



Robertson County 4-H Newsletter February 2023

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

Cooperative Extension Service
Robertson County
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Mt. Olivet, KY 41064
(606) 724-5796
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Website:

<https://robertson.ca.uky.edu/>



**Robertson County
Extension Service**

With the beginning of the year underway, this newsletter includes some important dates and information about some programs coming up.

We are going to try and send out a monthly newsletter that keeps parents up to date on things happening with Robertson County 4-H!

Britney Poe

Britney Poe
FCS/4-H Youth Development Agent

Samantha Saunders

Samantha Saunders
ANR/4-H Youth Development Agent



Save The Date...
Farm & Family Night
Coming March 7th



ROBERTSON COUNTY 4-H CAMP FUNDRAISER

Robertson County youth who are attending 4-H or Cloverbud Camp this summer have the opportunity to sell chocolate bars to reduce their camp cost.



All support is greatly appreciated

**CANDY BARS ARE
\$1 EACH**



**OLD KENTUCKY
CHOCOLATES**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

MEET MIDDLE SCHOOLERS FROM ACROSS
THE STATE! CHOOSE WORKSHOPS OF INTEREST
TO YOU, PARTICIPATE IN A COMMUNITY
SERVICE PROJECT AND MUCH MORE!

Cost: \$125

Deadline to Register: February 20th

If you have a 6-8th grade child interested in attending, please call
the Extension Office at 606-724-5796

Join Kentucky 4-H at the 2023 4-H Summit, a leadership conference just for middle schoolers! This event will happen at Lake Cumberland 4-H Camp on March 16-18!

Robertson County has **3 male and 3 female** spots that we can fill this year!

This is for youth in middle school (grades 6-8). The cost is \$125.

The deadline to let us know that your child is interested in attending is February 20th!

Robertson County 4-H Camp Application Dates:



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— □ × 4-H Camp Dates: June 12th - 16th



February 3rd -

Applications available to
pick up

March 3rd -

Earlybird Deadline

April 28th-

Final Deadline



**If you have any questions,
please call
(606)-724-5796**

Youth must be age 9 or have graduated 3rd grade to attend 4-H camp.

We will also be in need of Junior Counselors (16 & 17 years old) as well as
Adult Counselors (18 years of age and older).

*We have a limited number of spots this year, so it is very important to get those applications
picked up and returned to the office in order to secure your child's spot*

If there are any questions or concerns, please call the office at (606)-724-5796

Notification of Discrimination Complaint Procedure

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Save the Date: Cloverbud Camp 2023



June 2nd - 4th

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Cloverbud Camp is for youth ages 6-8

March 1st - Applications available to pick up at the Extension Office

March 31st - Earlybird Deadline

Receive \$10 off if applications are turned in by this deadline*

April 28th - Final Deadline

CLUB MEETING DATES

- Cloverbuds - February 14th**

- Sewing - February 27th**

- Passport Kitchen - March 2**

- Sewing - March 13th**

- Livestock Club - March 14th**

- Cloverbuds - March 14th**

- Sewing - March 27th**

- Passport Kitchen- March 30**

- 4-H Project Days- April 3, 4, 5**





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4-H PROJECT DAYS



April

3rd-5th (Spring Break)



Robertson Co. Ext. Office

39 East Walnut St
Mt. Olivet, KY 41064



\$7.00

Per Class

THE ACTIVITIES

April 3

9am-12pm- Mixed Media
1pm-4pm- Upcycled Planter

April 4

9am-4pm- Photography
(must provide own camera or phone)

April 5

9am-12pm- Build a Terrarium

AGES 9-18

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Disabilities
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2023 Plant Order Form

Purchaser Information

Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Email: _____

Cooperative Extension Service

Robertson County
P.O. Box 283
Mt. Olivet, KY 41064
(606)-724-5796
<http://extension.ca.uky.edu>

QUANTITY	ITEM	UNIT PRICE	TOTAL
_____ BUNDLE(S)	Strawberries (Seascape) (Ever Bearing)	\$7.00 (bundle of 25)	
_____ BUNDLE(S)	Strawberries (Earliglow) (June Bearing)	\$7.00 (bundle of 25)	
_____ BUNDLE(S)	Strawberries (FlavorFest) (June Bearing)	\$7.00 (bundle of 25)	
	Blackberry (Triple Crown)	\$7.00 (per plant)	
	Black Raspberry (Jewel)	\$5.00 (per plant)	
	Asparagus (Jersey Knight)	\$2.00 (per crown)	
	Blueberry (Chandler)	\$12.00 (per plant)	
	Blueberry (Duke)	\$12.00 (per plant)	
		Total Due:	

**** If ordering blueberries, it is recommended to purchase two different varieties for pollination****

Order & Payment is required by February 24th

Make checks payable to: Robertson County Extension Office

Payment Information:

Amount Paid: _____

Date: _____

Received By: _____

Check No: _____ or Cash _____

We will contact you when orders are ready for pick-up. If you have any questions call Samantha Saunders at (606)-724-5796 or email at samantha.woerner@uky.edu





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Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

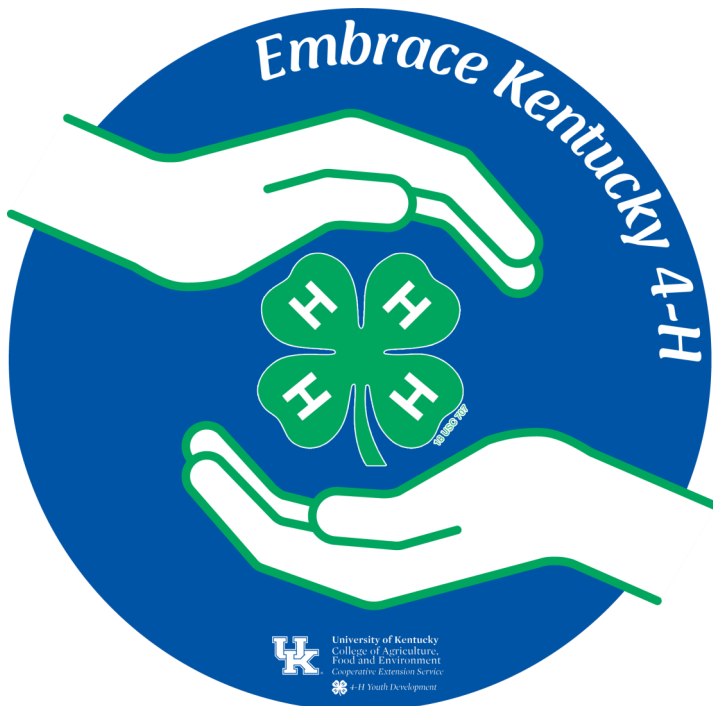
hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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