--|--|
| | | | | | | 1 <--CLOVERBUD-- |
| 2 ---- CAMP -----> | 3 | 4 4TH OF JULY (OFFICE CLOSED) | 5 | 6 - Country Ham Session #2 @ 6:00 PM @ Cliftys | 7 - 4-H Summer Camp Orientation - Campers @ 6:30 - 8 PM | 8 - State Communications Contest @ Jessamine Co. |
| 9 | 10 - Dairy Show, Check-in @ 8 AM, Show @ 9 AM - Pigs @ 6:30 PM - Poultry Show @ 5 PM <----- 4-H | 11 - Livestock Shows: - Sheep & Goats Weigh In @ 5:30 PM, Show @ 6PM - Pigs @ 6:30 PM - Cattle Weigh-in @ 6:30, Show @ 7 PM ----- FAIR ----- | 12 - 4-H Project Showcase Entry Drop-Off at 1-5 PM ----- PROJECT ---- | 13 - 4-H Project Showcase Entry Drop-Off @ 7 AM - 12 PM ----- SHOWCASE --- | 14 - 4-H Project Showcase Entry Public Viewing @ 8 AM - 4 PM - 4-H Project Pick-up @ 12 PM - 4 PM ----- WEEK -----> | 15 - Shooting Sports Practice @ 9:30 AM |
| 16 | 17 <----- 4-H | 18 ----- SUMMER --- | 19 ----- CAMP ----- | 20 --- @ WEST KY -- | 21 --- 4-H CAMP ---> | 22 |
| 23 | 24 - Cupcake Wars Registration Due | 25 - 4-H Council Meeting @ 5:15 PM | 26 < ----- AG | 27 -----ACADEMY--- | 28 --- PROGRAM ---> | 29 - Shooting Sports Practice @ 9:30 AM - State Chicken BBQ / Egg Demo Contest |



Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



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

Nutrition facts

per serving:
350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

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

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings

Serving size: 2 cups

Cost per recipe: \$11.52

Cost per serving: \$1.92

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.