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

Woodford County
Cooperative Extension Service
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Greetings and welcome to the 2022-2023 4-H Program Year! My name is Ryan Farley and I am the Woodford County 4-H Agent. Woodford County 4-H works to provide fun, educational, hands-on opportunities for youth ages 9-18. Whether it's Lego Robotics, Baking, showing a livestock animal, going to camp or curing a ham, there is something for everyone in Woodford County 4-H!

As the new program year begins, make sure to use the links below to re-enroll in 4-H Online. If you have any issues or questions about that process please let me know. Once you enroll be on the lookout for a brief letter and token of appreciation in the mail.

Make sure to check out all the clubs and activities offered below.

We're also looking to grow the program and need some great volunteers. If you know of anyone interested in helping lead one of our clubs please reach out.

Thanks for being a part of the Woodford County 4-H family!



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.



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,

The 4-H Livestock Club will be meeting in October on Tuesday, October 11th at 6:30pm at the Woodford County Extension Office. This month the club will be enjoying ice cream as they kick off the year and discuss officer elections.

4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H Club meeting on Wednesday, October 12th at 4pm! Come prepared for some spooky Halloween activities!

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.

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 first meeting on Tuesday, October 11th at 4pm at the Woodford County Extension Office!

To register for the October meeting, click [HERE](#).

4-H FILM CLUB



WOODFORD CO.

^{Past Issues}
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 club will be meeting every third Tuesday from 5:00 PM to 6:30 PM beginning Oct. 18, 2022!

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



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.

This club will be meeting every second Wednesday from 5:00 PM to 6:00 PM beginning Oct. 12, 2022!

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



KENTUCKY
SHOOTING SPORTS
LEARN BY DOING

FUNDRAISING SHOOT

NOV. 5

To benefit Owen, Anderson, and Woodford County 4-H Shooting Sports

VENUE	REGISTER	SHOOT
Elk Creek Hunt Club 1860 Georgetown Rd. Owenton, KY 40359 <i>Golf Carts Available for Rent</i>	On-Site Registration begins at 9 a.m. \$75 for 100 clay targets	First Round: 10 a.m.-Noon Second Round: 1-3 p.m.

Lunch not included in registration fee.

Event questions, email fundysky@gmail.com; Venue questions, call 502-484-4569

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 4-H Youth Development
 4-H Healthy Living and Wellness

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PASSPORT KITCHEN

A Self-Paced @ Home Experience

Explore cultures, countries, and food from your own kitchen with this 5-week program. Youth who register will receive a kit filled with interactive materials and ingredients.

Registration Ends:

MONDAY, OCTOBER 17TH

Kits ship October 28th | **COST: \$20**

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Community and Economic Development

50 cultural programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will be distributed on the basis of race, color, ethnic origin, sex, age, religion, marital status, genetic information, sexual orientation, gender identity or expression, racial or ethnic identity, ancestry, national origin, citizenship, status as a protected individual, marital status, genetic information, age, veteran status, or physical or mental disability. UNIVERSITY OF KENTUCKY
KENTUCKY 4-H YOUTH DEVELOPMENT COOPERATIVE EXTENSION, UNIVERSITY OF KENTUCKY, COOPERATING

LEAKINGTON, KY 40326



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Interested in learning how people from other countries cook and eat? Join 4-H Passport Kitchen and receive five kits, once a week, that feature Mexico, Brazil, Germany, Laos, and South Africa.

Each kit includes:

- A recipe card for a local dish.
- A link to a cook-along YouTube video.

- A boarding pass.
- One ingredient from the dish.
- A shopping list.

If you'd like to register or receive more information, email Ryan [HERE](#). Deadline to register is Monday, October 17th.

Cost to participate is \$20 and checks can be made out to Woodford County 4-H Council.



All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council at 6pm on Wednesday, October 19th at the Woodford County Extension Office. Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).



Kentucky 4-H Virtual Horse Science Project Group



It is with great excitement that we open the registration window for another year of the state-wide 4-H virtual horse science project group! This group **will meet the 4th Monday of the month at 6:30pm virtually for one hour from October-April with NO December meeting.**

Dates:

October 24
November 28
January 23
February 27
March 27
April 24

Deadline to register: October 12th, 2022

Our first meeting will be a “get to know you” session where we will do some ice breakers, learn all about the possibilities with the Kentucky 4-H Horse Program, and maybe play a fun game or two!

To sign up, click [HERE](#).

A banner for Woodford County 4-H Shooting Sports. The background features several arrows with orange fletching and yellow and red shafts, set against a light blue and pinkish background. The text "WOODFORD COUNTY 4-H SHOOTING SPORTS" is written in large, bold, black capital letters. To the right of the text is a black 4-leaf clover logo with the letters "H" in each leaf.

WOODFORD COUNTY 4-H SHOOTING SPORTS

The Woodford County 4-H Shooting Sports Program will kick off the new program year with a meeting on Monday, October 3rd 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.

A banner for Woodford County 4-H STEAM Sewing. The background is a close-up, slightly blurred image of hands operating a sewing machine. The text "Woodford County 4-H STEAM Sewing" is written in a large, black, serif font.

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.

one 4-H sewing project, email Ryan by clicking [HERE](#). The first meeting is Monday, October 10th at 5pm and you must RSVP by Wednesday, October 5th.

PURDUE EXTENSION



Calling all Gamers! Come learn the ins-and-outs of how to design your own board/video game. This group will follow a curriculum from Purdue as we learn about game dynamics, game story building, character creation and probability. Whether it's board games or video games, the same gaming principles apply - come learn how to build your own!

Who: Any youth grades 6th - 12th

When: Wednesday evenings at 5pm.

Where: Woodford County Extension Office

Dates:

October 19th

November 30th

December 14th

January 18th

February 15th

March 22nd

April 19th

Because of how the content builds upon itself, we ask that members commit to attending at least 6 of the 8 club meetings.

Interested and want to register? Click [HERE](#).



4-H Community Conversations

**We want to hear your needs!
Please join us for a conversation
near you. Dates and link to
register in description.**

Join us for a 4-H Community Conversation Near You!

Our goal in Kentucky 4-H is to provide high quality positive youth development programs for all young people across the Commonwealth. We are eager to hear your needs during a 4-H Community Conversation near you. Everyone is invited to join us! Light refreshments will be served at each location. Deadline to register is October 10th at 11:59pm ET. Register by clicking

October 19: JM Feltner 4-H Camp (11:30am-1:00pm ET) / Floyd (6-8pm ET)

October 20: Shelby County (6-8pm ET)

October 21: Hardin County (11:30am-1:00pm ET)

October 24: Butler County (11:30am-1pm CT), McCracken County (6-8pm CT)

October 25: West Ky 4-H Camp (11:30am-1pm CT)

October 26: Kenton County (11:30am-1pm ET), Jessamine County (6-8pm ET)

October 27: Virtual (6-8pm ET/5-7pm CT)

4-H Issues Conference



November 17th - 19th, 2022

Who: Any current high school student

**Where: Feltner 4-H Camp
London, KY**

**Join other high school students from across
Kentucky as you learn what it takes to make an
impact in your community and tackle the issues
that are important to you!**

If you are a teen and have an interest in exploring what it takes to be a change-maker in Woodford County, 4-H Issues Conference is where you need to be! Join teens from around the state as you discuss issues facing youth and then learn the process of fixing them.

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which **allows** air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



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

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