

Trigg County 4-H Newsletter

4-H YOUTH DEVELOPMENT



Cooperative Extension Service
Trigg County
P.O. Box 271
2657 Hopkinsville Rd
Cadiz KY 42211-0271
(270)522-3269
Fax: (270) 522-9192
extension.ca.uky.edu

Fall is in the air and we are excited for the Ham Festival coming up! We also have some great opportunities for learning and growing with our clubs. I am looking forward to a great program year. Trigg County 4-H has something to offer for all youth in our community. Come join us!

Shelley Crawford

Shelley Crawford
County Extension Agent
4-H Youth Development

Upcoming Dates

October 1 - Horticulture Club
October 4 - General 4-H Club
October 7 - 3D Archery Shoot
October 12 - Ham Festival Exhibit Entry
October 16 - Horse Club
October 17 - Beginner Cooking Club
October 19 - Make it Take it
October 24 - 4-H Life Club
October 24 - Advanced Cooking
October 26 - TLA
October 27 - High School Club
October 27-29 - Teen Retreat

November 1 - General 4-H Club
November 6 - Horticulture Club
November 9 - TLA
November 13 - Livestock Club
November 14 - Beginner Cooking Club
November 15 - Make It Take it
November 16-18 - Issues Conference
November 20 - Horse Club
November 21 - Advanced Cooking
November 27 - 4-H Life Club

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506

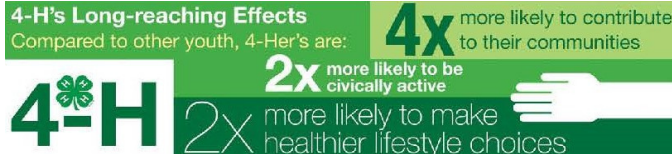


Disabilities accommodated with prior notification.

Activities, Projects, and Clubs

4-H's Long-reaching Effects
Compared to other youth, 4-Her's are:

- 4x** more likely to contribute to their communities
- 2x** more likely to be civically active
- 2x** more likely to make healthier lifestyle choices



4-H County Communications

Our County Speech and Demonstration contest is held in April every year.

The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member, and a leader.

Our Communications club will be held monthly to begin preparing for speeches. Call the Extension office to sign up (270)522-3269



JOIN TRIGG COUNTY 4-H AGRICULTURE CLUB!

Contact Trigg County Extension Office
For questions or more information (270)522-3269

Club Dates:

Horticulture

- October 2
- November 6
- December 4
- February 5
- March 4
- April 8
- May 6

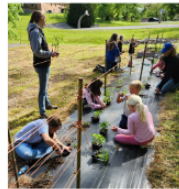
Livestock

- September 11
- November 13
- December 11
- January 8
- February 12
- March 11
- April 15

Horse

- September 18
- October 16
- November 20
- February 19
- March 18
- April 22

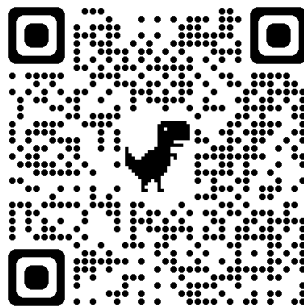
Outings will be announced at meetings



Stay Connected



Newsletter Email



Facebook



Remind

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Activities, Projects, and Clubs



Congratulations to our Kentucky State 4-H Shooting Sports Winners!

.22 Sport Rifle
1st Place Heidi Hite

Air Pistol
2nd Place Heidi Hite

Bowhunter Team
Caden Coleman
Brayden Andrews
Colton Clark
Lillyn Burch

Trigg County youth ages 9 thru 18.
Instruction in SAFETY, SKILLS, RESPONSIBILITY,
and CARE FOR EQUIPMENT

Disciplines offered:
Archery (4 Divisions)
Pistol (Air, BB, and .22)
Rifle (Air, BB, and .22)
SHOTGUN (Trap)

For more information contact the Trigg County Extension Office at 270-522-3269.



