



# 4-H NEWS

August 2024



*~Learn by doing~*

## NOTES FROM MCCREARY 4-H

Tracie Goodman, Agent  
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### Back to school!

We are excited for the new school year! Did you know? McCreary County 4-H provides both in-school and after-school programs. Contact us for more info!

### The State Fair is here!

McCreary County 4-H will have 61 entries at the Kentucky State Fair this year! Be sure to check out the Cloverville exhibits at the Kentucky Expo Center in Louisville. They will be on display August 15th-25th.



## KENTUCKY STATE FAIR





# LOOKING AHEAD



## EVENTS

McCreary Extension  
Volunteer Appreciation  
Banquet  
*August 2nd, 6pm*

Country Ham Day  
Kentucky State Fair  
*August 15th*

Jr. Bee Club Demo  
McCreary Farmers Market  
*August 17th, 10am*

Kentucky State Fair  
Cloverville Exhibits  
*August 15th-24th*

4-H State Shooting Sports  
Competition @ Bluegrass  
Sportsmen's League in  
Wilmore  
*September 7th*

**NEW 4-H PROGRAM YEAR  
BEGINS IN SEPTEMBER!**  
*We offer programs for all  
youth ages 5-18.  
Ask us about enrollment!*

## PROGRAMS/CLUB MEETINGS

### AUGUST

Tuesdays, 4pm & 6pm  
Shooting Sports Practice

Aug 5th & 6th, 10am  
Picnic & Paint @ Natural Arch &  
Mine 18

Aug 7th, 2pm  
Country Ham Mock Judging

Aug 9th, 5pm  
R/C Club @ Juicebox Hobbies

Aug 12th, 11am  
Country Ham Washing &  
Selection @ Whitley County  
Extension

Aug 12th, 4pm  
Cloverbuds

Aug 19th, 4:30pm  
Jr Cattlemen's Interest Meeting

Aug 19th, 6pm  
Wiggieworms Fishing Club @  
Alum Ford

Aug 21st, 4pm  
Woodchucks

Aug 24th (Saturday) 10am  
Paddle Pals Kayaking Club @  
Mystery Falls, Monticello

Aug 28th, 4pm  
Cloverbuds



**Join McCreary 4-H Remind!**

Stay updated with McCreary County 4-H  
announcements!

Follow us!



Text @kb46dk6 to the number 81010





**Superstar  
Chef**



## ON YOUR MARK, GET SET, BAKE!

Our Superstar Chef Bakers emerged from a 3-day baking bootcamp with a blackbelt in measuring, mise en place, leavening, and fats.

They made their own biscuits, mug muffins, galettes, pizzas, and cinnamon crisps. YUM!

~Learn by doing~



## Watermelon Salsa

### Ingredients:

- 2 cups chopped seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- ½ cup chopped onion
- ½ chopped red pepper
- ½ teaspoon garlic salt
- 1 teaspoon lime juice
- 2 tablespoons balsamic vinegar

### Yield:

10, ½ cup servings

### Directions:

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. Sprinkle with garlic salt. Toss to coat. Stir in lime juice and balsamic vinegar. Cover and chill one hour.

 Cooperative Extension Service

## Did You Know That?

Watermelons are a summertime favorite for a reason! They're incredibly refreshing and hydrating. But that's not all they offer. Watermelon is also low in calories and packed with essential nutrients like lycopene, vitamin C, vitamin A, and potassium. So next time you're looking for a healthy and delicious summer treat, reach for a slice of watermelon!

