

Allen County 4-H Youth Development Newsletter

April 2025 / May 2025 Newsletter

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

**Allen County
Cooperative Extension Service**
200 East Main Street
Scottsville, KY 42164
Phone: (270) 237-3146
Fax: (270) 237-5716
Web: <https://allen.ca.uky.edu/>

Monday—Friday
8:00 a.m.—4:30 p.m.
(With the exception of Holidays)

Message from 4-H Agent Anna:

SHARE THIS NEWSLETTER WITH THE ENTIRE FAMILY!!!

Hello 4-H Families! And hello SPRING!!!

As the school year starts to wrap up, we hope your family will take advantage of all the fun and exciting activities 4-H has to offer.

If you haven't participated before, we heavily encourage youth to try out our 4-H Workshop Wednesdays that occur on 1st & 3rd Wednesdays each month after school. Did we mention these all start at 3:30 PM during the school year??? Therefore making travel arrangements is made even easy if youth take advantage of riding Bus #1 to the Extension Office.

Participating in 4-H Workshops are not only fun, but they also help your 4-H Member prepare projects for 4-H Fair & Project Showcase. Most all of our 4-H workshops align with Fair Eligible projects.

Start planning now for 4-H Fair Projects - COMING JULY 2025. For more submissions options, check out our 4-H Fairbook located on our website. More info inside newsletter...




Anna Meador

Anna Meador
4-H Youth Development Agent




This issue:

- Bulletin Board Workshop
- Stepping Stone Workshop
- Art/Drawing Workshop
- Leaf Collection Workshop
- Country Ham Dates
- Animal/Livestock Shows
- Scholarship Deadline
- Save the Dates
- 4-H Achievement
- Spotlights
- 4-H Project Showcase
- AG Academy
- Teen Conference
- Summer Fun Raffle
- 4-H Summer Camp
- Cloverbud Camp
- Summer Camp Flyer
- Club Flyers
- April / May Calendars
- Cauliflower Bites Recipe



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!





Follow us at:
Allen County 4-H
Youth Development

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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4-H NEWSLETTER

PAGE 01



ALLEN COUNTY

4-H WORKSHOPS



Make A Bulletin Board Workshop



Wed. April 2nd @3:30-5:00 PM

Large Rm, Extension Office

- **Ages: 9-18**
- **Cost: \$5.00**
- **RSVP: Call 270-237-3146 ASAP to register (limited to 20)**

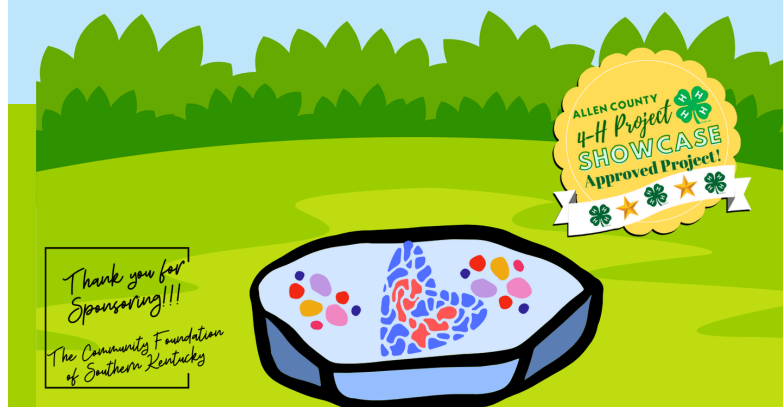


Thank you for
Sponsoring!!!
The Community Foundation
of Southern Kentucky

STEPPING STONE 4-H WORKSHOP

WED. APRIL 16TH @3:30-5:00 PM

- **COST: \$5.00**
- **AGES: 9-18**
- **SPOTS LIMITED TO 20!!!**
- **REGISTER & PAY BY: 4/9**
- **MUST RSVP TO ATTEND: 270-237-3146**



Thank you for
Sponsoring!!!
The Community Foundation
of Southern Kentucky

Art & Drawing 4-H Workshop

Wed. May 7th

@ 3:30 - 5:00 PM - Large Rm

- **Cost: \$5.00**
- **Ages: 9-18.**
- **Cloverbuds ages 5-8 Welcome with Adult**
- **Register & Pay by: 4/30**
- **Must call to register, 270-237-3146**