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2023 Kentucky 4-H Issues Conference



2022 4-H Issues Conference Delegates

Join us November 16-18, 2023
JM Feltner 4-H Center

CIVIC ENGAGEMENT
SERVICE
LEADERSHIP
COMMUNICATIONS
YOUTH/ADULT PARTNERSHIPS
LOCAL ISSUES

TEEN RETREAT 2023

@ West KY 4-H Camp
open to 8th-12th grade youth

Save
The
Date

October 27-29, 2023
More info to come!



Activities, Projects, and Clubs

FALL MAKE IT TAKE IT

COST \$5.00 PER CLASS

MUST BE PAID ONE WEEK PRIOR TO CLASS

OCTOBER 19 AT 5:00 PM

CHEX MIX CREATIONS



NOVEMBER 15 AT 3:30 PM

FALL CRAFTING

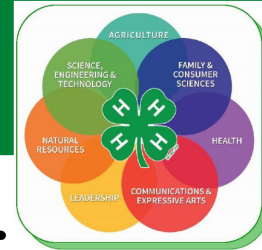


AT THE TRIGG COUNTY
EXTENSION OFFICE

FOR MORE INFORMATION & TO SIGN UP
CALL (270)522-3269

GENERAL 4-H CLUB

LEARN ABOUT ALL THINGS 4-H
BECOME A LEADER IN OUR COMMUNITY!



Cloverbud and 4-H Age

Open to all ages 5-18

Complete projects, activities, and learn about the
different program areas 4-h has to offer!

Join us the first Wednesday of every month at the
Trigg County Extension Office 3:30 PM!

Phone : 270.522.3269

Email : shellee.crawford@uky.edu

YOU ARE WELCOME

TRIGG COUNTY 4-H COOKING CLUB

4-H YOUTH DEVELOPMENT



For ages 9-18

We will meet once a month on a Tuesday

Dates to be determined

Limited Spots available

Call Today (270)522-3269 to register

4-H LIFE CLUB

LIVING INSPIRED WITH
FRIENDSHIPS AND
ENCOURAGEMENT



FOR MIDDLE AND HIGH SCHOOL
AGE YOUTH

4TH MONDAYS
3:15 PM - 4:30 PM

WE MEET AT THE TRIGG COUNTY
EXTENSION OFFICE



HEAD
HEART
HANDS
HEALTH



I PLEDGE MY HEALTH TO
**better
living**

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Activities, Projects, and Clubs

Country Ham Project State Winners

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


2023
4-H COUNTRY
HAM




2006
SMOKED
SPEECH 3RD PLACE
OVERALL 3RD PLACE



ANNA SINK
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2004-05
SMOKED
HAM 3RD PLACE
OVERALL 3RD PLACE



HEIDI HITE
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2008
SMOKED
HAM 3RD PLACE



AUBREY CRAWFORD
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2007
SMOKED
SPEECH 2ND PLACE
HAM 3RD PLACE
OVERALL 2ND PLACE



JESSARA CRENSHAW
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2008
SMOKED
SPEECH 1ST PLACE
OVERALL 2ND PLACE



CARTER KOSAK
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2012
SMOKED
HAM 3RD PLACE



ELI WALLACE
TRIGG COUNTY





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

2023
4-H COUNTRY
HAM



2013
SMOKED
HAM 2ND PLACE




CAMERON CRAWFORD
TRIGG COUNTY







KENTUCKY 4-H
PROGRAM YEAR 2024
SEPTEMBER 1, 2023-AUGUST 31, 2024



HOW OLD WILL YOU BE ON JANUARY 1, 2024?
THAT IS YOUR 4-H AGE!

