



Woodford County
Cooperative Extension Service
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February! Spring is right around the corner and it's about to get super busy.

This month we will be releasing 4-H Camp applications. Camp will be here before you know it so make sure you grab your application (and a few for your friends!) as soon as possible.

For middle school students - join Woodford County 4-H for Teen Summit. More information can be found below!

Ryan Farley
Woodford County Extension Agent for 4-H Youth Development

4-H Online Enrollment



All 4-H families are asked to enroll for the
2022-2023 4-H Program year.

Head to 4.H Online [HERE](#) to begin your enrollment process.
If you have never enrolled in 4-H Online, please use the above
video above as a walk-through.

Click [HERE](#) for written instructions for both new and returning
families.

If you have questions on the enrollment process click [HERE](#) to
email Ryan.



Woodford County 4-H Invites You!

Kentucky 4-H Capitol Experience

Tuesday, March 14th



Join Woodford County 4-H in Frankfort for Kentucky 4-H Capitol Experience!

This program is for any youth interested in learning more about our state government and is a day when 4-H takes over Frankfort!

Tentative schedule includes a full day of:

- Meeting with local elected officials
- Sitting in on committee meetings
- Observing Senate/House sessions
- Capitol tour

Spots are limited - register by clicking [HERE](#) to send an email.
Deadline to register is Tuesday, March 7th.

*This will count as an excused absence - a note will be sent to participant's schools.



Woodford County 4-H Camp

Summer 2023

July 17 - July 21st, 2023

Join Woodford County 4-H as we head to North Central 4-H
Camp for a blast from the past!

Applications will be available later this month - be on the lookout!

4-H POULTRY CLUB



The 4-H Poultry Club is for any youth interested in poultry animals. Participants are not required to own their animals and all are welcome as we learn more about our feathered friends!

Join us for our next meeting on Tuesday, February 7th at 4pm at the Woodford County Extension Office!

WOODFORD COUNTY 4-H SHOOTING SPORTS



The Woodford County 4-H Shooting Sports Program will hold their next meeting on Monday, February 6th at 6pm at the Anderson County Extension Office.

4-H Shooting Sports is for anyone interested in learning how to safely participate in several different shooting sports disciplines including archery, rifle, shotgun and pistol. Additional educational

opportunities include hunter safety and youth hunter education.

Cost to participate for the year is \$40 which includes participation in all disciplines, a safety kit and t-shirt. Interested families are encouraged to email Ryan (click [HERE](#)) to register for the year and send a picture of participating youth to use for their club ID.



4-H Livestock Club



Interested in learning more about sheep, pigs, goats or cattle? Join the Woodford County 4-H livestock club to get involved and start exploring agriculture opportunities! Whether it's a country ham, livestock project animal or the livestock skillathon team, there's something for everyone!

The 4-H Livestock Club will be meeting on Tuesday, February 7th at 6:30pm at the Woodford County Extension Office.



KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

Songwriting

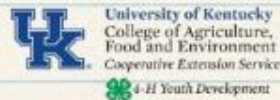
Poetry

Original Monologue

Press Release

Public Service Announcement

"What 4-H Means to Me" Essay



Contact your county 4-H Agent
for more information

Do you have a desire to get your thoughts onto the printed page? Then the 4-H Written Communications Contest is for you! Young writers from across the state will be submitting their work to be recognized. If you are interested in submitting, contact Ryan Farley for more information!

The deadline for submissions will be March 1, 2023 at midnight.



Woodford Co. 4-H

**Written
Communications
Workshop**

February 11, 2023

12:00 P.M. - 2:30 P.M.

If you are interested in participating in the 2023 Written Communications contest, Program Assistant Treyton Blackburn will be holding a writing improvement workshop at the Extension Office.

4-H'ers are encouraged to bring samples of their writing to develop alongside their peers!

To register, [click here!](#)



University of Kentucky
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Food and Environment
Cooperative Extension Service

4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE



MARCH 16-18

Calling all middle school 4-H'ers! 4-H Teen Summit is a 3 day, 2 night conference just for you! Go ahead and mark your calendar for Thursday, March 16th through Saturday, March 18th. Spend three days connecting with other middle school 4-H'ers from around the state, developing your teambuilding and leadership skills and learning about all that 4-H has to offer middle school students. Oh, and have a ton of fun! Cost is \$125 which includes transportation, lodging, food, a shirt and all supplies.

Registration opens on January 30th - deadline is February 27th. For more information or to sign-up, email Ryan by clicking [HERE](#).

4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, February 8th at 4pm!
Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

Parents are asked to stay through the duration of the meeting to assist with the activities.



The 4-H Visual Art Club provides a year-long style studio environment for the exploration of different artistic mediums, and the development of artistic works for entry into the Summer Project Expo.

On the agenda next meeting: students will begin work on their state fair projects!

The next meeting will be Feb. 8, 2023 from 5:00 PM to 6:00 PM.

Please RSVP by filling out this brief registration [HERE!](#)

Woodford County 4-H STEAM Sewing

Any youth who have completed at least one 4-H sewing project are invited to participate in 2022-2023 4-H STEAM (Science, Technology, Engineering, Arts and Mathematics) Sewing! This club will explore how textiles, fabrics and traditional sewing interacts with the STEAM subjects.

If you are interested in participating and have completed at least one 4-H sewing project, email Ryan by clicking [HERE](#). The next meeting is February 13th at 5pm and you must RSVP by Wednesday, February 8th.



The Woodford County 4-H Filmmaking Club is calling all those kids interested in standing behind (or in front of) the camera. The 4-H Filmmaking club exposes youth to filmmaking, screen acting, digital storytelling, and videography to assist youth with making their own films.

The next club meeting will be focused on reading the 1-minute screenplays created by the students!

The next meeting will be Feb. 21, 2023 from 5:00 PM to 6:30 PM.

Please RSVP by filling out this brief registration [HERE!](#)



WOODFORD COUNTY 4-H TEEN LEADERSHIP COUNCIL

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council at 6:30pm on Wednesday, February 15th at the Woodford County Extension Office. Our activity will involve Valentine's Day - there will be Valentine's Day Candy to eat!

Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).



2023

**WOODFORD
COUNTY
4-H YOUTH
EXPO**



College of Agriculture,
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Start making plans to submit your work into the 2023 4-H Youth Expo! Earn ribbons and a small cash premium. Champion project work moves on to the Kentucky State Fair in August with a chance to win more ribbons and cash prizes!

For a list of projects to explore, click [HERE](#).

When: Wednesday, July 27th and Thursday, July 28th. Judging takes place at 12pm on Thursday. Projects will be displayed on Saturday, July 29th.



Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves	12 large fresh basil leaves	2 ½ cups grape tomatoes, halved
½ cup lite balsamic vinaigrette dressing	2 ounces low-fat skim mozzarella cheese, cut into four slices	4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

Yield: 4 servings

Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



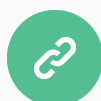
Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

Check out this great [Plate it Up Kentucky Proud](#) recipe for the upcoming month!



Follow Woodford County 4-H on Facebook!



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