

LAUREL CO. 4-H NEWSLETTER



Agent Message

February/March 2025

Check out our meeting dates for February and March! Most clubs are still open to new members—so it's the perfect time to get involved. Please note, our Bon Appetit Cooking Club is currently full. We are also thrilled to offer workshops and activities for all ages! From movie nights to nature exploration, there's something for everyone to enjoy and learn from. Movie night will let you relax and enjoy featured films with friends. With Exploring Nature, you will be able to immerse yourself in the great outdoors while learning about the environment and wildlife. This newsletter is packed full of information on our upcoming programs. Come join in on the fun!

Elizabeth Easley

4-H Summer Camp Highlights

Being cold outside hasn't stopped us from preparing for our **2025 Summer Camp!** Laurel County 4-H will be attending June 16-20. We are preparing the Summer Camp registration packets and information now, and will be available on March 13th. You can come by our office the day of or after, M-F from 8:00-4:30 pm. We will also be available to help with any questions you have during this time. If you need us in person after hours, we will be available March 13, April 8, and May 22 from 4:00-6:00 pm. Our office phone is 606-864-4167.



Staff Contacts:

4-H Staff Asst. - Becky Osborne
rebecca.osborne@uky.edu

4-H Program Asst. - Kelsey Henson
kelsey.henson@uky.edu

4-H Agent - Elizabeth Easley
elizabeth.easley@uky.edu

FEBRUARY



2025

SUN	MON	TUE	WED	THU	FRI	SAT
	()= required age					1
2	3 Poultry Club 5-6 pm	4 Krafty Kidz 5-7 pm	5	6	7	8
9	10 Communications Day 5-7 pm Cloverbud Day 4-5 pm	11 Bon Appetit Cooking Club 5-7 pm	12	13 Carrot Crunchers 6-7 pm	14	15
16	17 Exploring Nature: Ky Mammals 4-5 pm 4-H Rocking Robots 5-6 pm (12+)	18 4-H Laurel Livestock 5-6 pm	19 Discovery Trek 10-11 am	20 NSSSO4-H'ers 5-6 pm	21 4-H Movie Night 5-8 pm	22 Rabbit Skillathon
23	24	25 4-H Capital Experience	26 4-H Capital Experience	27 Discovery Trek: Ky Mammals 10-11 am	28	

Clubs:

(Not So) Secret Society of 4-H'ers – Explore the 4 H's: Head, Heart, Hands, and Health in this 4-H community club. Members will build life skills that will help them become responsible, independent, and caring leaders in their communities through engaging hands-on activities.

4-H Livestock Club – Lambs, goats, hogs, and cows, oh my. This club provides members with opportunities to learn about raising livestock animals, animal judging, and showmanship. Youth will learn about animal care, nutrition, breeds, and how to raise animals for different purposes. Additionally, youth are given opportunities for competition in the Laurel County Agricultural Fair, KY State Fair, Skill-a-thons, judging clinics, and more.

4-H Poultry Club – Discover the world of poultry. In this club, members learn about poultry care, production, nutrition, management, leadership, and communication. Members receive help preparing for poultry shows, including breed identification and judging. Additionally, youth are given opportunities for competition in the Avian Bowl, Poultry Judging, Egg Chef Challenge, and Chicken and Turkey BBQ contests.

4-H Rockin' Robotic Club – This club provides youth with hands-on activities to design, code, and build robots using Lego Mindstorm. Members will work with like-minded youth to tackle challenges and achieve a common goal using the engineering design process to create machines that solve problems.

Bon Appetit Cooking Club – Want to learn how to cook? In this club, members will learn cooking skills such as food preparation, kitchen safety, and nutrition. Members will prepare a new recipe each month to expand their culinary skills.

Carrot Crunchers 4-H Club – Calling all the cute and furry rabbit lovers. This club teaches youth life skills through caring for and showing rabbits. In this club, members will learn about rabbit breeds, husbandry, nutrition, health, and care. Youth will be given opportunities to prepare for rabbit shows by learning rabbit showmanship.

