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Livingston County 4-H Youth Development

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# Newsletter

4-H YOUTH DEVELOPMENT



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



LIVINGSTON COUNTY 4-H  
*Picking the best better*

DECEMBER 2022



Join 4-H  
Today!

ENROLLMENT OPEN

## EVENTS

### December 2

- Middle School Club Day
- High School Club Day

### December 4

- Community Christmas

### December 8

- Teen Leadership Academy

### December 13

- Area Trash Sculpture Contest

### December 24

- Christmas Eve

### December 25

- Christmas Day

### December 26- January 2

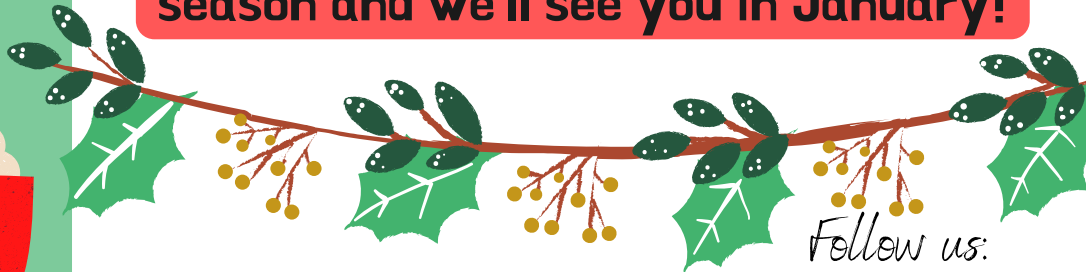
- Office Closed- Holiday

## Head, Heart, Hands, Health & Happy Holidays



Wow! 2022 has flown by. We have had an exciting year full of learning, fun, and new opportunities-- let's see where 2023 will take us!

Special topic and classroom clubs take a break this month, we hope you all have a safe, happy and healthy Holiday season and we'll see you in January!



Follow us:



@LIVCO4HKY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY  
COOPERATIVE EXTENSION



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4-H Youth Development  
Community and Economic Development

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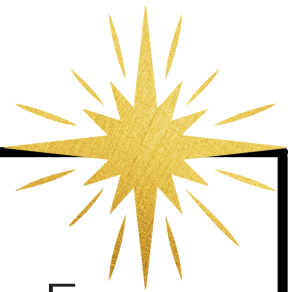
LEXINGTON, KY 40546



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# RECIPE OF THE MONTH



## Broccoli and Beef Stir-Fry

- |   |  |   |
|---|--|---|
| <b>1 pound</b> lean beef steak, sliced diagonally across the grain into thin strips | <b>4 tablespoons</b> canola oil, divided         | squash, cut into ¼ inch slices              |
| <b>1 tablespoon</b> plus ½ cup stir-fry sauce                                       | <b>1 medium</b> red onion, cut into ½ inch dice  | <b>2 cups</b> fresh broccoli florets        |
| <b>1 clove</b> minced garlic  | <b>1 sweet red pepper</b> , cut into ½ inch dice | <b>1 cup</b> cauliflower florets            |
|   | <b>1 medium</b> yellow                           | <b>½ teaspoon</b> crushed red pepper flakes |

- Combine** 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.
- Heat** 1 tablespoon canola oil in a large skillet or wok.
- Add** beef and stir fry for one minute. **Remove** beef from skillet.
- Heat** the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.
- Return** beef to skillet.
- Add** the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and stir 1 to 2 minutes longer, until heated through.

**Yield:** 8, 1 cup servings  
**Nutrition Analysis:** 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.  
 90% recommended allowance for vitamin C.

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



## Kentucky Broccoli

**SEASON:** May through early July; October through mid-November

**NUTRITION FACTS:** Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

**SELECTION:** Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4, ½ cup servings.

**STORAGE:** Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

**PREPARATION:** Wash broccoli under cold running water. Trim the leaves and peel the stalk.

**To steam:** Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water

and drain.

