



Martin-Gatton
College of Agriculture,
Food and Environment

HAPPY Valentine's DAY

Dear 4-H Members, Parents,
Volunteers and Teachers,
Check out our February clubs
and activities this month. If you
have any questions about any
Clubs, Groups or Activities going
on feel free to call.

(270)-692-2421

Amanda Sublett-

4-H Youth Development Agent

Amanda Lee Sublett

or

Kendra Lyvers-

4-H Youth Development Assistant

Kendra Lyvers

Important dates:

February 12th

Cloverbuds

5:30-6:30pm

February 20th

STEAM

5:00-6:30

Livestock Club

6:30

February 26th

Horse Club

5:30

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Marion County 4-H Sure Shots Information



Table will be set up
at the following places in
February from 10:00-
2:00pm

Kroger: February 3rd, 2024

TSC: February 10th, 2024

For more information contact Amanda Sublett

(270) 692-2421

amanda.sublett@uky.edu





Martin-Gatton
College of Agriculture,
Food and Environment

Ages 5-8

Cloverbuds



Valuing Family

Valentine's Day Craft

February 12th

5:30pm

Marion County Extension Office

416 Fairgrounds Rd.

Lebanon, Ky. 40033

(270)-692-2421

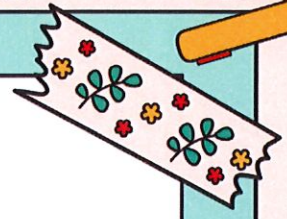
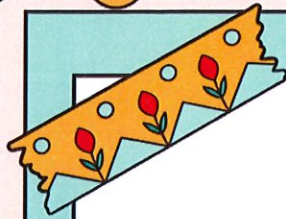
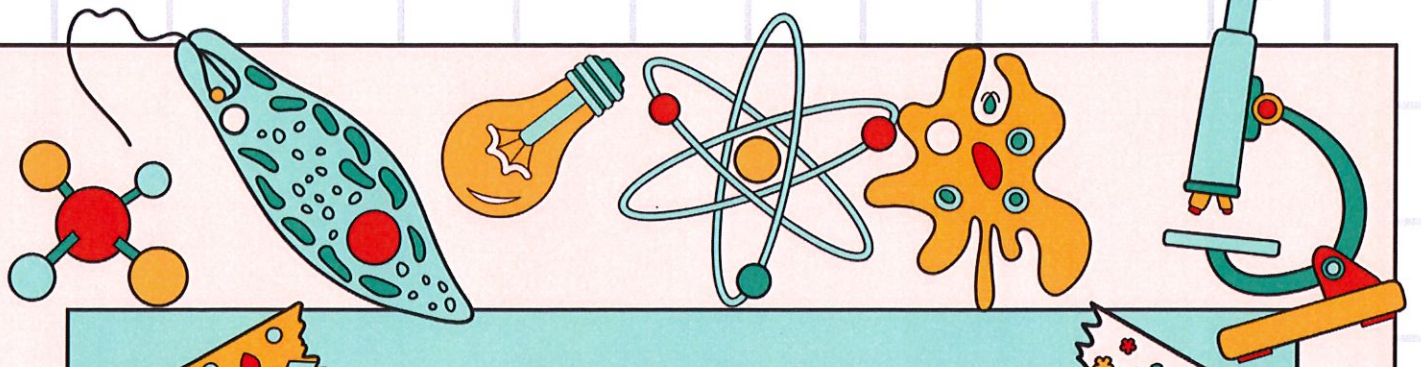
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AGES: 9-18

