

Greenup County 4-H News



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Greenup County
35 Wurtland Avenue
Wurtland, KY 41144
(606) 836-0201
Fax: (606) 836-0235
extension.ca.uky.edu

Happy
holidays

Reminders

Enrollment forms **MUST** be turned in by January 9th for youth to be able to participate in the Fair (show and sell)



**For More
Information**

Call- (606)836-0201

Email- presley.adkins@uky.edu

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

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

4-H Country Ham Project



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- Deadline to order is December 9th, 2022

- 4-H members will receive 2 hams to cure and they will learn how to cure them.

- 2 hams will be \$60
- All hams must be paid when you sign up for the project

- All participants will need to plan to be at the Extension Office on Martin Luther King Jr. Day for curing.

- Youth are required to give a 3-5 minute presentation at the KY State Fair.



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An illustration of a cow's head in profile, facing right. The cow has a white face with brown patches around its eyes and on its ears. It has small yellow horns. To the left of the cow is a stylized green tree with a brown trunk. The background is a light blue sky, and there is a strip of green grass at the bottom.

YOUTH LIVESTOCK TRAINING

SATURDAY, JANUARY 21ST
GREENUP COUNTY
EXTENSION OFFICE
9AM - NOON

EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

FESTIVE FRUIT WREATHS

INGREDIENTS

- 1 sliced whole wheat bagel
- 2 tablespoons low-fat fruit flavored cream cheese
- ½ cup sliced assorted fruit

DIRECTIONS

1. Separate bagel halves and toast if desired.
2. Spread each half with a tablespoon of cream cheese.
3. Sprinkle fruit on top. For a festive look, try sliced kiwi or green grapes and berries.



Nutrition Facts

2 servings per container	
Serving size 1 Wreath (104g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	6%
Potassium 101mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Jeanie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

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Save the Date

4-H Camp 2023

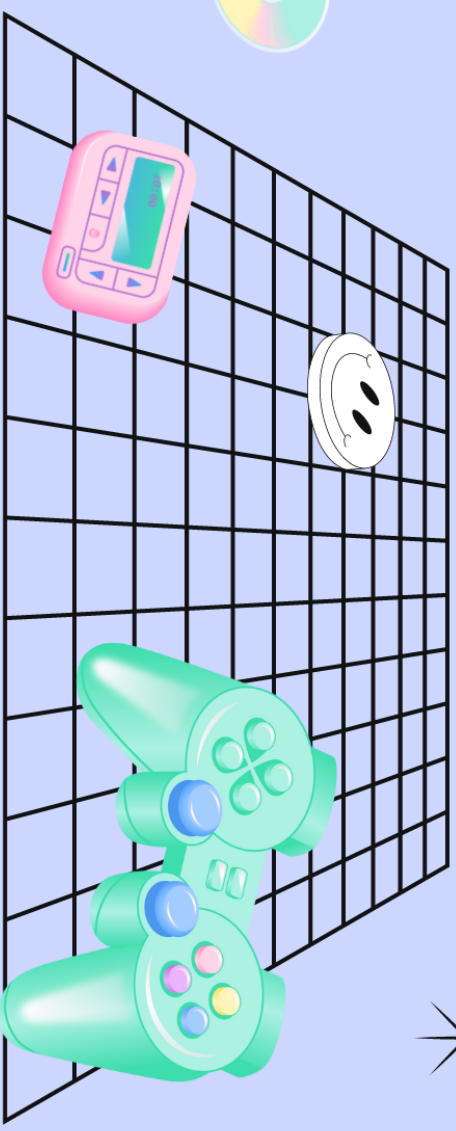
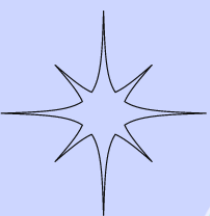
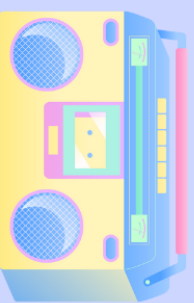
August 1-4



University of Kentucky
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BOYD-BATH-GREENUP-CARTER
TIME WARP



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35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

A handwritten signature in cursive script that reads "Presley Adkins Grubb".

Presley Adkins-Grubb,
Greenup County
Extension Agent for
4-H & Youth
Development

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).