

LARUE COUNTY 4-H NEWSLETTER MARCH 2025



Cooperative Extension Service

Cooperative Extension Service

extension EXPO

MARCH 15
10 AM - 2 PM
LC HIGH SCHOOL GYMNASIUM
911 S. Lincoln Blvd., Hodgenville

2025

CULTIVATING CONNECTIONS
GROWING A STRONGER COMMUNITY

SCREENINGS
DEMONSTRATIONS
GIVE AWAYS

CONCESSIONS
LARUE COUNTY
PORK PRODUCERS

VENDOR REGISTRATION
LC EXTENSION SERVICE
270-358-3401
807 Old Elizabethtown Rd., Hodgenville
LaRue.EXT@uky.edu
An Equal Opportunity Organization

SCAN ME

2025 LARUE COUNTY 4-H HAGER-MCDOWELL SCHOLARSHIP APPLICATIONS ARE DUE BY APRIL 1ST, 2025



Little Caesars® Fundraising

Sales is currently open!

*All sellers **MUST** be available to pick up sold items the week of March 24th, exact date and time to be determined.

Orders and money must be submitted to the Extension Office by **4:00 PM on Friday, March 7th**

*Checks should be made payable to **LaRue County 4-H Council**

Meal Deal Codes!

Purchase the meal deal code by placing an online order. The meal deal code will be emailed to you, along with redemption and pickup instructions! Each Meal Deal Code is \$26!

\$6 from every purchase will support the fundraiser.
Meal Deal Code is valid for one year from purchase

PIZZAKIT PIZZAKIT

Orders may be made online at www.pizzakit.com,
FUNDRAISER ID: 452635

How to place an online order:

1. Click "Products"
2. Click "Shop"
3. "Ship my order to the group"

Buyer must list the seller so the seller is credited.

Online orders will be delivered to
LaRue County Extension Service

Top seller: \$50 Cash Prize
\$25 cash drawing for sellers who sell 10 or more items

LaRue County
PO Box 210, 807 Old Elizabethtown Rd
Hodgenville, KY 42748
270-358-3401
larue.ca.uky.edu/

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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Lexington, KY 40506

Disabilities accommodated with prior notification.

MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 4-H CAMP TEEN LEADER & SCHOLARSHIP APPLICATION DEADLINE	4 WRANGLERS HORSE CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	5 COOKING CLUB 4-5:30 PM AT LARUE COUNTY EXTENSION SERVICE	6 SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	7 6TH GRADE CLUB MRS. PADEN LCMS	8
9	10 LIVESTOCK CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE	11 BEFORE SCHOOL CLUB 7:25 AM LCMS GYMNASIUM GARDENING CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE	12	13	14 HES/ALES 4TH & 5TH GRADE CLUB MEETINGS	15 
16	17 HAPPY ST. PATRICK'S DAY	18 DOG CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	19 CANOE & KAYAK 6:30 PM AT LARUE COUNTY EXTENSION SERVICE	20 4-H REALITY STORE LCMS SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	21 	22
23	24 6TH GRADE CLUB MRS. CARTER LCMS	25	26 6TH GRADE CLUB MRS. PADEN LCMS	27 CLOVERBUDS 5 PM AT LARUE COUNTY EXTENSION SERVICE	28 TEEN CLUB 2 PM AT LCMS GREENHOUSE CLASSROOM	29
30	31					

Teen club



4-H FORESTRY PLANT A TREE PROMOTION



OPEN TO LARUE COUNTY YOUTH

Submit a photo of youth with planted tree to:

mwilmoth@uky.edu

All submitted entries will be entered into a drawing.

Five participants will win \$20 each from LaRue County 4-H.

Deadline: April 22nd, 2025



**PICK UP YOUR
FREE TREES
FROM THE
EXTENSION
EXPO ON
MARCH 15TH!**



4-H CAMP 2025



**DATES: JUNE 17-20TH
COST: \$200 PER CAMPER**



**Registration is now
open!**

**Sign up for camp
today!**

**Camp Scholarships are
available.**

Deadline to apply is

March 3rd, 2025





LARUE COUNTY 4-H

TALENT SHOWCASE



MAY 16TH, 2025
6 PM AT
LARUE COUNTY EXTENSION SERVICE

OPEN TO ALL AGES!

Prizes for all participants!
Cloverbuds will not be judged.

Call 270-358-3401 or email
mwilmoth@uky.edu to register!






POSTER CONTEST

**DEADLINE:
APRIL 7TH, 2025**

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-Her's may use any medium including markers, crayons, watercolors, oils or collage.
 - Posters cannot be 3D.
 - 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 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.
- 

SPEECH & DEMOSTRATION COUNTY CONTEST

MONDAY, APRIL 21ST

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?