5-6:30PM

CALL- (270)692-2421 TO REGISTER

S.T.E.A.M. CHALLENGE

FEBRUARY 20TH

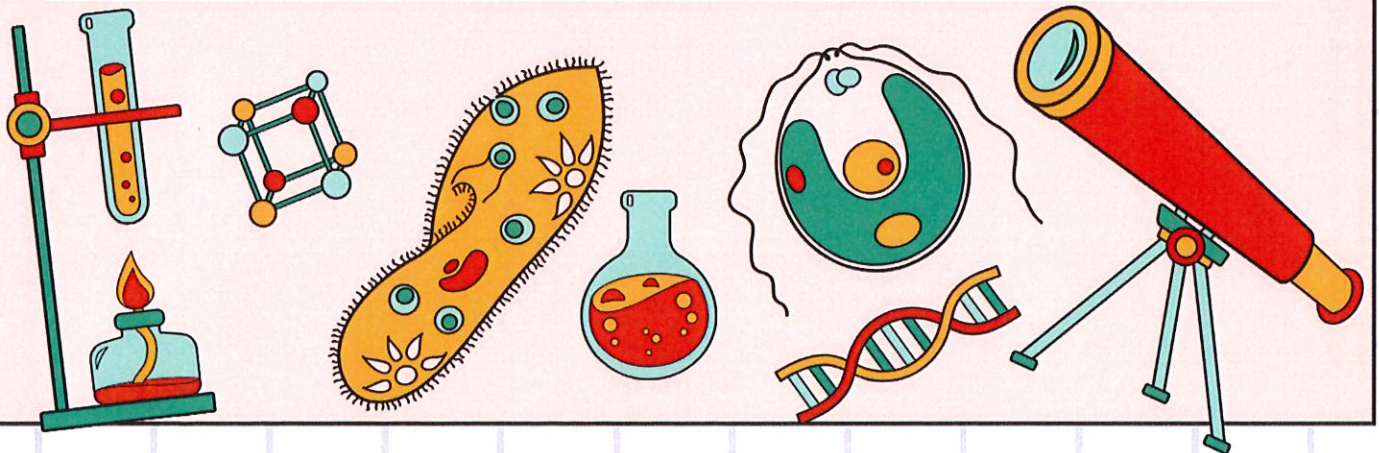
CANDY HEART PREDICTION

EGG DROP CHALLENGE

SNACK



Location: Marion County Extension Office





Would you like to show livestock at a county or the state fair?

If so, join us at our February meeting to learn about Project Selection! Taylor Graves will be joining us as a guest speaker!

**Tuesday, February 20th
6:30 P.M.**

**Marion County Extension Office
416 Fairgrounds Rd, Lebanon, KY**



Marion County 4-H Livestock Club is for youth ages 9 to 18. You do not have to own livestock to be a member of the livestock club.

Please RSVP by Friday, February 16th by calling or texting Paighton at (270) 972- 9153.

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LEXINGTON, KY 40546



Boots and Saddle



4-H Horse Club

FEBRUARY 26TH

5:30

Everyone is welcome, no horse required.



Marion County Cooperative Extension Office
416 Fairgrounds Rd.
Lebanon, Ky. 40033



GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.



DATES

FEBRUARY 28: FINAL day to sign up with your 4-H agent

MARCH 5: Goodwill vouchers will be mailed/distributed

APRIL 26: Deadline to submit photos to www.goodwillky.org/4H

MAY 13-17: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)

PRIZES

1st place: Teen Conference registration + \$100 Goodwill gift certificate

2nd place: \$150 toward Teen Conference registration + \$50

3rd place: \$40 Goodwill gift certificate

4th place: \$30 Goodwill gift certificate

5th place: \$20 Goodwill gift certificates



4-H Sure Shots Sign-Ups

Interested in joining? If you wish to join, request a packet and return to the Marion County Extension Office between February 19, 2024 - March 12, 2024.



Orientation

Date: March 12, 2024

Time: 5:30 p.m.

Marion County Cooperative Extension Office
416 Fairgrounds Road
Lebanon, KY 40033

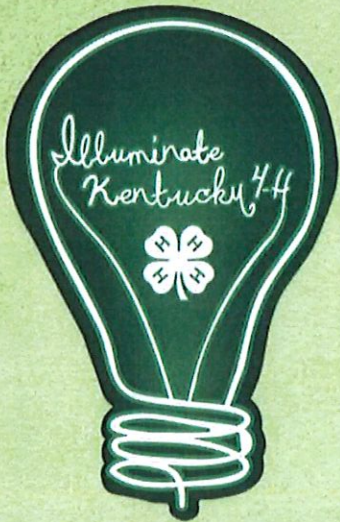
For more information contact Amanda Sublett
(270) 692-2421

amanda.sublett@uky.edu



4-H SPEECH CONTEST

DID YOU KNOW THE #1 FEAR OF MOST ADULTS IS PUBLIC SPEAKING? IF ONLY THEY HAD PARTICIPATED IN THEIR 4-H SPEECH CONTEST! NOW IS THE TIME TO BEGIN WORKING ON A SPEECH TO PRESENT. TO RECEIVE A COPY OF THE COMPLETE RULES AND REGULATIONS, CONTACT AMANDA SUBLETT (270)-692-2421.



SPEECH CATEGORIES:

JUNIOR LEVEL (AGES 9-13) 3-5 MINUTES
SENIOR LEVEL (AGES 14-18) 5-7 MINUTES

2024 SCHOOL SPEECH CONTESTS

MARCH 7TH: KNIGHTS ACADEMY
MARCH 8TH: GLASSCOCK ELEMENTARY
MARCH 15TH: MARION MIDDLE SCHOOL
MARCH 20TH: ST. AUGUSTINE
MARCH 21ST: WEST MARION ELEMENTARY
MARCH 25TH: LEBANON ELEMENTARY
MARCH 29TH: CALVARY ELEMENTARY



DUSTIN WORTHINGTON

“I LOVE COWS”

ESSAY CONTEST



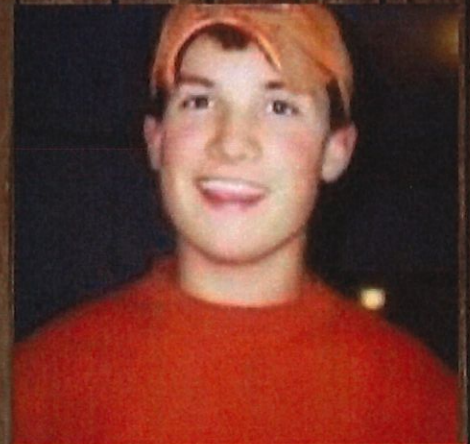
Want to win a young Cow or Heifer?

