



March madness is here for Woodford County 4-H as things begin to ramp up alongside the warm weather (hopefully!).

A big shoutout to our 4-H Livestock Skill-a-thon team for all of their hard work last month and great job at the State 4-H Livestock Skill-a-thon contest! Congrats to them and our great coaches.

4-H Camp applications are now available and you can find them [HERE](#) at our website or in-person at our office. Check out the post below for more information about 2023 4-H Camp!

The livestock showing season and club year is about to wrap up so please make sure you are getting your educational hours.

The 4-H Summertime Fun Project Series days will be out in April so make sure to plan accordingly! We'll have plenty of fun and exciting days to learn and develop your 4-H skills.

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.



Congratulations!

Great job to our 4-H Livestock Skill-a-thon team for their hard work at the 2023 Kentucky 4-H Livestock Skill-a-thon contest on Saturday, February 18th!

Jr. Evaluation

Woodford B Team - 2nd place
Stockton Stivers - 7th individual
Hayden Westfall - 8th individual

Sr. Evaluation

Elizabeth Vanzant - 1st individual
Carson Probst - 5th individual

Jr. Identification

Woodford A Team - 3rd place
Sarah Vanzant - 5th individual

Sr. Identification

Elizabeth Vanzant - 1st individual

Jr. Quality Assurance

Sarah Vanzant - 5th individual

Jr. Overall

Woodford A Team - 5th place
Stockton Stivers - 11th Individual
Hayden Westfall - 12th Individual
Sarah Vanzant - 16th Individual

Sr. Overall

Woodford A Team - 7th place
Elizabeth Vanzant - 1st individual
Braden Lacefield - 16th individual.



Woodford County 4-H CAMP 2023

Applications now available for
2023 Woodford County 4-H Camp
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!

This year's theme is Time Warp!

Applications can be found [HERE](#) or can be picked up in person in
the office.



4-H Natural Resources and Environmental Sciences Academy

Calling all 5th grade 4-H'ers interested in the natural resources!

The Kentucky 4-H Natural Resources and Environmental Sciences Academy is a three-year program designed to teach youth about their natural environment. Youth participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources. The Academy is a three-year commitment, and meets quarterly each year. Delegates attend a three-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer. Applicants must be in the 5th grade at the time of the application (upcoming 6th graders the following Fall).

For additional information visit the NRESci website by clicking [HERE](#).

For registration information, email Ryan by clicking [HERE](#).

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, March 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, March 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, March 7th at 6:30pm at the Woodford County Extension Office. Dr. Eric Vanzant, a ruminant nutritionist with the UK Animal and Food Sciences Department, will be our guest speaker.

Interested in showing a
*4-H Livestock Animal
Project?*

Due to changes with the tagging process, if you are planning on showing a livestock animal this showing season, please email ryan.farley@uky.edu by clicking [HERE](#) as soon as possible.

Deadlines for market animal tagging are based on animal species. For more information please contact Ryan.

4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, March 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 work on their state fair projects!

The next meeting will be March 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 March 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.

During the next club meeting, we will begin production of our 1-Minute Films!

The next meeting will be March. 22, 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

NEW DAY/DATE

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council at 6:30pm on Thursday, March 23rd at the Woodford County Extension Office. Our activity will be all about leadership as we look forward to the leadership opportunities available for teens!

Bring a friend who's never come to a 4-H Teen Leadership meeting and be entered into a drawing for a door prize!

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



2023

WOODFORD COUNTY 4-H YOUTH EXPO



College of Agriculture,
Food and Environment
Cooperative Extension Service

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.



New Potato and Asparagus Soup

- | | | |
|--|---------------------------------|-------------------------------------|
| 2 tablespoons olive oil | ½ teaspoon garlic powder | 1 pound fresh asparagus |
| 2 medium size, boneless, skinless chicken breasts | zest and juice of 1 lemon | ½ cup reduced fat sour cream |
| 1 medium diced onion | 2 cups new potatoes | Fresh ground black pepper |
| 1 teaspoon salt | 3 cups vegetable broth | |
| | 1 cup low fat milk | |

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.
Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.



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

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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