

Lewis CountyOffice

Newsletter

4-H YOUTH DEVELOPMENT

Fall 2023

Back To School

Welcome to the 2023-24 school year! The new year is a great time to make new starts, try new things and meet new friends. Young people can do all of this through 4-H.

4-H offers experiential learning to youth ages 9 to 18 with something for all interests. Through 4-H, youth can develop a new hobby or learn more about a particular topic that already interests them. By participating in 4-H, young people develop many essential life skills, including responsibility, leadership, effective communication and self-esteem.

Young people can take part in 4-H by getting involved in clubs or completing projects. Clubs provide them with a chance to learn something new, practice leadership skills and make new friends. Topics vary across the state depending on local youth interests and range from animals to communications to financial management. From science to crafts, youth of all ages and abilities will find something that interests them in 4-H projects. By completing projects, they not only develop new interests and

hobbies but also important skills such as selfconfidence, time management and critical thinking.



Lexington, KY 40506



Lewis County 4-H Shooting Sports

The Lewis County Shooting Sports team has been practicing and competing all summer. Coming up September 9th is the state shooting sports contest. Team members will be competing in .22 rifle and five members will also compete in pistol. If previous performance is a guide Lewis County can expect to do very well.

On August 19th the Lewis County 4-H Shooting Sports team competed at the Bracken County Invitational. In the .22 pistol contest 15-18 year old division Morgan Staggs placed second. In the 12-14 year old .22 division Max Stamper placed first, Raylan Bolander placed second, and Laura Horsley placed 3rd. In the 9-11 year old .22 rifle division Jameson Switzer placed 2nd and Duke Walters placed 3rd. In the 12-14 year old .22 rifle division Raylan Bolander placed 1st, Max Stamper placed 2nd, and Daisuke Wilder-Hamilton was tied for 3rd so a tie breaker was held which place Wilder-Hamilton in 4th place. In the 15-18 year old .22 division Morgan Staggs placed 1st.

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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

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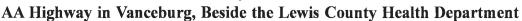






Lewis County 4-H

September 30th, 2023 **Lewis County Farmers Market**









Best Painted and Best Decorated

\$50.00 sponsored by Primary Plus 1st Place

Sponsored by Farmers 2nd Place \$35.00

Co-Operative Insurance

3rd Place \$25.00 Sponsored by Trace Creek

Judging

Registration 10:00 a.m.-10:30a.m

10:30a.m.

- -Must attend school in Lewis County
- This includes home school students
- -Only 1 entry per category
- -Best Painted pumpkin may be purchased but must be painted by the individual 4-Her
- -Best painted is painted only, nothing added to it
- -Best decorated pumpkin may be purchased but must be decorated by the individual participant
- -Best decorated pumpkin can be a mixture of media. It can be painted, carved, as well as adding ornamental decorations
- -Pumpkins may be dropped off the morning of the event but the participant must be present when the awards are announced, around 11:00 a.m.
- -There will be no early entries
- -Ribbons and prize money will be awarded for 1st, 2nd, and 3rd place for each category

Best Painted Pumpkin Categories Age 7 to 8 year old Cloverbuds Age 9-13 Junior 4-Her's Age 14-18 Senior 4-Her's

Best Decorated Pumpkin Categories Age 7-8 year old Cloverbuds Age 9-13 Junior 4-Her's Age 14-18 Senior 4-Her's

Sponsoring 1st place for all 6 categories is Primary Plus Sponsoring 2nd place for all 6 categories is Farmers Co-Operative Insurance Sponsoring 3rd place for all 6 categories is Trace Creek Construction

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LEWIS COUNTY VEGETABLE PRODUCERS

SEPTEMBER 30, 2023 8:00 A.M. - 2:00 P.M.
APPLE PIE CONTEST ENTRIES TAKEN FROM 11:30 A.M. - NOON

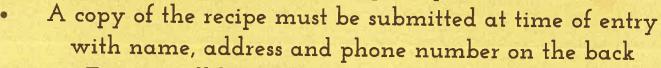


Get your produce, crafts and other items during our annual Harvest Fest!

An apple pie contest will be held for ages 9-13, 14-17 and adult 18 and up

Rules

One pie entered per person Pies must be completely cooled



Entries will be taken from 11:30 a.m. - 12:00 noon

For questions or to secure a spot to sell your goods, please call the Lewis County Extension Office at 796-2732

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

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Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese 1/2 cup canola oil

1 (18 ounce) package vellow butter cake mix 1 (5 ounce) package instant vanilla pudding

2 large egg whites

2 teaspoons vanilla

extract 2 cups fresh

blueberries 2 large eggs

1. Preheat oven to 325° F.

- 2. Lightly spray Bundt pan with nonstick 7. Bake 60 minutes or until wooden cooking spray and dust with flour.
- 3. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold in berries.

6. Spoon batter into prepared pan.

- toothpick inserted in center comes out
- 8. Cool cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber;

23q sugar; 4q protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Blueberries

SEASON: Mid-June through July

NUTRITION FACTS: One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

SELECTION: Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

STORAGE: Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

PREPARATION: Blueberries can be served fresh or used in cooking. Cooking blueberries in batter

Source: www.fruitsandveggiesmatter.gov

may cause their color to turn greenish-blue, but change in color does not affect flavor.

Freezing: Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

BLUEBERRY

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

May 2011

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COOPERATIVE





Sincerely,

Sherrill Bentley

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County Extension Agent 4-H Youth Development

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