

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 self-confidence, time management and critical thinking.



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 placed 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

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Disabilities
accommodated
with prior notification



Lewis County 4-H



September 30th, 2023

Lewis County Farmers Market

AA Highway in Vanceburg, Beside the Lewis County Health Department

PUMPKIN CONTEST

Best Painted and Best Decorated



| | | |
|------------------|----------------|--|
| 1st Place | \$50.00 | sponsored by Primary Plus |
| 2nd Place | \$35.00 | Sponsored by Farmers Co-Operative Insurance |
| 3rd Place | \$25.00 | Sponsored by Trace Creek |

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

Rules

- 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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 Lexington, KY 40506



Disabilities accommodated with prior notification.

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


Harvest Fest



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
- A copy of the recipe must be submitted at time of entry with name, address and phone number on the back
- 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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Blueberry Cream Cheese Pound Cake

| | | |
|---|---|-----------------------------|
| 1 (8 ounce) package fat free cream cheese | 1 (5 ounce) package instant vanilla pudding mix | 2 teaspoons vanilla extract |
| ½ cup canola oil | 2 large egg whites | 2 cups fresh blueberries |
| 1 (18 ounce) package yellow butter cake mix | 2 large eggs | |

1. Preheat oven to 325° F.
 2. Lightly spray Bundt pan with nonstick 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.
 7. Bake 60 minutes or until wooden toothpick inserted in center comes out clean.
 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; 23g sugar; 4g 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
EXTENSION
SERVICE



Sincerely,

Sherrill Bentley

Sherrill Bentley
County Extension Agent
4-H Youth Development

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