

»»» MCCREARY COUNTY EXTENSION «««



4-H NEWS

July 2024



Explore, experience, then push beyond.

NOTES FROM MCCREARY 4-H

Tracie Goodman, Agent
Leah VanMeter, Agent
Ashley Moore, Program Asst



Did you know?

Natural Resources is one of 7 core 4-H program areas that provide youth an opportunity to find their spark through hands-on experiences. We have a ton of programs this summer focused on exploring natural resources in our own backyard. Contact us for enrollment info!

We love our volunteers!

Let us appreciate you! Our annual Volunteer Appreciation Banquet will be **August 2nd at 6pm**. We will have presentations from 4-H youth, displays, awards ceremony, and County Extension Council meeting afterward. Refreshments provided.



VOLUNTEER APPRECIATION BANQUET





LOOKING AHEAD



EVENTS

**Superstar Chef
Baking Day Camp
July 16th-18th**

**Russell County Shoot
July 20th**

**National 4-H Forestry
Invitational
July 21st-25th**

**Adair County Shoot
Saturday, July 27th**

**National 4-H/FFA WHEP
Competition
July 28th-31st**

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

**Country Ham Day
Kentucky State Fair
August 15th**

**Kentucky State Fair
Cloverville Exhibits
August 18th-24th**

PROGRAMS/CLUB MEETINGS

JULY

**Tuesdays, 4pm & 6pm
Shooting Sports Practice**

**July 9th, 4pm
Cloverbuds: Pinewood Derby**

**July 12th, 10am
Jr Cattlemens Field Trip
Warner Fertilizer & Farm Tour**

**July 12th, 5pm
R/C Club @ Juicebox Hobbies**

**July 15th, 4pm
Woodchucks: Noodleboards**

**July 15th, 6pm
Wigglegorms Fishing Club
@ Laurel Creek Reservoir**

**July 19th, 5pm
Jr. Bee Club**

**July 26th, 6pm
Paddle Pals Kayak Club
@ Laurel Creek Reservoir**

**July 29th & 30th, 10am
Picnic & Paint**

**July 31st, 5pm
Country Ham Meeting**

Join McCreary 4-H Remind!

***Stay updated with McCreary County 4-H
announcements!***

Follow us!



Text @kb46dk6 to the number 81010





4-H Camp 2024



2024 4-H CAMP IS IN THE BOOKS!

HUGE thank you to our teen and adult leaders/volunteers! 4-H camp would not be possible without them!

Special thank you to those who donated to our scholarship fund this year. 11 youth were able to attend camp because of scholarships.

If you'd like to volunteer at 4-H camp next year, please contact us! It takes a village to make this happen for our youth.

- Directions:**
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.

Spring Harvest Salad

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

Plate it up!

UK Cooperative Extension Service