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Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch + 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

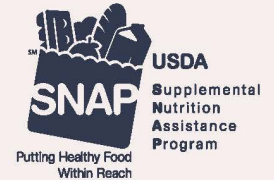
Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings

Serving size: 1 potato with chicken

Cost per recipe: \$8.82

Cost per serving: \$1.47



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

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake, Program Coordinator II, University of Kentucky Cooperative Extension Service





2023
4-H DIVISION
COUNTRY HAM FESTIVAL
GENERAL RULES

1. Exhibits under supervision of Trigg County 4-H Council and the County Extension Service.
2. Only members enrolled in the Trigg County Extension 4-H Program are eligible to enter. Exhibits should not have been entered in previous Ham Festivals.
3. All exhibits must be work of 4-H member and only one entry per category.
4. Exhibits must be entered Thursday, October 11th at the Cadiz Baptist Church Annex between 8:00 AM - noon. Prize money can only be picked up on Friday, October 13th from 10:00 AM until 1:00 PM at the Cadiz Baptist Church Annex
5. Exhibits to be displayed; Friday 8:00 AM to 4:00 PM and Saturday from 8:00 AM to 4:00 PM at the Cadiz Baptist Church Annex.
6. Neither the Festival & Fair Board, 4-H Council, nor the facility owner will be responsible for loss or damages.
7. All classes judged: Blue-\$4.00; Red-\$3.00; White-\$2.00. Judges' decisions are final. Prize money will be distributed by person(s) in charge.
8. For more information on specific questions and items, call the Trigg County Cooperative Extension Office, (270) 522-3269.

SEWING

Items should be clean and pressed.

- 4H01 Shorts or skirt
- 4H02 Tote bag or purse
- 4H03 Shirt, shorts, pants with zipper
- 4H04 Tote bag, purse, gym bag with zipper
- 4H05 Upcycled Clothing
- 4H06 2 piece outfit
- 4H07 Other Sewn Item
- 4H08 Small hand sewn item
- 4H09 Small machine stitched item

NEEDLEWORK

- 4H10 Crochet Item
- 4H11 Knitted Items
- 4H12 Placemat with fringed edges
- 4H13 Square rag pillow
- 4H14 Machine quilted item
- 4H15 Hand quilted item
- 4H16 Machine quilted runner
- 4H17 Quilted Wall Hanging

FOODS

Food exhibits must be in a disposable container and put in plastic bags.

- 4H18 4 Colossal Chocolate Chip Cookies
- 4H19 4 Chocolate Chip Cookies
- 4H20 4 Oatmeal Cookies
- 4H21 4 Bar Cookies
- 4H22 4 No Bake Cookies
- 4H23 4 Chocolate Chip Muffins
- 4H24 4 Blueberry Muffins
- 4H25 4 Cornmeal Muffins
- 4H26 4 Biscuits
- 4H27 4 ½ carrot or zucchini cake
- 4H28 One-half Loaf Banana Bread
- 4H29 One-half Loaf Pumpkin Bread
- 4H30 3 Soft pretzels
- 4H31 ½ Chocolate cake

- 4H32 4 Pieces Chocolate Fudge
- 4H33 4 Brownies
- 4H34 Cake decorating

ENTOMOLOGY

- 4H35 Insect Collection – Unit I
25-50/4 orders
- 4H36 Insect Collection – Unit II
50-100/8 orders

HOME ENVIRONMENT

- 4H37 Wastebasket
- 4H38 Bulletin Board
- 4H39 Table Setting
- 4H40 Small article made from cloth
- 4H41 Accessory for the Home
- 4H42 Color Collage
- 4H43 Refinished Wooded Item
- 4H44 Handmade card

GEOLOGY

- 4H45 15-25 Specimens labeled rock, fossils, and minerals

WOODWORK

- 4H46 Birdhouse
- 4H47 Large wood item
- 4H48 Wood item – not from a kit
- 4H49 Small Wood Article
- 4H50 Wood Items/From Kit
- 4H51 Other Wood Items

FOOD PRESERVATION

Must be in standard canning jars. Jars not processed by correct methods and not sealed will be disqualified.