Thank you for
Sponsoring!!!
The Community Foundation
of Southern Kentucky

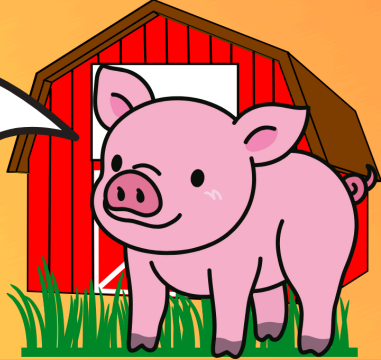
4-H Project Workshop: Leaf Collections Forestry Field Trip



- **What: Forest Walk, Collect Leaves & Leaf Press for Leaf Collection Book**
- **Date: Wed. May 21st, 2025**
- **Location: To Be Announced**
- **Time: To be Announced (Day Field Trip Style)**
- **Cost: None**
- **RSVP by 5/14 by calling 270-237-3146**
- **Instructors: Steve & Quinn Hartman**



2025 Country Ham Project Group Dates



• Session #1:

Sat. March 29th @ 8 AM - 9:30 AM @ Clifty Farms

• Session #2:

Sat. June 14th @ 8 AM - 9:30 AM @ Clifty Farms

• Session #3:

Sat. July 19th @ 8:00 AM - 9:30 AM @ Clifty Farms

• State Fair Country Ham Contest:

Thurs. Aug. 14th (All Day Event)

• Other Learning Opportunity Dates to come!!!

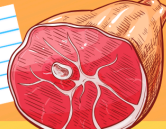
• Clifty Farms Address:

487 Maysville Rd, Scottsville, KY 42164

- **Requirements:** Youth must attend 2 of 3 sessions & present a Country Ham Speech at State Fair to keep their hams.



Compete with your finished Ham & Speech at State Fair



2025

ALLEN COUNTY LIVESTOCK SHOWS



ALL ANIMAL SHOWS - JULY 15TH, 2025

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

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

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

TUESDAY, JULY 15TH

- Dairy Cattle Check-in @ 8 AM
- Dairy Cattle Show begins @ 9 AM
- Youth Poultry Show begins @ 3 PM
- Market Sheep & Goat Weigh-in @ 5:00 PM
- Market Sheep & Goat Show begins @ 5:30 PM
- Market Swine & Cattle Check-in @ 6:30 PM
- Market Swine Show begins @ 7:00 PM
- Beef Breeding Show begins @ 7:15 PM

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

***MARKET SHOWS OPEN TO YOUTH, BREEDING SHOWS OPEN TO YOUTH/ADULT SHOWERS**



NEW 4-H SCHOLARSHIP Opportunity



COMING IN MARCH 2025
OPEN MARCH 15TH - APRIL 15TH

SCHOLARSHIPS FOR GRADUATING SENIOR 4-H MEMBERS, RANGING FROM \$700 - \$1,000 FOR UP TO THREE 4-H SENIORS.

CONTACT AGENT ANNA FOR A COPY OF SCHOLARSHIP APPLICATION.

SAVE-THE-DATES

- 4/8-4/12: Jekyll Island Trip
- 4/17: Reality Store (Vols Needed)
- 4/25-4/27: Horse Camp
- 5/28-8/30: AG Academy
- 6/3-6/4: Area Horse Show
- 6/9-6/13: Teen Conference
- 6/20-6/22: Cloverbud Camp
- 6/30-7/4: 4-H Camp
- 7/14-18: 4-H Project Showcase
- 7/15: Dairy, Poultry & Livestock Shows (Sheep, Goat, Pig, Beef)
- 8/14: State Fair Begins
- 9/1: 4-H Registration Begins for 2025-2026 Program Year!





