



# Clover Connection

Cooperative Extension  
Service

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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

February 2023

## Super Star Chef

Save the date! A new day-camp is coming to Washington County this spring break! If you love to cook and want to sharpen your skills then Super Star Chef is the place for you! April 3-5 we will be hosting this cooking day-camp series where kids ages 9-12 will chip, dice, and whip up tasty treats. We will make recipes like fiesta dips, muffins, roasted potatoes and more! registration is free and open to youth in the county aged 9-12. Registration hasn't opened yet but be sure to follow and interact with our Facebook page to be the first to know when sign ups are being accepted!



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# Project Clubs

Join for the 2022-2023 project year!

## 4-H Sharpshooters



### *Shooting Sports Club*

It's the start of 4-H Shooting Sports season! Monthly meetings start February 21st. That meeting is required of all members and will start at 6:30 at the Washington County Extension Office.

**REMIND: @4htarget21 to 81010**

## 4-H Country Ham Project

### *Country Ham*



Our hams are in the ham house curing! Members should be starting on their speeches as the first speech practice day will be May 9th. Their club meeting is February 28th at 6:30.

**REMIND: @salty20 to 81010**

## 4-H Best Sew-ers in Town

### *Sewing Club*



These folks have great talent! Members who selected that they were interested in Sewing on their enrollment form received a packet in the mail to register for Sewing Club this year. This year they will start sewing in March and will meet weekly on Thursdays at 4:00.

**REMIND: @4hsew22 to 81010**

## 4-H Hooves & Horns

### *Livestock Club*



Learn about feeding, healthcare, judging, grooming, and showing livestock with the Hooves & Horns Livestock club! Their meetings are the last Tuesday every month at the Washington County Extension Office at 7:00. Their next meeting is February 28th at 6:30.

**REMIND: @salty2020 to 81010**

## 4-H Teen Advisory Council

### *7th grade & up!*



Our next meetings are February 1st and March 1st from 4:00-5:00. We will be learning about an upcoming retreat, planning Safety Day, and passing out Camp Teen Leader Applications!

**REMIND: @wc4hteen to 81010**

## 4-H Young Riders Club

### *Horse Club*



If you love horses this club is for you! You **do not** have to own a horse to participate either! In fact they do tours of the industry and have professional speakers often. Meetings are held on the third Monday of each month. The membership fee is \$7. Their next meeting is February 20th. Their meeting is at 6:30.

**REMIND: @wchorse2 to 81010**

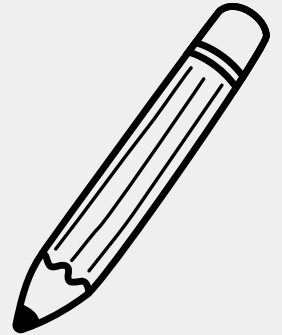
**If you are interested in one of these clubs but have not completed an enrollment form, please email [melissa.schenck@uky.edu](mailto:melissa.schenck@uky.edu) with questions!**

# WRITTEN COMMUNICATION CONTEST

Want to express your thoughts but don't want to give a speech? The Written Communication Contest is for you! 4-H'ers from 9-18 can show off their passion for writing.

## Categories include:

- Songwriting
- Poetry
- Original Monologue
- Press Release
- Public Service Announcement
- "What 4-H Means to Me" Essay



Entries are due **February 17** by emailing [Melissa.schenck@uky.edu](mailto:Melissa.schenck@uky.edu) or dropping a typed paper copy off at the Washington County Extension Office.

# COUNTY SPEECH CONTEST

It's that time of year again to start writing your 4-H Speeches! Speeches can be done about a wide variety of topics from your hero, your camp experience, or an impactful moment in your life. Be creative and speak about something you are interested about!



Speeches by Senior youth (Youth Born 2004-2008) must be between 5 to 7 minutes long.  
Speeches by Junior youth (Youth born 2009-2013) must be between 3 to 5 minutes.

The County Contest is Thursday, March 30th, 2023 at 6:30 PM at the Washington County Extension Office. Participants **MUST REGISTER** by Friday, March 24th. Register by completing the online registration form attached to the QR code.

**Winners will receive a cash prize!**







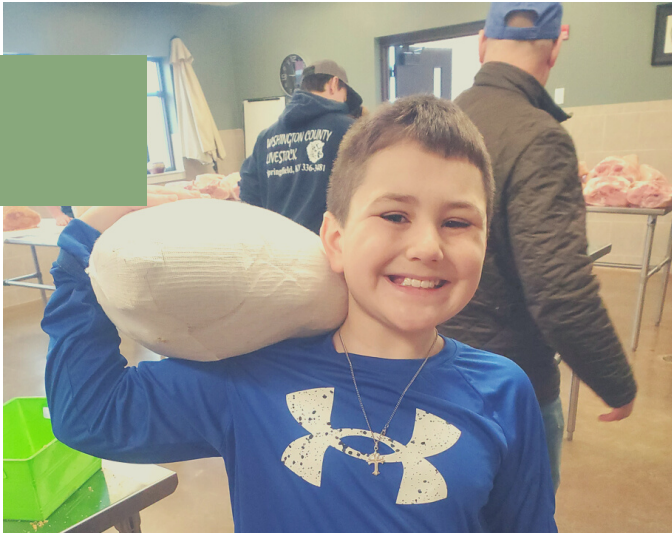
## DORRIN AND RUTH ROSS SCHOLARSHIP

The Dorrin and Ruth Ross Scholarship is now open for 2023. Candidates must be a graduate of Washington County High School or a past or present member of Washington County 4-H or FFA. Applications are due March 15, 2023 and must be completed online. Scan the QR code here for a direct link to the applications!