- 4H52 Sweet Pickles
- 4H53 Dill Pickles
- 4H54 Jam or Jelly
- 4H55 Preserves
- 4H56 Tomatoes

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Disabilities
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- 4H57 Other canned item
- 4H58 Green Beans
- 4H59 Fruits
- 4H60 Corn
- 4H61 Dried Fruit
- 4H62 Salsa

4-H FORESTRY

- 4H63 Collection of 10 Leaves, Representing 10 Forest Trees in Kentucky
- 4H64 Collect and Mount 5 Stems, Leaves, and Fruit, Representing 5 Trees in Kentucky

ARTS & CRAFTS

- 4H65 Needlepoint, crewel, embroidery
- 4H66 Cross-Stitch and Counted Cross-Stitch
- 4H67 Handmade Bowl
- 4H68 Recycled Item
- 4H69 Painted T-Shirt, Sweat Shirt
- 4H70 Other Painted/Decorated Item
- 4H71 Leather Craft
- 4H72 Potholders
- 4H73 Other Crafts
- 4H74 Ceramics/Clay
- 4H75 Woven Item
- 4H76 Key Chain
- 4H77 Felt Art
- 4H78 Decoupage
- 4H79 Decorative Wreath
- 4H80 Heritage Craft
- 4H81 Hair Accessories
- 4H82 Painting- Oil, Acrylic Watercolor
- 4H83 Magnet
- 4H84 Drawing- Pen, Pencil
- 4H85 Jewelry
- 4H86 Popsicle Stick Item
- 4H87 Stained Glass
- 4H88 Scrapbooking

FIELD CROP

- 4H89 Best 3 Ears Corn
- 4H90 Best Hay (1/2 bale)
- 4H91 Best 3 Soybean Vines
- 4H92 Best Burley Tobacco (2 hands or stalks)
- 4H93 Best Dark Fired Tobacco (2 hands/stalks)
- 4H94 Best Air-Cured Dark Tobacco (2 hands or 2 stalks)
- 4H95 Best Shelled Corn (1 pt.)
- 4H96 Best Harvested Soybeans

VEGETABLES AND FRUITS

- 4H97 Best Potatoes (3)
- 4H98 Best Sweet Potatoes (3)
- 4H99 Best Onions (3)
- 4H100 Best Tomatoes (3)
- 4H101 Best Apples (3)
- 4H102 Best Squash (3)
- 4H103 Best Pears (3)
- 4H104 Best Pumpkin
- 4H105 Best Bell Peppers (3)
- 4H106 Best Hot Peppers(3)
- 4H107 Best Green Beans (6 pods)
- 4H108 Best Other Vegetable or fruit
- 4H109 Best Watermelon

- 4H110 Best Cantaloupe
- 4H111 Best Gourd
- 4H112 Best Okra (6 pods)
- 4H113 Peas (6 pods)

POULTRY

- 4H114 Best 6 White Eggs
- 4H115 Best 6 Brown Eggs

4-H ELECTRIC

1. See General Rules applying to all 4-H exhibits.
2. All exhibits requiring blubs must have correct size.
3. Use of molded plug-ins is discouraged.

- 4H116 Electric Lamp
- 4H117 Extension Cord
- 4H118 Electric Circuits or Kits

PHOTOGRAPHY

1. All pictures must be made during the current 4-H year.
2. Each picture must be mounted securely. Rubber cement or dry mounting tissue. DO NOT use photo mounting corners.
3. Pictures should be mounted on sturdy mounting board or poster board.

4. Pictures may be cropped (trimmed).
5. Absolutely no writing on front of mounting board.

6. Only one entry per class – per 4-H member.

7. Photography will be judged on the basis of:
Storytelling ability and/or creativity - 25%

Photographic quality - 35%

Composition - 30%

Overall neatness - 10%

- 4H119 Two photos showing shadows
- 4H120 Sequence of 3 photographs: subject: a hobby
- 4H121 Single photo: subject : animals
- 4H122 Three different points of view of the same subject
- 4H123 Three to Five photographs of an event
- 4H124 Five photographs showing movement
- 4H125 Photo: subject - person
- 4H126 Single photo: subject – still life
- 4H127 Single photo that tells a story
- 4H128 Photos to make a brochure
- 4H129 Single Horticulture photo
- 4H130 4 Horticulture photos showing a sequence
- 4H131 6 Horticulture photos

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