ALLEN COUNTY

4-H SPOTLIGHT



Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



ADALYN SKIPWORTH

GOLD HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



AMALIE SEIFRIG

GOLD HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



PAISLEE HARPER

SILVER HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



WYATT SEIFRIG

SILVER HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



HUDSON HARPER

BRONZE HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



PAYTON TOWE

BRONZE HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



LUKE GSCHWEND

BRONZE HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



KARENA GSCHWEND

BRONZE HONOR AWARD

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



EMMA CHARLTON

Clover Level 3

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



ZOXY BEQUEATH

Clover Level 3

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



BROOKLYN BIGGS

Clover Level 3

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



MAKENLEE KEITH

Clover Level 2

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



BEN BROWN

Clover Level 2

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



DAX HARPER

Clover Level 2

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



MATTISYN KEITH

Clover Level 1

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

Congratulations!

**KENTUCKY 4-H
ACHIEVEMENT RECIPIENT**



CARSON DALTON

Clover Level 1

FOR THEIR ACCOMPLISHMENTS
IN THE 2023 - 2024
KENTUCKY 4-H ACHIEVEMENT PROGRAM

ALLEN COUNTY 4-H Project SHOWCASE



4-H PROJECT CHECK-IN:

MONDAY, JULY 14, 2025
1:00 P.M. - 5:30 P.M.
AND TUESDAY, JULY 15TH, 2025
8:00 A.M. - 1:00 P.M.



PUBLIC PROJECT VIEWING:

THURSDAY, JULY 17, 2025
8:00 A.M. - 4:30 P.M.

AND FRIDAY, JULY 18TH, 2025
8:00 A.M. - 12:00 P.M.



4-H PROJECT CHECK-OUT:

FRIDAY, JULY 18TH, 2025
12:00 P.M. - 4:00 P.M.

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

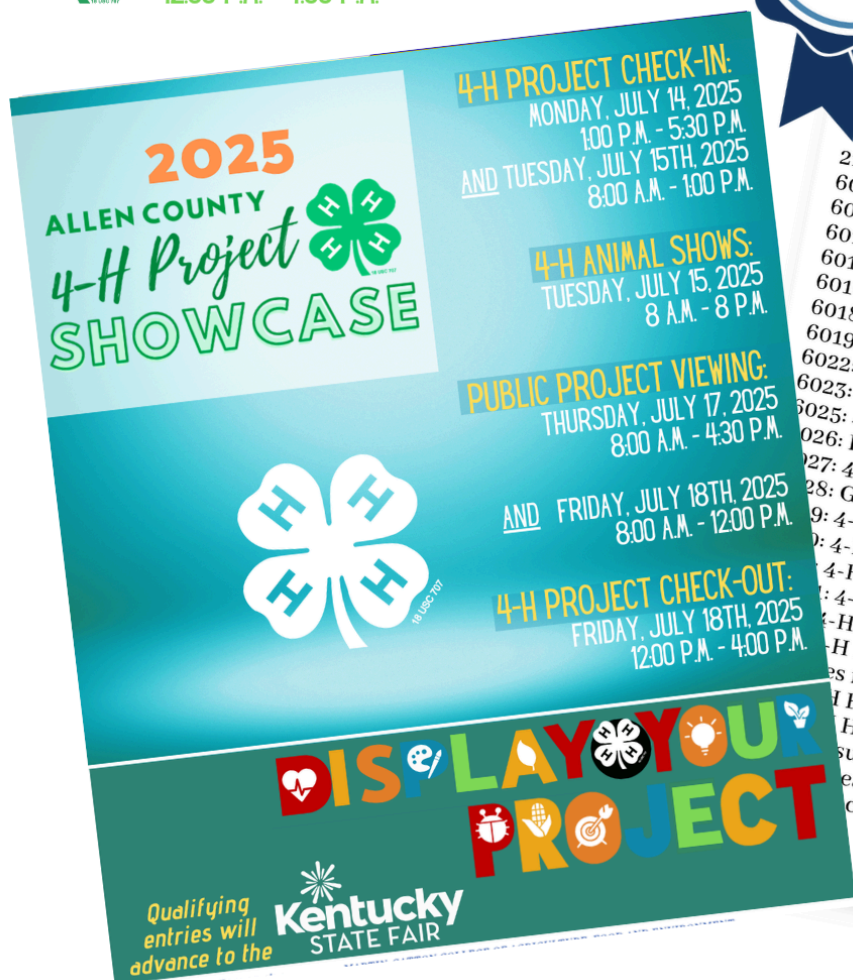
- Workshops
- Club Activities
- Create-at-Home

