

Clover



Corner

OWSLEY COUNTY 4-H NEWSLETTER - SEPTEMBER 2024

 Cooperative Extension Service



Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development

Dates & Events



September 18th
4-H Dog Club

September 19th
Junior Homemakers

September 24th
4-H Make and Take Club

September 25th
OCES 5th Grade Club



September 26th
OCES 4th Grade Club

October 2nd
Youth Science Day



October 3rd-4th
Pumpkin Days
Field Day



hello
FALL
In This Issue



- *4-H Make & Take Club
- * Junior Homemakers
- * 4-H Dog Club
- * Mountain AG Week
- * Volunteer for Ky 4-H
- * Apple Pie Smoothie Recipe

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



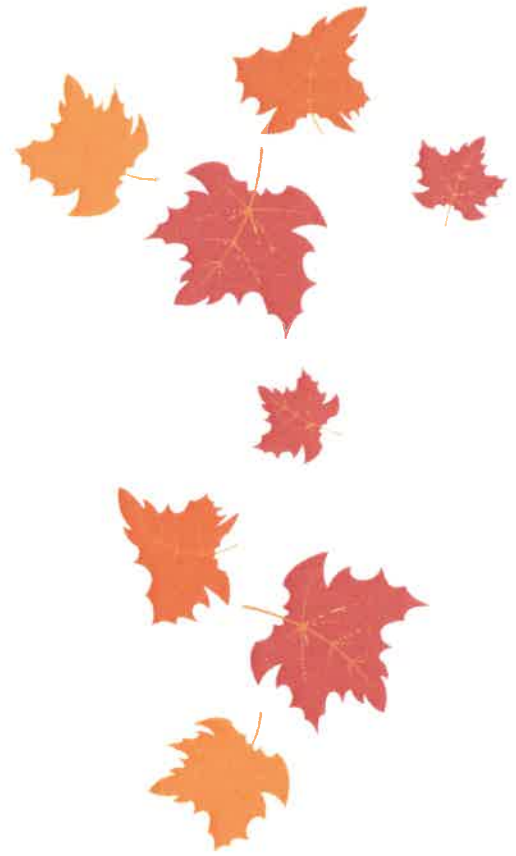
Disabilities accommodated with prior notification.

4-H MAKE&TAKE CLUB

This NEW 4-H club will meet once a month. Members will make a craft to take home each meeting. Registration is required!

**Tuesday, September 24th:
Barn Wood Scrap Art**

**3:30 p.m.-4:30 p.m.
Owsley County Extension Office**



OWSLEY COUNTY JUNIOR 4-H HOMEMAKERS



LOCATION: OWSLEY COUNTY EXTENSION OFFICE

TIME: 3:30 P.M.-4:30 P.M.

**THURSDAY
SEPTEMBER 19TH**

**DESIGN AND CREATE A BOUQUET
OF FLOWERS**



 Cooperative
Extension Service

OWSLEY COUNTY 4-H

DOG CLUB



Wednesday, September 18th

Location: Owsley County Extension Office

Time: 5:00 p.m.-6:00 p.m.

Our next meeting will include setting goals for the year, discussing safety, and officer nomination and election!



ROBINSON CENTER FIELD DAY

JOIN US FOR FREE FARM TOURS, DEMONSTRATIONS, AND WORKSHOPS.
ATTENDEES CAN MAKE AND TAKE HOME THEIR OWN CUTTING BOARD!

THURSDAY, OCTOBER 3, 2024

4 PM-7:00 PM EST

AT THE ROBINSON CENTER

130 ROBINSON RD, JACKSON, KY

FREE EVENT

MEAL WILL BE PROVIDED

NO RSVP NEEDED



 Martin-Gatton
College of Agriculture,
Food and Environment

ROBINSON CENTER YOUTH SCIENCE DAY

A DAY OF FUN & EDUCATIONAL EVENTS
FOR 3RD, 4TH AND 5TH GRADERS

WEDNESDAY, OCTOBER 2, 2024
9 AM-2:00 PM EST
AT THE ROBINSON CENTER
130 ROBINSON RD, JACKSON, KY

FREE
EVENT

LUNCH PROVIDED
BY SCHOOLS

RSVP by
SEPT. 13

 Martin-Gatton
College of Agriculture,
Food and Environment



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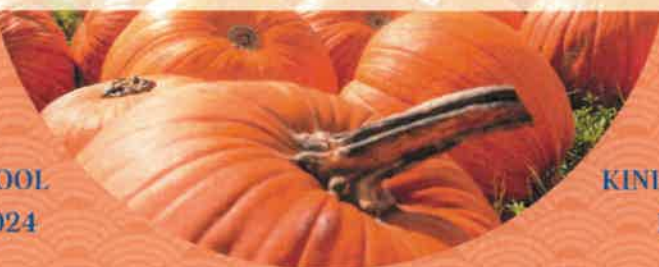
 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Save the Date



ROBINSON CENTER MOUNTAIN AG WEEK

PUMPKIN DAYS



HEADSTART/PRESCHOOL
THURSDAY OCT 3, 2024

KINDERGARTEN/1ST GRADE
FRIDAY OCT 4, 2024

PARENTS WELCOME ONSITE DAY OF EVENT

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



Why Volunteer for Kentucky 4-H?

- ① Kentucky's 4-H program wouldn't exist without the support from our thousands of volunteers.
- ② 4-H volunteers help to coordinate clubs, projects, and events.
- ③ Contact your county 4-H agent or extension office to find out about volunteer opportunities.



An Equal Opportunity Organization.



Apple Pie Smoothie



Ingredients

- 2 cored and sliced apples (or 1 cup unsweetened applesauce)
- 1 medium banana (fresh or frozen)
- 1/4 cup rolled oats
- 1 1/2 cups skim milk
- 1 teaspoon ground cinnamon
- 3-4 ice cubes
- 1 teaspoon honey (optional)

Directions:

1. Put everything in the blende and blend until smooth.
2. Enjoy!

Source: University of Kentucky Cooperative Extension Service; Nutrition Education Program: Eat Smart to Play Hard.
 Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