Applicants must be an active member of
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 13

Awards Program - April 4th @
Mercer Co. Extension Office



Dustin Worthington
1982-2000



Applications are available online
<https://bit.ly/lovecowsessay> or visit the Dustin

Worthington “I Love Cows” Website for more information:

www.dustinworthingtonmemorial.org

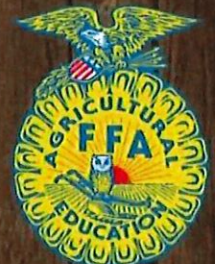
Anyone who has an interest in the cattle industry, 4-H or FFA is asked
to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington “I Love Cows” Memorial Fund, 436 Arrowhead
Road, Harrodsburg, Kentucky 40330

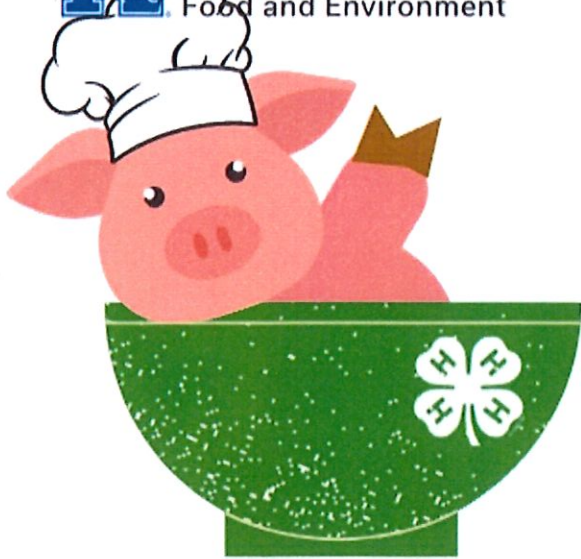


Questions please contact
Dena Worthington
859-612-7260



Country Ham Project





KENTUCKY 4-H
COUNTRY HAM RECIPE CONTEST

Youth must submit their country ham recipe to the Marion County Extension Office on or before August 1st, 2024. Submissions are made at the county level, where finalist will be asked to present their recipe at the Kentucky State Fair on August 22nd, 2024.

Categories include:

Junior Sweet

Senior Sweet

Junior Savory

Senior Savory

Juniors are ages 9-13 (as of January 1st, 2024)

Seniors are ages 14-18 (as of January 1st, 2024)



Andrew Mattingly was the 2023 Grand Champion in the State 4-H Senior Savory County Ham Recipe Contest at the Kentucky State Fair.





Find Your
Future
With Us

Want to explore exciting careers in agriculture? Apply for AgDiscovery 2024!

The U.S. Department of Agriculture (USDA) offers this summer outreach program for middle and high school students. It's a unique chance to live and study on a college campus and get a first-hand look at the many career paths open in the agricultural sciences.

2024 Locations and Dates

Alcorn State University, June 9–22
Coppin State University, July 14–26
Delaware State University, July 7–20
Florida A&M University, June 9–22
Fort Valley State University, June 10–21
Fresno State University, June 10–20
Iowa State University, July 7–20
Kentucky State University, June 9–22
Lincoln University, July 7–20
North Carolina State University, June 17–28

Prairie View A&M University, June 3–14
Purdue University, July 7–19
South Carolina State University, June 9–21
Tuskegee University, June 2–15
University of Arizona, June 10–22
University of Arkansas at Pine Bluff, June 8–21
University of Hawaii, July 7–20
University of Texas, Rio Grande Valley, June 22–
July 3
University of the Virgin Islands, July 14–27
Virginia State University, June 16–30

Learn more about AgDiscovery



Learn More: www.aphis.usda.gov/careers



YOUR DONATION

GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY

HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS

SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.





Very Berry Salsa

4 cups apples,
finely diced
1 cup blueberries
1 cup strawberries,
diced

1 cup raspberries,
halved
1 cup blackberries,
halved

1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings

Nutritional Analysis: 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein



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



Kentucky Red Velvet Muffins

1 1/4 cups whole-wheat flour
1/3 cup cocoa powder
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
4 tablespoons unsalted butter,
softened

Zest of one orange
Juice of one orange
(about 4 tablespoons)
2 large eggs, at room
temperature
1/2 cup unsweetened
applesauce

1 teaspoon vanilla extract
1 cup finely chopped
cooked beets (see back
of card for cooking
instructions)
1/2 cup semisweet
chocolate chips

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins
Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat,
4g saturated fat, 40mg cholesterol, 190mg sodium,
26g total carbohydrate, 3g fiber, 15g total sugars,
12g added sugars, 4g protein, 0% DV vitamin D,
2% DV calcium, 6% DV iron, 4% DV potassium.