(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

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 Tractor Operators Contest	pg 17
6023: 4-H Lawn Tractor Operators Contest	pg 18
6025: 4-H Wood Science	pg 19
6026: Ecology, Natural Resources	pg 20
6027: 4-H Forestry	pg 24
6028: Geology	pg 25
6029: 4-H Arts	pg 28
6030: 4-H Photography	pg 35
6031: 4-H Sewing	pg 39
6032: 4-H Sewing Skillathon	pg 44
6033: 4-H Needlework Department	pg 46
6034: 4-H Food Exhibits	pg 52
6035: 4-H Food Preservation Exhibits	pg 54
6036: 4-H Home Environment	pg 78
6037: 4-H Consumer & Financial Education	pg 81
6038: 4-H Leadership & Communications Project	pg 87
6039: 4-H Lucky 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>



2025

AG-ACADEMY

Cost: \$100.00
3 Day, 2 Nights,
including Breakfast
& Dinner. Lunches
not included

**Registration
Begins 4/1 at
3:30 PM**
(No Pre-registration
Accepted)

**Spaces limited
to 1st EIGHTEEN
youth ages 9-18**

**Cloverbuds
may attend
Day 1 with
Parent
Chaperone**

Day 1: Wed. May 28th, approx. 8:00 AM (overnight)

Day 2: through May 29th, approx. 7:00 AM (overnight)

Day 3: through Fri. May 30th, approx. 5:00 PM

Day 1



**FIELD
TRIP**

to

**Local
Farms**



Location: Extension Office & Off-site Tours + Overnight Stay

Tours to: Red Hill Farms, Owl Holler & Pedigo Farms

Day 2

Day 3



**OVERNIGHT
FIELD
TRIP**

to

**Ag Experience
w/ UK Farms**



Location: Tour UK Farms, Horse Farms + Overnight Experience in Harrodsburg KY

*Tours to: UK Animal Science Farms, UK Horticulture Farm,
Horse Farms, Food Chain & MORE!!!*





TEEN CONFERENCE

FIND YOUR SPARK AND BUILD FRIENDSHIPS



**10th - 13th June
2025**

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members (current 8th through 12th grades). This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

**CONTACT AGENT ANNA FOR REGISTRATION
PAPERWORK AND/OR QUESTIONS!**

COST: \$200
Additional Scholarship Discounts for
Recipients of Bronze, Silver or Gold



2025

Allen Co. 4-H Council Presents:
Summer 4-H Fundraising Opportunity



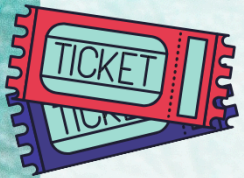
SUMMER FAMILY FUN BASKET RAFFLE



**Come to our Office to get your 2025
Fundraising Packet on April 1st !**

Open to ALL 4-H Youth: Youth to receive 70% of sales back in 4-H Bucks (*Expires Dec. 2025*) to go towards use for their 4-H activities (Camp, Conferences, Workshops, etc.) & 30% returns to 4-H Council for future program funding opportunities.

- Raffle Sales Begin: Tues. April 1st – May 1st
- Raffle Forms/Stubs Return: Friday. May 2nd by 4 PM
- Raffle Drawing: Fri. May 9th @ 12 PM



**Enter for a chance to win a basket
of summer Fun Experiences for the
entire Family!!! Valued over \$500**

\$5

PER TICKET



4-H SUMMER CAMP

2025

SUNDAY
6/29/25 -
THURSDAY
7/3/25



- **Open to Allen County Youth:** Ages 9-15, Teen Ages 16-17 and Adult Chaperones Ages 18+
- **To Register:** Return Camp Form & \$50 Deposit to Allen Co. Extension Office at 200 East Main St.
- **Payment Due:** by 5/31 to Extension Office
- **Fundraising Opportunity begins:** 4/15
- **For more Info:** Call (270) 237-3146 or Email: allen.ext@uky.edu
- We Camp with Allen, Simpson, Warren & Hardin Co.
- **Forms Available online at:** https://allen.ca.uky.edu/4h_forms

SPOTS LIMITED!!!