COUNTRY HAM PARTICIPANTS:

YOU ARE REQUIRED TO PRESENT YOUR COUNTRY HAM SPEECH AT THE COUNTY LEVEL.

Junior (Born 2015-2011)

Steps to curing a country ham

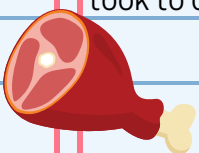
- Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project.

Senior (Born 2006-2010)

Design a country ham curing facility for your country's ham project.

- More and more counties are building their own country ham houses. You have an unlimited budget, design your country's dream country ham house and curing facility.

(visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides)



4-H Cloverbud Camp 2025

June 20th-22nd, 2025

Dawson Springs, KY

Ages 5-8

\$170 per Cloverbud

\$160 per Adult

***Adult(s) must have a background check with LaRue County Extension Office**

**Registration due to the
LaRue County Extension Office
807 Old Elizabethtown Rd
Hodgenville, KY 42748**

Registration deadline May 2nd, 2025

Events

CANOEING
COOKING
CRAFTS
SWIMMING

FISHING
LOW ROPES
NATURE
RECREATION
AGRICULTURE

**For more information contact Misty Wilmoth
270-358-3401 or mwilmoth@uky.edu**

LIVESTOCK CLUB

I ♥ 



CANOE & KAYAK CLUB



BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Your \$10 Ag Tag Donation Grows
Agriculture & Leaders Across Kentucky



KENTUCKY AG TAG

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

100% of the funds are used to support FFA, 4-H and Kentucky Proud members across Kentucky directly.



Cheese Muffins



Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking power
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 teaspoon powdered mustard
- 1/2 teaspoon garlic powder
- 1 egg, slightly beaten
- 1 cup milk
- 1/4 cup oil
- 1/2 cup shredded cheddar cheese

Instructions:

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with non-stick cooking spray or place a baking liner in each muffin cup.
2. Place the flour sifter in the mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.

Equipment:

- Muffin pan
- Baking cup liners, optional
- Non-stick cooking spray
- Flour sifter
- Mixing bowls, large and small
- Measuring spoons
- Measuring cups
- Mixing spoon
- Rubber scraper

From 4-H Cooking 201,
page 49

Yield: 12 muffins

**Make sure to
practice for the
4-H Fair Entries!**

Kentucky 4-H Youth Development

KENTUCKY 4-H FAIR EXHIBITS

Recipes for Food Division

updated 10-1-2018

For fair competition, Kentucky 4-H members are to use the recipes specified below. Most of the recipes are part of the 4-H Cooking 201 - 402 series, available from https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/fair_recipe_book_w_pictures.pdf. Each project book contains a variety of cooking skills in recipe-to-recipe steps. Members who have little or no experience in cooking are encouraged to start with 4-H Cooking 201. The higher the number on the book, the more advanced the skills. It is important to read and follow the recipe to produce a high quality product. Ovens vary; baking times may need to be adjusted if the product appears to be getting overdone or does not appear done.

- Muffins:**
 - 841 Three Oatmeal Muffins: Use the recipe in 4-H Cooking 201, p. 54.
 - 842 Three Cheese Muffins: Use the recipe in 4-H Cooking 201, p. 45.
- Biscuits:**
 - 843 Three Buttermilk Biscuits: Use the recipe in 4-H Cooking 201, p. 57. Nuts are optional.
 - 844 Three Corned Pastry: Use the recipe in 4-H Cooking 201, p. 58.
- Quick Breads:**
 - 845 Three Cornmeal Muffins: Use the recipe in this publication.
 - 846 Three pieces of Coffee cake with Topping: Use the recipe in 4-H Cooking 201, p. 59. Nuts are optional.
- Cookies:**
 - 847 Three Chewy Granola Bars (gluten-free): Use the recipe in 4-H Cooking 201, p. 35.
 - 848 Three Brownies: Use the recipe in 4-H Cooking 201, p. 57. Nuts are optional.
 - 849 Three Cinnamon Rolls: Use the recipe in 4-H Cooking 201, p. 58.
- Cakes:**
 - 850 Half of one 8" or 9" layer Rich Chocolate Cake (no icing): Use the recipe in 4-H Cooking 201, p. 116.
 - 851 Half of one 8" or 9" layer Carrot or Zucchini Cake (no icing): Use the recipe in 4-H Cooking 201, p. 119.
 - 852 May use carrots or zucchini.
 - 853 One-fourth of Basic Cheesecake: Use the recipe in 4-H Cooking 401, p. 118. Do not use variations.
- Pies:**
 - 854 One whole Double Crust Apple Pie: Use the recipe in 4-H Cooking 401, pp. 105 and 97. May use spice variation if desired. Leave the pie in the disposable pie pan.
- Yeast Breads:**
 - 855 Three Cinnamon Twists (no icing): Use the recipe in 4-H Cooking 301, pp. 42 and 44.
 - 856 Three Soft Pretzels: Use the recipe in 4-H Cooking 301, p. 46. Use any one topping listed.
 - 857 One loaf Old-fashioned Bread: Use the recipe in 4-H Cooking 401, p. 25.
 - 858 Bread Made in a Bread Machine: Use the recipe in 4-H Cooking 401, p. 118. Do not use variations.
 - 859 One loaf Honey Whole Wheat Bread made in a bread machine: Use the recipe in this publication. May be 1-pound loaf, 1 1/2 pound loaf or 2-pound loaf.
- Candy:**
 - 860 Three pieces Classic Chocolate Fudge (use about one-inch square): Use the recipe in 4-H Cooking 401, p. 89. Nuts are optional.

