



4-H NEWS

Laurel County
200 County Extension Rd.
London, KY 40741
(606) 864-4167
Fax: (606) 864-4168
www.ca.uky.edu/laurel



A new 4-H Community Club has formed and is accepting new members. The club meets on the 3rd Thursday of each month from 10am to 12 noon at the Extension Office. For more info call 606-864-4167



4-H Open House held in December was a huge success. We have several new families joining our clubs. Members also enjoyed making ornaments to take home with them. If you are interested in joining a 4-H Club call us at 606-864-4167.

When Laurel County Schools are closed for weather or illness, Laurel County 4-H events will also be cancelled. Check Facebook for updates.



Elizabeth Easley
4-H Agent

Jim McCullough
4-H Program Assistant

Kelsey Henson
4-H Program Assistant

Billie Smith
4-H Staff Assistant





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



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18



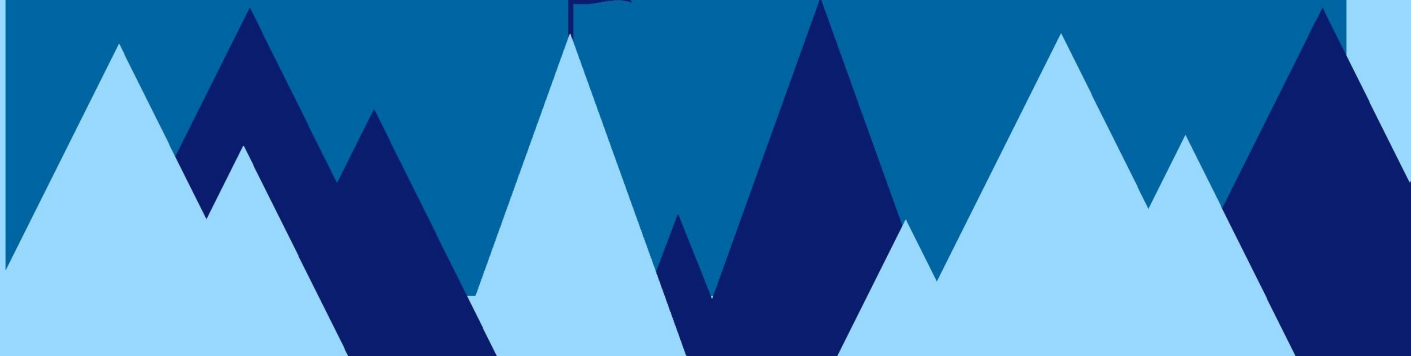
MEET MIDDLE SCHOOLERS FROM ACROSS
THE STATE! CHOOSE WORKSHOPS OF INTEREST
TO YOU, PARTICIPATE IN A COMMUNITY
SERVICE PROJECT AND MUCH MORE!




Registration Deadline: February 17th (limited spots available)

Cost: \$62.50

For more information, please contact Elizabeth Easley at
elizabeth.easley@uky.edu or 864-4167.





University of Kentucky
College of Agriculture,
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Cooperative Extension Service
 4-H Youth Development

Jan. 4-H MEETING DATES

Date	Time	Club/Meeting
3	6pm	4-H Quilting Club
5	6pm	Urban Homesteaders 4-H (ages 9-18) (Sheep, Goats & Hogs)
9	6pm	Farm Fresh Beef & Dairy 4- H Club
9	6pm	Robotics 4-H Club
10	6pm	Visual Arts 4-H Club
12	6pm	Carrot Crunchers (Rabbit) 4-H Club
17	6pm	Poultry Pirates 4-H Cub
19	6pm	Barnyard Buddies 4-H Cloverbuds
19	10am	Laurel Co. Community 4-H Club
19	6pm	Cooking 4-H Club
23	6pm	Farm Fresh Beef & Dairy 4- H Club
23	6pm	Robotics 4-H Club
26	6:30pm	Blazing Trails (Horse) 4-H Club

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

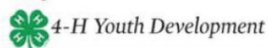
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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FEB. 4-H MEETING DATES

Date	Time	Club/Meeting
2	6pm	Urban Homesteaders (ages 9-18) (Goats, Sheep, Hogs) 4-H Club
7	6pm	4-H Quilting Club
9	6pm	Carrot Crunchers (Rabbit) 4-H Club
13	6pm	Farm Fresh Beef & Dairy 4- H Club
13	6pm	Robotics 4-H Club
14	6pm	Visual Arts 4-H Club
16	6pm	Barnyard Buddies 4-H Cloverbuds
16	10am	Laurel Co. Community 4-H Club
16	6pm	Cooking 4-H Club
21	6pm	Poultry Pirates 4-H Club
23	6:30pm	Blazing Trails (Horse) 4-H Club
27	6pm	Farm Fresh Beef & Dairy 4- H Club
27	6pm	Robotics 4-H Club

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**LAUREL
COUNTY**



STATE POSTER AND ESSAY CONTEST!

ELIGIBILITY

Students Grade K-12 are able to enter. Each Student may submit one poster OR essay.

CRITERIA

Theme "KY Agriculture is Everywhere" must be present in each entry, within the artwork or text. Max of 14" x 22" poster.

RESOURCES

www.kyagr.com/agcontest for more information

DUE MARCH 1ST

All artwork and material must be student created. Do not use glitter or 3-D objects on posters. No copyrighted characters or clip art. Essays minimum of 500 words. All state winners will be displayed at KY state fair 2023.

\$100 PRIZE GIVEN TO STATE WINNER OF EACH GRADE LEVEL



606-864-4167

kelsey.henson@uky.edu



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Disabilities accommodated with prior notification.



Spring Harvest Salad

5 cups tom spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

- 1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- 2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

- 3. Sprinkle** salad with feta cheese and sliced almonds.

- 4. Serve** immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.


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



RETURN SERVICE REQUESTED

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