

# LaRue County 4-H



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



## NEWSLETTER

# March 2023

Cooperative Extension Service

LaRue County  
PO Box 210, 807 Old Elizabethtown Rd.  
Hodgenville KY 42748-0210  
(270) 358-3401  
Fax: (270) 358-9418  
larue.ca.uky.edu

# LARUE COUNTY FAIR

July 27-29

July 27 **ENTRY DAY: 4-H & FLORAL HALL**

**GOAT SHOW**

**Dairy Show**

July 28

**Kids Day**

July 29

**Poultry Show**

**Beef Show**

University of Kentucky  
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# 2023 Extension EXPO

A community event with over 70 booths representing area businesses and organizations!

**MARCH 25th**

#REVIEWLARUE

SCREENINGS  
DEMONSTRATIONS  
GIVE AWAYS

**10AM-2PM**

**LARUE COUNTY HIGH SCHOOL GYMNASIUM**  
911 S. Lincoln Blvd., Hodgenville

**YUM! CONCESSIONS**  
LARUE COUNTY PORK PRODUCERS

LC Conservation District

**TREES** FREE while supplies last

**LEHS Project Grad PICTURES WITH THE EASTER BUNNY \$5.00**

Join Us!

Sincerely,  
*Misty Wilmoth*

Misty Wilmoth  
LaRue County Extension Agent  
For 4-H Youth Development  
mwilmoth@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.

# MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 	4	5
6	7 	8	9	10	11 	12
13 	14	15	16	17	18	19
20 	21 	22	23 	24	25	26
27	28 	29	30	31		

**3/03 - TEEN CLUB - 2:00 P.M. - LCHS GREENHOUSE**

**3/07- WRANGLERS HORSE CLUB - 6:00 P.M. - LARUE COUNTY EXTENSION SERVICE**

**3/11 - CANOE & KAYAK - ROUGH RIVER**

**3/13 -LIVESTOCK CLUB - 6:00 P.M. - LARUE COUNTY EXTENSION SERVICE**

**3/20 -CANOE & KAYAK - 6:30 P.M. - LARUE COUNTY EXTENSION SERVICE**

**3/21- DOG CLUB - 6:00 P.M. - LARUE COUNTY EXTENSION SERVICE**

**3/23 - CLOVERBUDS - 5:00 P.M. - LARUE COUNTY EXTENSION SERVICE**

**3/28 - GARDENING CLUB- 5:00 P.M. - LARUE COUNTY EXTENSION SERVICE**



# YOUR DONATION

GIVE \$10 WITH EACH AG TAG

# YOUR COMMUNITY

HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

# OUR LEADERS

SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.



# SAVE THE DATE



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



4-H Youth Development

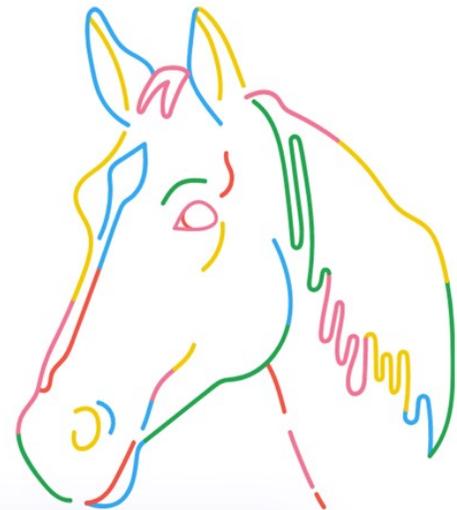
## Bluegrass 4-H Horse Camp April 27-30 - Central KY Ag

### Expo

Riding Styles:  
Western Pleasure,  
Ranch, Speed, Mini,  
Hunter, WRM, &  
Horseless



### Clinic



# NEON RODEO

Registration fee: \$100/Youth \$25/ Adult

Arrival Thursday pm / Sunday - Horse Show/Clinic

Nightly activities: Bonfire & Glowsticks, Parade of Counties, &  
Stall Decorating Contest

Classes: Safety, Nutrition, Riding, Feeding, BCS  
Full Schedule to be announced later Ages: 9- 18



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

**LARUE COUNTY  
4-H  
CANOE  
&  
KAYAK CLUB**



**THE LARUE COUNTY 4-H CANOE &  
KAYAK CLUB MET ON SATURDAY,  
2/11/23 AT MCDUGAL LAKE TO  
LEARN ABOUT COMPASS SKILLS!**

# **Rough River Orienteering Course**

Contact Chaundra  
for more information!

270-696-0011

**MARCH**



# SPEECH & Demonstration

## County Contest—April 17th

Scheduled time slots will begin at 3:30 pm. Call the Extension Office at 270-358-3401 to schedule your time.

- Speeches are divided by age group for judging.
- Speeches may be on any topic, but must be 3-5 minutes long for juniors and 5-7 minutes long for seniors.
- Demonstrations are divided by category or topic and should include demonstrating how to do something or how to make something.
- Time requirements for demonstration are 5-15 minutes.
- Visual aids are a large part of the judging for demonstrations. The best demonstrations usually focus on 4-H project work as the categories are divided that way. What can you demonstrate that ties in with your 4-H project work?



## POSTER CONTEST



**Deadline: March 24, 2023**

### Prizes:

- ✂ Every participant will receive a ribbon and points toward the 4-H Awards Point System.
- ✂ Champions in grade levels 4-8 and high school level receive a rosette .