- **Camper Fee:** \$225
- **Sibling Rate:** \$20 Discount per additional camper
- **Teen Rate (Ages 16 & 17):** \$130
- **Adult Chaperones (Age 18+):** FREE





1

*Step 1: Locate a 4-H Camp Application online at:
https://allen.ca.uky.edu/4h_forms
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 May 31st.

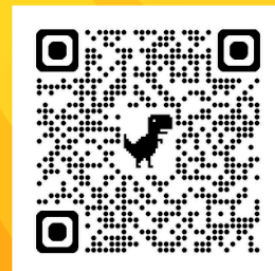
4

Step 4: Fundraising starts on April 15th. This years Raffle Fundraiser will run mid-April through mid-May. Families requesting scholarship assistance must participate in fundraising efforts.

5

Step 5: Mark your calendar to attend 4-H Summer Camp Orientation on June 17th @ 6:30 - 8:00 PM

**4-H CAMP REGISTRATION FORMS
& INFO LOCATED AT:
https://allen.ca.uky.edu/4h_forms**



WEST KY



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

CLOVERBUD CAMP

ONCE UPON A CAMP

JUNE 20-22, 2025

Dawson Springs, KY

- Youth must be accompanied by an adult
- Adults must complete the Volunteer Background Check paperwork
- Camp paperwork & forms can be found on warrencountyextension.com/cloverbud-camp-sign-up

\$170: YOUTH 5-8

\$160: ADULTS 16+

EVENTS

Ag, Canoeing, Cooking, Crafts, Fishing, Low Ropes, Nature, Recreation, Swimming

QUESTIONS?

Contact Anna Meador
anna.meador1@uky.edu
270-237-3146

APPLICATIONS DUE MAY 14TH





ALLEN COUNTY 4-H CLUBS



ALLEN COUNTY COOPERATIVE EXTENSION

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



OUTDOOR ADVENTURE CLUB

AGES 9-18

Monthly Meetings

3RD THURSDAYS

3:30 - 5:00 PM

EXTENSION

OFFICE/BASEMENT -

NOTICES BEFORE OFF-
SITE MEETINGS

COMING
2025!!!

- JAN. 16TH
- FEB. 20TH
- MAR. 20TH
- APRIL 17TH
- MAY 15TH



2024-2025

Youth are welcome to ride Bus #1
to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.

CLUB LEADER: AMANDA PATRICK

SHOOTING SPORTS CLUB



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

STARTING

2025

4-H S. SPORTS
SEASON

2025 DATES:

CLASSROOM MEETINGS

• SESSION #1:

FEBRUARY 11TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.

• SESSION #2:

FEBRUARY 13TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.

• SESSION #3:

FEBRUARY 18TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.

SAFETY EDUCATION REQUIRED
BEFORE IN-PERSON PRACTICES

Questions? Call the Extension

Office (270) 237-3146



4-H Teen Club

2024-2025

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



Open to Youth Grades 7th - 12th



Community
Service

Leadership

Travel

Life
Skills

Fun



Experiences

Team
Work

Monthly Meetings

2nd Mondays - County & Area Teen Clubs

- Oct. 21st @ 4-6 PM (Allen Ext. Office)
- Nov. 11th @ 4-8 PM (Travel to Warren)
- Dec. 9th @ 4-6 PM (Allen Ext. Office)
- Jan. 13th @ 4-8 PM (Travel to Barren)
- Feb. 10th @ 4-6 PM (Allen Ext. Office)
- Mar. 10th @ 4-8 PM (Travel to Warren)
- April 14th @ 4-6 PM (Allen Ext. Office)
- May 12th @ 4-8 PM (Travel to Barren)

Note: Must RSVP w/ Agent Anna for
Travel Meetings. Space limited.

