



MARCH 2023 CHRISTIAN COUNTY 4-H



Shooting Sports

Safety Meeting for archery and shotgun disciplines will be on March 24th at 6:00 pm. The meeting will be held at the Christian County Quail Club.

Cloverbuds

Do you have a child between the ages of 5-8, as of 1/1/23? If so then Cloverbuds is the 4-H program for them. This is a hands-on program and you must call the office to pre-register. Space is limited.

PACHEK



4-H Pachek broke out the baking supplies and made Cheese Muffins in February at the Extension Office. They practiced their skills so they could later enter Cheese Muffins into the Western Kentucky State Fair this summer.



Capitol Experience

4-Hers' made a trip to Frankfort to explore the Kentucky State Capitol and visit our legislators! Thank you, Senator Westerfield, Representatives Dossett, Thomas, Petrie, and Majority Floor Leader Steven Rudy for taking the time to speak with us.



Important 4-H Dates

March 6: Cooking Club

March 7: Horse Club

March 14: Sewing Club

March 15: Crofton Club

March 20: Fur & Feathers

March 21: Livestock Club

March 24: Safety Meeting

Livestock Skillathon

Congratulations to our youth that participated in the State 4-H Livestock Skillathon competition. Sahara Peterson placed 12th Overall in the Senior Division and Cheyenne Peterson placed 8th Individual in Evaluation. Huge thank you to our outstanding Certified Livestock Leader, Katie Jo Walker, for the countless hours she spent preparing our youth!



Next Month

- April 4: Outdoor Cooking
- April 4: Horse Club
- April 5: PACHEK
- April 10: Cooking Club
- April 10: Clover Buds
- April 11: Sewing
- April 18: Livestock Club
- April 19: Crofton
- April 20: Drone

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LEXINGTON, KY 40546

Easy Fruit Salad



Ingredients

- 1 16-ounce can fruit cocktail in juice, drained
- 2 bananas, sliced
- 2 oranges, diced
- 2 apples, diced
- 1 6-oz container of low-fat pina colada flavored yogurt

Directions

Mix fruit in a large bowl. Add yogurt and mix well. Chill in refrigerator before serving.

Make it a Meal

Pair this Easy Fruit Salad with vegetable and beef soup, grilled cheese on whole wheat bread and water.

Source

United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

Sewing

4-H Sewing members were using their new skills to make a traveling kit for their toiletries!



Horse

Horse club met and learned about horsemanship and communicating with other youth about their animals.



Jessica Johnson
Katie Mills
Mary Anne Lammert



Disabilities accommodated with prior notification.