### Rules:

- ✍ Posters must be 14"x22" (1/2 of a standard poster board) No foam core board is allowed.
- ✍ 4-Hers may use any medium including markers, crayons, watercolors, oils or collage.
- ✍ Posters cannot be three-dimensional.
- ✍ The poster must relate to 4-H in some way. For example the poster may be an advertisement for 4-H, depict your favorite 4-H activity, or show what activities are available in 4-H. (National themes can not be used.)
- ✍ Copyrighted cartoon characters such as Snoopy, Bugs Bunny, SpongeBob, etc. may not be used.
- ✍ The 4-Her's name, age, grade, full address and school must be written in the upper left corner on the **BACK** of the poster in addition to a brief statement about the message of the poster.

# 4-H FORESTRY PLANT A TREE PROMOTION

Open to LaRue County Youth

Submit a photo of youth with planted tree to:  
[mwilmoth@uky.edu](mailto:mwilmoth@uky.edu)

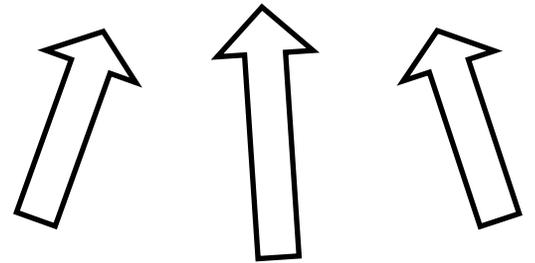
*Deadline: April 22, 2023*

All submitted entries will be entered into a drawing.  
Five participants will win \$20 each from LaRue County  
4-H.

For more information on the 4-H Forestry Project,  
contact the Extension Office at 270-358-3401



**Pick up your  
free trees  
from  
the Extension Expo  
on  
March 25th!**



Annabelle Davis,  
member of the 4-H  
Gardening Club,  
helps to clean up  
the Gardening  
Club's Pollinator  
Garden at the  
Hodgenville Post  
Office



The 4-H Livestock Club had its monthly meeting on February 13, 2023. Kenzey Rucker led us in an ice cream making workshop and answered questions about what you can make with dairy products. After enjoying our treat, the meeting was adjourned.

~ Leo Falk  
Reporter



# What's Going On in 4-H?

Dr. Hughes came to talk to the Wranglers Horse Club about parasites and vaccines. She also talked about what it takes to be a vet and answered any questions the kids had. The club celebrated Valentine's Day with a decorative box contest. The winners were: Ryett Leasor and Kaylee Thompson. Hunter Locke gave a demo on grooming a horse and what tools to use.





Little Caesars®



# PIZZA Kit

Fundraising Program



**Congratulations  
Tommy Wilmoth  
for being our top  
seller!**



**LeeAnna Benjamin,  
Bentley Burton, &  
Braydon Milby (not  
pictured) were the cash  
prize drawing winners!**



# AREA 4-H TEEN MEETING

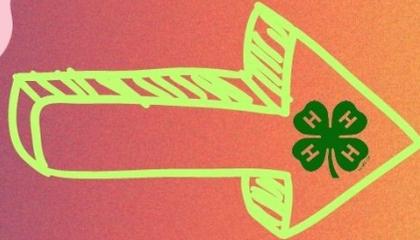


When?

MARCH 27TH AT  
6:00 P.M. EST

Where?

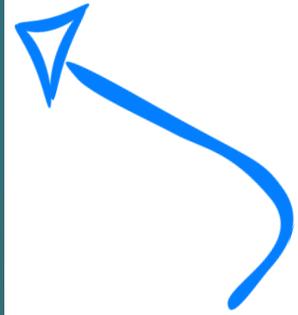
GRAYSON  
COUNTY  
EXTENSION  
OFFICE



**SIGN UP TO  
ATTEND AND  
RIDE WITH  
4-H AGENT!**

## TO LEAD IS TO INFLUENCE

*4-Hers attended Leadership Bootcamp*



Pictured from left to right:

4-H Agent Misty Wilmoth, Madison Wilmoth, Cyrus Bivens, Bridget Faulkner, Kenzie Jewell, Kenzey Rucker, & Ella Thomas.



# 4-H Shooting Sports



4-H Shooting Sports recently held their Chili Supper Fundraiser! The LaRue County Shooting Sports meets at 6:30 p.m. on the 1st & 3rd Thursday of the month at the New Haven Gun Range!





# Crunchy Clover Snacks

## DIRECTIONS

1. THAW PEAS. PLACE BETWEEN PAPER OR CLOTH TOWELS AND REMOVE AS MUCH MOISTURE AS POSSIBLE.
2. PREHEAT OVEN TO 375°.
3. PLACE PEAS IN A SINGLE LAYER ON A BAKING SHEET AND TOSS WITH OIL AND GARLIC POWDER, COATING EVENLY.
4. BAKE FOR 30 MINUTES, SHAKING AND STIRRING OFTEN TO COOK EVENLY.
5. CHECK TO SEE IF THEY ARE CRUNCHY. IF NOT, CONTINUE BAKING IN INCREMENTS OF 10 MINUTES UNTIL CRUNCHY.
6. COOL BEFORE SERVING.

## INGREDIENTS

- 16 OZ. FROZEN GREEN PEAS
- 1 TEASPOON OLIVE OIL
- 1 TEASPOON GARLIC POWDER

**Source:** Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

110 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 18g total carbohydrate; 6g dietary fiber; 6g total sugars; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium

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