Club Leader: Agent Anna



2024-2025

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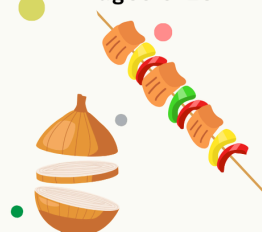
Allen County Extension Services



Cooking Club

2024-2025

limited to 20 youth
ages 9-18



ALLEN COUNTY
EXTENSION OFFICE
3:30 PM-5:30 PM
MONTHLY MEETING
1ST TUESDAY OF THE
MONTH

IN THE LARGE ROOM

- OCT. 1ST
- NOV. NO MEETING
- DEC. 3RD
- JAN. 7TH
- FEB. 4TH
- MAR. 4TH
- APRIL 1ST
- MAY 6TH

Pre-Register
Monthly, call
(270) 237-3146

Club Leader: Nancy Owens



2024-2025

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to Extension Office for after-
school meetings @ 3:30 or 4 PM:
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Martin-Gatton
College of Agriculture,
Food and Environment



ALLEN COUNTY 4-H CLUBS



4-H

Allen County Extension



Martin-Gatton
College of Agriculture,
Food and Environment

CLOVERBUDS

2024 - 2025 CLUB DATES



Monthly Meetings

1st Thursday @ 5:30-6:30 PM

Allen County Extension Office/Large Room

One Parent/Guardian per family required to attend with Cloverbud Members

MEETING DATES:

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- March 6th
- April 3rd
- May 1st



Open to ages 5-8
Explore everything
4-H has to offer!

Allen County Cooperative Extension

2024-2025



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

Art Club



Spaces Limited...
Pre-Registration
REQUIRED at start
of program year.
Call (270) 237-3146

Club Leader: Allison Denny
& Melissa Biggs
Ages: 9-18

MEETING DATES

Second Thursdays
@ 3:30-5:00

at Extension Office in the
Large Room!

- October 17th (3rd Thurs)
- November 14th
- December 12th
- January 9th
- February 13th
- March 13th
- April 17th (3rd Thurs)
- May 8th

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ALLEN COUNTY COOPERATIVE EXTENSION



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

WELLNESS WARRIORS



2024-2025



Monthly Meetings

4TH WEDNESDAYS

3:30 - 5:00 PM

EXTENSION OFFICE/LARGE ROOM

- Oct. 23rd
- Nov. 27th
- Dec. 11th (2nd Wed.)
- Jan. 22nd
- Feb. 26th
- Mar. 26th
- April 23rd
- May 28th



Ages 9-18

Club Leader: Erica Hanner



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Allen County

Cooperative Extension Services



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



"HELPING HANDS" 4-H COMMUNITY CLUB

MONTHLY MEETINGS
3:30 PM- 5:00 PM
AT EXTENSION OFFICE
IN THE BASEMENT

Ages: 9-18 (Cloverbuds welcome with adult)

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- Mar. 6th
- April 3rd
- May 1st



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200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.



Club Leader: Kristen Tabor



ALLEN COUNTY 4-H CLUBS



Allen County Cooperative Extension

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

S.E.T. (Science.Engineering.Technology)

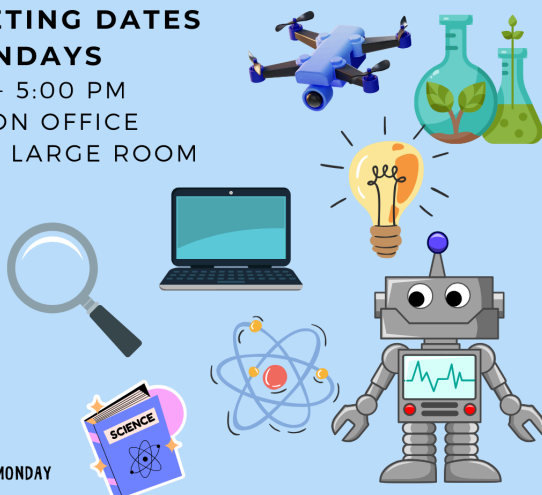


PROJECT CLUB 2024-2025

MONTHLY MEETING DATES 4TH MONDAYS

TIMES: 3:30- 5:00 PM
AT EXTENSION OFFICE
LOCATED IN THE LARGE ROOM

- OCT. 28TH
- NOV. 25TH
- DEC. 23RD
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH 3RD MONDAY



CLUB LEADERS:

JENNIFER AND VANOUS BROWN
AGES: 9-18



Youth are welcome to ride Bus #1
to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.

