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University of Kentucky  
College of Agriculture,  
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Cooperative Extension Service  
4-H Youth Development



LIVINGSTON COUNTY 4-H  
*Making the best better*

# Newsletter

4-H YOUTH DEVELOPMENT



MAY 2023



Join 4-H  
Today!

ENROLLMENT OPEN

## EVENTS

May 1:

- Adult/Teen Camp Orientation

May 2:

- Area Communications Contest

May 4:

- TLA Graduation

May 8:

- W1/W2 Area Teen Council

May 12:

- Teen Conference Deadline
- Camper Orientation #1

May 13:

- Camper Orientation #2

May 15:

- LCMS Wellness Day

May 16:

- Craft Club
- Cloverbuds

May 22:

- ALL 4-H Camp Final Payments DUE

May 29:

- Memorial Day- Office CLOSED

Hello  
SUMMER

We had an awesome school year with all of you, and can't wait for the fun to keep on going all summer long!

In this edition: 4-H Camp important dates & Deadlines, County communications results, W1/W2 Area teen Council end-of-year skating event, and State teen Conference Registration.

This is the beginning of the best summer ever, don't miss out!

Follow us:



@LIVCO4H.KY



@LIVINGSTON4HCLUB



@LIVINGSTON COUNTY COOPERATIVE EXTENSION

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Community and Economic Development

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LEXINGTON, KY 40546

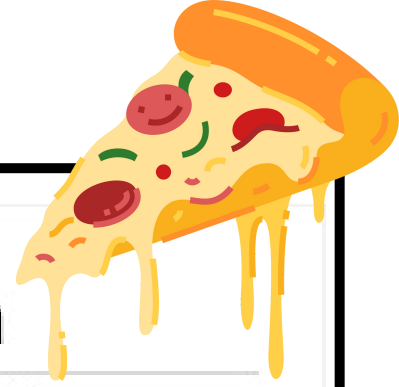


Disabilities  
accommodated  
with prior notificat



LIVINGSTON COUNTY 4-H  
Making the best better

# RECIPE OF THE MONTH



## Broccoli Pizza

- |  |   |
|--|---|
| 1 1/2 cups shredded Monterey Jack cheese | 1/2 medium red bell pepper, cut into strips |
| 1 12-inch whole wheat pizza crust        | 1 medium tomato, thinly sliced              |
| 1 cup chopped broccoli florets           | 2 cloves minced garlic                      |
| 1 medium zucchini, thinly sliced         | 1 teaspoon dried Italian seasoning          |
| 1 medium onion, sliced into strips       | 2 tablespoons vegetable oil                 |

1. Sprinkle half of the cheese evenly over crust; set aside.
2. Sauté vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.

3. Spoon vegetables evenly over pizza crust.
4. Top with remaining cheese.
5. Bake at 450° F 5 minutes or until cheese melts.

**Yield:** 8 slices

**Nutrition Analysis:**

320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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, 1/2 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 1/2 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  
September 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or <http://www.ca.uky.edu/fcs>.



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





# DISCO NIGHT!



**Date : May 8**  
**Location : Kingsway Skateland in Paducah**  
**Price : \$15**  
**Time : 5:30pm - 7:30pm**

Join us with your disco attire!

*\*Price is to help pay for skates, pizza, and private use of the rink*

**2023**

# KY STATE TEEN CONFERENCE



**TO REGISTER:**

☎ 270.928.2168  
 ✉ sharee.rushing@uky.edu

**DEADLINE:**

**MAY 12, 2023**

Join us for Kentucky 4-H Teen Conference, June 13-16 at the University of Kentucky!

This leadership conference is for any youth who has at least graduated 8th grade.

Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.



**2023**

## LIVINGSTON COUNTY 4-H COMMUNICATIONS CONTEST

**SPEECHES: 4TH GRADE**



Jase Fletcher: Champion  
 Dakota Dunkerson: Champion  
 Eli Ellis: Champion

**DEMONSTRATIONS: 4TH GRADE**

Bradie Hackney: Champion  
 Emma Belt: Champion      Ashlynn Sumnlers  
 Eden Crenshaw              Eric Cannon  
 Alaina Acosta      Jase Smith: Champion  
                                  Paysen Pierson: Champion



**2023**

## LIVINGSTON COUNTY 4-H COMMUNICATIONS CONTEST

**SPEECHES: 5TH GRADE**



Kameron Morgan: Champion  
 Rylan Bryant: Champion  
 Alyssa King

**DEMONSTRATIONS: 5TH GRADE**

Bailee Walls  
 Allie Vincent: Champion      Colton Murray  
 Peyton Scott & Emily Hall: Champion      Abigail Collins  
 Corabella Tharp: Champion      Jessie Hillard  
 Madaline Petersen: Champion      Braden Owens  
                                  Clay Collins  
                                  Patience Sallee & Emilee Tabor



**Hello Summer**  **REGISTRATION Open**

**4-H camp**

**June 6-9**





Join our private Facebook group for updates and pictures!

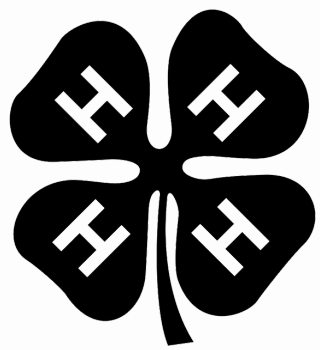
**Important Dates**

March 3	Registration Opens
April 10	Scholarship Application Due
April 28	\$25 Deposit Due
May 12	Camper Orientation #1
May 13	Camper Orientation #2
May 22	Final Payment Due

Join the **PRIVATE** camp Facebook Page to follow along with your favorite Livingston County 4-H Camper while at camp!



**Space is filling fast!**  
**You don't want to miss out on the BEST Summer, EVER!**



 **KENTUCKY 4-H CAMPING**

 **LIVINGSTON COUNTY 4-H**  
*Riding the best bet!*

# CAMPER

**Orientation**

**Attendance is mandatory for ALL Campers.**

**WHERE:**  
 Livingston County Extension Office  
 803 US 60 E  
 Smithland, KY 42081

**WHEN:**  
 Friday, May 12, @5:30am  
 or  
 Saturday, May 13, @10:30am

**REMINDERS:**

- 1 Guardian **MUST** attend with Camper(s)
- Bring a copy of Camper's medical coverage
- Plan to Submit Registration Packet
- Final Payments Due May 22, 2023

**To sign up -or- for more information:**  
 Email: [sharee.rushing@uky.edu](mailto:sharee.rushing@uky.edu)  
 Call: 270.928.2168

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