## COUNTRY HAM

On a sunny Martin Luther King Day, 18 4-H'ers in Washington County got their hams in cure and hanging in the ham house! Across the state over 1,000 4-H'ers complete the Country Ham Project every year!



## DETERGENT SALES

Each year the 4-H Young Riders does a fundraiser selling bulk detergent, fabric softener, scent beads, dish soap and other home essentials to our community. Orders are open now and will close in mid-March. Proceeds help to send kids to Horse Camp, participate in shows, and more! If you need a 4-H'er to buy from please contact our office!



Washington County 4-H  
Presents

4-H



CAMP

JUNE 20-23RD

AT LAKE CUMBERLAND

4-H Camping Center

SAVE THE DATE

We will zipline, canoe, craft, Sally and more at the picturesque Lake Cumberland 4-H Camp! Registration will open soon but for now be sure to save the date!

ADVENTURES. FRIENDS. MEMORIES. CAMP

REGISTRATION OPEN AT CAMPFIRE SPARKS EVENT

(859) 336-7741

[www.washington.ca.uky.edu](http://www.washington.ca.uky.edu)

[Melissa.schenck@uky.edu](mailto:Melissa.schenck@uky.edu)



Washington County 4-H  
Presents

# CAMP COUNSELORS

CIT's and Teens!

## DO YOU WANT TO BE A TEEN COUNSELOR AT CAMP?

**CAMP COUNSELOR APPLICATIONS ARE OPEN NOW**

Camp doesn't have to end at 14 years old! Those who are 15-17 years old can apply to attend camp as Counselors! Keep in mind that applying to be a Counselor can be competitive and we can only take a limited number so be sure to fill out the application thoroughly!

**APPLICATIONS ARE DUE MAY 1**

<https://forms.gle/CdNetRYXx3MuzEPd9>



**(859) 336-7741**

[www.washington.ca.uky.edu](http://www.washington.ca.uky.edu)

[Melissa.schenck@uky.edu](mailto:Melissa.schenck@uky.edu)



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!



If you're interested in attending please contact Melissa at  
[Melissa.schenck@uky.edu](mailto:Melissa.schenck@uky.edu) for a registration packet.





# Campfire Sparks

4-H Camp Kick-Off event

Interested in camp but want to ask a few questions first? Get signed up for Campfire Sparks! Participants can meet with teens who have spent years going to 4-H Camp and may be serving as Counselors this year. They'll be put in "cabins" or teams to compete, make a craft, and roast smore's and hotdogs over a fire!

Registration is free but must be done by March 1, 2023  
Register by calling the office at (859) 336-7741 or email  
[melissa.schenck@uky.edu](mailto:melissa.schenck@uky.edu)

MARCH 7,  
2023  
6:00



# At the Extension Office...

We have activities for youth,  
adults, and families!



## Wheelbarrow Series

Our annual Wheelbarrow Series Catalog is officially out! From February to October we have 22 classes offered for individuals to learn more about gardening and horticulture.

Tomatoes, grapes, Holiday cactuses, hydrangeas are only a few of the topics to be covered. Several classes will take home plants and seeds for their gardens. Contact Dennis at the Washington County Extension Office at (859) 336-7741 or email [james.morgeson@uky.edu](mailto:james.morgeson@uky.edu) to get a catalog and get signed up!

## Orange Card Hunter's Education Class

If you or someone else you know needs to get their Orange Card be sure to save Saturday, March 4th in your calendar! A Hunter's Education Course will be offered at the Marion County Extension Office. You can sign up online by visiting <https://www.registered.com/events/register/193250>

Spots are limited so register soon! You can also access the registration with this QR code.

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# Wild Turkey and Broccoli Casserole



## **Directions:**

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

## **Ingredients:**

2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces  
4 cups cubed, cooked wild turkey meat  
1 cup light mayonnaise  
2 cans (10.5 ounces each) low-sodium cream of chicken soup  
1 teaspoon curry powder or 1 tablespoon prepared mustard  
1 teaspoon lemon juice  
½ cup grated cheddar cheese  
½ cup panko breadcrumbs  
1 tablespoon melted butter

## **Nutritional Facts / Serving:**

270 calories, 12g total fat, 3g saturated fat, 0g trans fat, 65mg cholesterol, 660mg sodium, 17g total carbohydrate, 0g dietary fiber, 2g total sugars, 23g protein, 6% DV calcium, 6% DV Iron, 8% DV Potassium



ON AIR

**Listen weekly for tips on 100.9. Our office also has a weekly radio show on the same station at about 8:20 every Tuesday morning!**