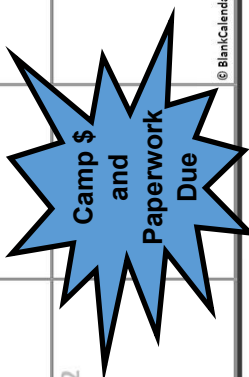


# April 2024

SPRING BREAK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



© BlankCalendarPages.com

# Lyon County 4-H Newsletter



Martin-Gatton College of Agriculture, Food and Environment

Cooperative Extension Service  
Lyon County  
231 Main Street  
Eddyville, KY 42038  
(270) 388-2341



4-H YOUTH DEVELOPMENT

Office Hours: 8:00 AM—4:30 PM, Monday—Friday



Hello 4-Hers!!

Summer will be here in no time and I can hardly believe it! There are a lot of great opportunities coming up this summer for you to get involved with. The first big event is 4-H Summer Camp. There are only **6 boy spots left and only 20 spots left for girls** for 4-H Camp! All camp payments and paperwork is due to the Lyon County Extension Office by **May 3rd!!** Are you looking for a unique and useful Mother's Day gift? Sign up for the Mother's Day Flower Pot Class that will be May 7th right afterschool at the Extension Office. If you are in 8th-12th grade Teen Conference will be June 11-14. This conference is a great way to get a taste of campus life, more details to come. This summer there will be an opportunity to join in some cool programs. Be on the lookout in the next newsletter for dates and times! Here is what has been happening this month with Lyon

County 4-H:

### 4-H Classroom Speech Winners



4-H Capitol Trip



Cooking Club



1st: Peter Wright  
2nd: Ayyah Baker  
3rd: Kaden Chapman



1st: Rowan Smith  
2nd: Aleah Guzik  
3rd: Connor Grant



1st: Audrey Kauffman  
2nd: Aubrey Stamps  
3rd: Hunter Stewart

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.

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.

# 4-H Poultry Club INTEREST MEETING

**WHEN:** APRIL 15TH  
**WHERE:** LYON COUNTY EXTENSION OFFICE  
**TIME:** 3:30-4:30 PM  
**WHO:** 4TH-12TH GRADE STUDENTS

\*K-3RD CAN ATTEND BUT AN ADULT MUST ATTEND TOO\*

ARE YOU INTERESTED IN LEARNING MORE ABOUT CHICKENS? ARE YOU WANTING TO KNOW ABOUT WHAT IT TAKES TO RAISE CHICKENS? JOIN US!



Call 270-388-2341 to register

## How do I Sign Up for Clubs and Upcoming Projects?

For all classes with a registration fee, you must come by the Extension Office and register along with payment during office hours, Monday-Friday, 8-4:30 PM. You must be registered one week in advance of any class so our instructors have time to prepare. For classes or project clubs with no fee, you may register by phone at 270-388-2341 during our office hours.

4-H projects open to youth ages 9-18, unless otherwise noted.

**Remember, if you sign up for a class and don't show up you are keeping someone else from participating!**

TUESDAY MAY 7TH

LYON COUNTY 4-H & LYON COUNTY MASTER GARDENER'S PRESENT

## MOTHER'S DAY FLOWER POT CLASS

3:30-4:30

AT THE LYON COUNTY EXTENSION OFFICE

LAST DAY TO APRIL 30



\$10

3RD-5TH GRADERS



## 4-H COOKING CLUB

April 24

**Who** 4th-8th Grade Students  
**Time** 3:30-5:00 pm  
**Where** Lee S Jones Building

Learn basic cooking skills, make yummy recipes, and play fun games.

Call 270-388-2341 to register. Spots Limited!!

### Lean Green Lettuce Tacos

- 8 large lettuce leaves
- 1 1/2 cup cooked brown rice
- 1/4 cup fresh corn kernels
- 1 cup canned black beans, drained and rinsed
- 1 tablespoon olive oil
- 3/4 pound extra lean ground beef
- 1 small zucchini, chopped
- 1 ounce packet low-sodium taco seasoning
- 4 ounces low sodium tomato sauce
- 1 tablespoon finely chopped cilantro
- 1 teaspoon lime juice
- 1 tomato, chopped
- 1 small red onion, chopped



Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet, heat the oil to medium; add ground beef and begin to cook. When beef begins to brown, add zucchini, corn and black beans to skillet. Continue to cook until vegetables are tender and beef is done. Do not overcook. Add in taco seasoning and tomato sauce and heat through. Add cilantro and lime juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato and onion.  
**Yield:** 8 servings  
**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

# 4-H Summer Camp Reminders

April 12th: Scholarship Applications Due

May 3rd: All paperwork and payment due

May 10th @ 6 pm or May 11th @ 10 am: Camper Orientation

June 3rd: Lice check from 10-12 at Lyon County Health Dept.

All paperwork and payment is due to the Lyon County Extension Office!!

APRIL 11TH

LYON COUNTY 4-H COMMUNICATION CONTEST

@LYON CO EXTENSION OFFICE

## SPEECHES & DEMOS

**SPEECHES:** 3-5 MINUTE SPEECH ON ANY TOPIC, COMPETE BY AGE  
**DEMO:** PRESENT DEMONSTRATION REVOLVING AROUND VARIOUS CATEGORIES AND COMPETE BY AGE GROUPING

Contest will be from 5:00-7:00 pm, if you are wanting to participate call 270-388-2341 to register for a time slot.

Mary Beth Riley  
 County Extension Agent  
 4-H Youth Development