updates are available at https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/fair_recipe_book_w_pictures.pdf

Check out the recipe book online at
https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/fair_recipe_book_w_pictures.pdf

h.ca.uky.edu/files/fair_recipe_book_w_pictures.pdf

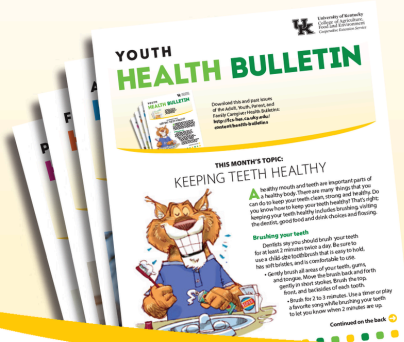
Cooking Club



**COOKING CLUB MADE
HOT BROWNS AT
FEBRUARY'S MEETING**

YOUTH

HEALTH BULLETIN



MARCH 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

LaRue County
Extension Office
PO Box 210, 807 Old Elizabethtown Rd
Hodgenville, KY 42748
270-358-3401

THIS MONTH'S TOPIC

USE GOOD WORDS FOR FOOD



The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy.

The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page →

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Disabilities
accommodated
with prior notification.

By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

→ Continued from the previous page

say things like, “that food is unhealthy,” or “you shouldn’t eat that,” it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, “this food gives me energy,” or “this helps my body stay strong,” we start to see food as something that helps us feel good.

It is important to remember that no food is really “bad.” It’s all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won’t be as healthy. It’s about having all types of food in different amounts.

When we say foods are “good” or “bad,” it can make us feel like we’re doing something wrong



when we eat the “bad” food. Instead of using these words, we can talk about food in a more helpful way.

It’s also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it’s a treat or a healthy meal, food is something to enjoy.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

YOUTH HEALTH BULLETIN

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)



Volunteer Spotlight



Tiffany Skaggs



I was not involved in 4-H as a child. I did always want to go to 4-H camp and got the opportunity to do so with my youngest son, Raylan, at Cloverbud Camp in Dawson Springs.

I became a volunteer several years ago as my oldest son, Tanner, was becoming increasingly involved in 4-H. My daughter, Brooklynn, always enjoyed 4-H Camp, but Tanner only went one year. He, however, enjoyed Livestock Club, Poultry Club, Ham Club, Rabbit Club, and later on Teen Club. 4-H has allowed Tanner to show livestock, cure hams, and acquire leadership skills that he can carry with him into adulthood. 4-H helps to create well-rounded youth and provide a variety of experiences at a very affordable cost. As a 4-H volunteer, I have enjoyed serving youth in the community I live in by helping to keep the LaRue County Fair going to help kids show livestock and enter floral hall entries at a county level. I have been very fortunate to get to work alongside several long serving volunteers who pour so much into 4-H and are the epitome of community servant leaders.

There are so many benefits to being involved in 4-H. As an example, Tanner was interested in the process of curing a country ham beginning in middle school. A requirement of ham club is that you not only cure the ham, but you must write and perform a speech at the district and state level. It is highly encouraged to dress nicely for your speech as well. Tanner didn't always love the speech component, and it may not have been his strong suit, but he loved curing the hams. He loved that part enough to perform the speech. And meanwhile, while he was performing the speech he was gaining public speaking skills and overcoming some fears of presenting information in front of a group. I have no doubt that Ham Club helped to build Tanner's confidence in a variety of areas from the simple practice of preparing and delivering a speech. This is one example of the positive impact that 4-H has had on my family.

I have a lot of memorable moments in my time volunteering with 4-H, but I think it's pretty awesome that I always wanted to go to camp and have had the opportunity to go with my youngest son to Cloverbud Camp for the past 3 summers. I also think the most awesome part of me going to camp is that I turned 40 at camp a couple of years ago.

I would just like to share that 4-H has been very impactful for my family and I would encourage everyone with kids to give 4-H a try. I have no doubt there is a program offered that will be a good fit for your youth, and please consider volunteering as well. Volunteering is just as impactful for the volunteer as the youth they are serving.