**To boil:** Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

**To microwave:** Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

### BROCCOLI

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Nutrition and Food Science students

#### March 2011

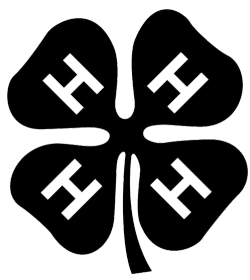
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COOPERATIVE  
EXTENSION  
SERVICE



College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



# Special Topic Club Schedules 2022-2023

The special topic clubs offered for the 2022-2023 school year are described below. If your youth has an interest that's not represented, or/ & you would be interested in volunteering to lead a program, please reach out to Sharee at:

**Email: [sharee.rushing@uky.edu](mailto:sharee.rushing@uky.edu) Phone: 270.928.2168**

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**Animal Sciences**- Youth ages 9-18 years old. Learn about beef, sheep, goats, and swine. Learn about care and maintenance and judging of livestock, as well as skill-a-thon activities. Owning livestock is not required.

**Chef Club**- Youth ages 9-18. Chefs will learn basic fundamentals of cooking, along with nutrition, food preparation, and food safety in a fun & educational environment!

**Cloverbud**- Youth ages 5-8 years old explore the opportunities available through 4-H! We will learn the foundations of 4-H as well as sample topics in Agriculture, Family & Consumer Sciences, Health, Communications & Expressive Arts, Leadership, Natural Resources, and, Science, Engineering & Technology. 1 Guardian MUST be present during the meeting.

**Craft Club**- Youth ages 9-18 years old will focus on Core Content in Creative Arts. 4-Hers will make a variety of FUN projects. There will be a \$4 participation fee for each meeting.

**Early American Heritage**- Youth ages 9-18 years old. Learn about early American culture and living. Participate in live reenactments, shoot colonial muskets, and practice colonial drill.

**Livingston Helpers**- Youth ages 9-18 years old. Participate in fun community service projects and events.



LIVINGSTON COUNTY 4-H

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# Chef Club

5:00-6:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

# Animal Sciences



Join our  
Facebook  
Group for  
more  
information

# Cloverbuds

5:00-6:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023

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# Livingston Helpers

5:00-6:00pm

September 28, 2022

October 13, 2022

November 10, 2022

December- No Meeting

January 12, 2023

February 9, 2023

March 9, 2023

April 13, 2023

May 11, 2023

# Craft Club

6:00-7:00pm

September 20, 2022

October 18, 2022

November 15, 2022

December- No Meeting

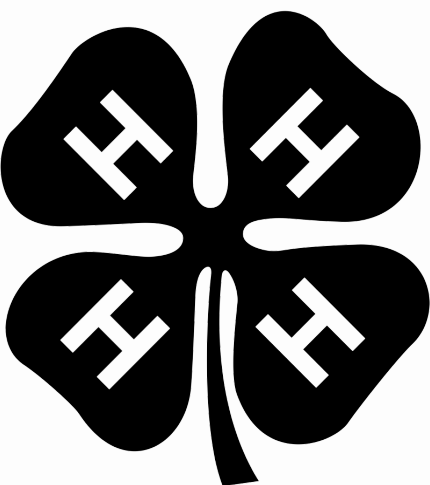
January 17, 2023

February 21, 2023

March 21, 2023

April 18, 2023

May 16, 2023



# WINNERS Trash Sculpture

Lower Elementary (K-2)  
1st Place: McKenzie Dukes  
2nd Place: Fynnian Petersen



Upper Elementary (3-5)  
1st Place: Jase Smith  
2nd Place: Eli Ellis  
3rd Place: Emma Belt

# WINNERS Trash Sculpture

Lower Elementary (K-2)  
1st Place: Maci Meyers  
2nd Place: Ethan Hall  
3rd Place: LaRue Davidson



Upper Elementary (3-5)  
1st Place: Logan Ross  
2nd Place: Grace Eison  
3rd Place: Ema Kidd



# SAVE THE DATE



4-H Camp 2023  
June 6-9

@West Kentucky 4-H Camp



Keep up-to-date with all events & programs by following us on social media!