2024-2025

Allen County Cooperative Extension

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

LIVESTOCK CLUB 2024-2025

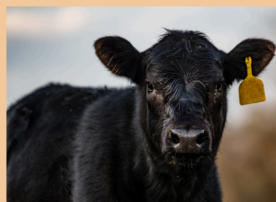
MONTHLY MEETINGS 4TH MONDAY'S 6:00 - 7:30

LOCATION
EXT. OFFICE/LARGE ROOM

OPEN TO AGES 9-18
CLOVERBUD LIVESTOCK EXHIBITORS
WELCOME WITH ADULT

- OCT. 28TH
- NOV. 25TH
- DEC. 9TH (2ND MONDAY)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APRIL 28TH

CLUB LEADER: ROBIN DALTON



2024-2025

Allen County Cooperative Extension

Horsin' Around CLUB



MONTHLY MEETINGS
4TH MONDAY'S
6:30 PM- 7:30 PM
AT EXTENSION OFFICE
LOCATED IN BASEMENT

--- OPEN TO AGES 9-18 ---

- OCT. 28TH
- NOV. 25TH
- DEC. 16TH (3RD MON)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH (3RD MON)



Western Riding



English Riding

CLUB LEADERS :
TRACI TRASKY & MADISON WOODS

Allen County Extension Services

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

4-H Poultry Club 2024-2025



Meetings on 3rd Thursdays 5:30-6:30
@Allen County Extension Office, Basement Room

Ages: 9-18 (Cloverbuds welcome with adult)

Enter this 81010 into a text message, text the message @4b9b4 to join the poultry remind group.

Meeting Dates:	
Oct. 17th	Feb. 20th
Nov. 21th	Mar. 20th
Dec. 19th	April 17th
Jan. 16th	May 15th

Club Leader: Elizabeth Bequeath



APRIL



2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Cooking Club @ 3:30-5:30 PM	2 Bulletin Board Workshop 3:30-5:00 PM	3 Cloverbuds @ 5:30-6:30 PM Large Room Helping Hands 3:30-5:00 pm Large Room	4	5 Shooting Sports Practice @ 9:30-11:00 AM
6	7	8	9 4 - H C A M P J E K Y L L T R I P	10	11	12
13	14 4-H Teen Club @ 4-6 PM Allen County	15	16 Stepping Stone Workshop 3:30-5:00 PM	17 Outdoor Adventure 3:30 - 5:00 PM, Large Rm Art Club @ 3:30 - 5 P, Large Room Poultry Club - @ 5:30 - 6:30 PM Basement	18	19 Shooting Sports Practice @ 9:30-11:00 AM
20	21	22	23 Wellness Warriors 3:30-5:00 PM/Large Room	24	25 Horse Camp	26 @ W K U
27 Horse Camp	28 S.E.T. Club 3:30-5:00 PM Large Room Horsin' Around Club 6:30-7:30 PM/Basement Livestock Club 6-7:30 PM Large Room	29	30			

MAY



2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Cloverbuds @ 5:30-6:30 PM Large Room Helping Hands 3:30-5:00 pm Large Room Teen Conference Registration Deadline	2 Raffle Fundraiser Packets Due	3
4	5 Area Communications Contest @ 6 PM at Barren MS	6 Cooking Club @ 3:30-5:30 PM	7 Workshop @ 3:30-5:00 PM	8	9 Raffle Fundraiser Drawing	10 Shooting Sports Practice @ 9:30-11:00 AM
11	12 4-H Teen Club @ 4-8 PM Barren County	13 4-H Council Meeting @ 5:00 PM	14	15 Outdoor Adventure 3:30 - 5:00 PM Large Room Poultry Club - @ 5:30 - 6:30 pm Basement	16	17
18	19 S.E.T. Club 3:30-5:00 PM Large Room Horsin' Around Club 6:30-7:30 PM/Basement Country Ham Info Session @ 5:30 - 7:30 PM at Warren CES	20	21 Leaf Collection Workshop @ 3:30-5:00 PM	22	23	24
25	26	27	28 A G - A c a d e m y Wellness Warriors 3:30-5:00 PM/Large Room	29 A G - A c a d e m y	30 4-H Camp Registration Due - 6/2	31 Shooting Sports Practice @ 9:30-11:00 AM





Allen County
Cooperative Extension Service
200 East Main Street
Scottsville, KY 42164
Phone: (270) 237-3146
Fax: (270) 237-5716
Web: <https://allen.ca.uky.edu/>

Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 40 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Nutrition facts

per serving:
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