Krafty Kids 4-H Club – Show off your artistic side in the Krafty Kids 4-H Club. Members of this club learn about artistic principles, design, and color, and they create art in a variety of mediums. Have fun with friends and making creative art projects!

(Haven't started meeting yet)

Fabric Friends (Sewing) 4-H Club –

Lil' Laurel Gardeners 4-H Club –

4-H Sharp Shooters Club –



SUN	MON	TUE	WED	THU	FRI	SAT
	()= required age					1
2	3	4 Krafty Kidz 5-7 pm	5	6	7	8
9	10 Discovery Trek: Zulu Patterns 10-11 am Communications Day 4-6 pm Bon Appetit Cooking Club 5-7 pm	11 Large Animal Validation 5-7 pm	12	13 Carrot Crunchers 6-7 pm 4-H Camp Registration 4-6 pm	14	15
16	17 Exploring Nature: Great Migration 4-5 pm 4-H Rocking Robotic Club (12+)	18 Cloverbud Day 4-5 pm 4-H Laurel Livestock 5-6 pm	19 Discovery Trek Surviving a Zombie Apocalypse 10-11 am	20 NSSSO4-4'ERS 5-6 pm	21	22
23/30	24/31 24- Poultry Club 5-6 pm 31- Simply Homemade: Fruit Leather 5-6 pm	25	26	27	28	29

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Lil' Laurel Gardeners 4-H Club –

4-H Sharp Shooters Club –

February 4-H Club Meeting Dates

Date	Time	Cloverbud (5-8)	Club/Meeting
3	5-6pm	Yes	Poultry Club
4	5-7pm	Yes	Krafty Kidz
11	5-7pm	No	Bon Appetit Cooking Club Enrollment Closed
13	6-7pm	Yes	Carrot Crunchers
17	5-6pm	No	4-H Rockin' Robotics Club (12+)
18	5-6pm	Yes	4-H Laurel Livestock
20	5-6pm	Yes	(Not So) Secret Society of 4-H'ers

New members welcome

Closed to new members

Unless specified, clubs open to 9-18 year old youth



Workshops & Activities

CloverBud Day

February 10th 4pm - 5pm

Exploring Nature: KY Mammals

February 17th 4pm-5pm

4-H Movie Night

February 21st 5pm-8pm

Rabbit Skillathon

February 22nd

4-H Capitol Experience

February 25th & 26th

Discovery Trek: KY Mammals

February 27th 10am-11am

Please Contact our office or 4-H Agent Elizabeth Easley for more information

**elizabeth.easley@uky.edu
(606) 864-4167**



March 4-H Club Meeting Dates

Date	Time	Cloverbud (5-8)	Club/Meeting
4	5-7pm	Yes	Krafty Kidz
10	5-7pm	No	Bon Appetit Cooking Club Enrollment Closed
13	6-7pm	Yes	Carrot Crunchers
17	5-6pm	No	4-H Rockin' Robotics Club (12+)
18	5-6pm	No	4-H Laurel Livestock
20	5-6pm	Yes	(Not So) Secret Society of 4-H'ers
24	5-6pm	Yes	Poultry Club

New members welcome

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Please Contact our office or 4-H Agent Elizabeth Easley for more information

elizabeth.easley@uky.edu
(606) 864-4167

Workshops & Activities

Discovery Trek: Zulu Patterns

March 10th 10am-11am

Communications Day

March 10th 4pm-6pm

Large Animal Validation

March 11th 5pm-7pm

4-H Camp Registration

March 13th 4-6pm

Exploring Nature:

Great Migration

March 17th 4pm-5pm

Cloverbud Day

March 18th 4pm-5pm

Discovery Trek: Surviving a

Zombie Apocalypse

March 19th 10am-11am

Simply Homemade:

Fruit Leather

March 31st 5pm-6pm

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



Savory Winter Pork Stew

Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork
8. and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
9. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
10. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
11. Refrigerate leftovers within 2 hours.



Agent Signature

Elizabeth Isley

Laurel County Extension Office

200 County Extension Rd

London, KY 40741

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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