



In This Issue



*4-H Calendar

*4-H Camp Recap

*4-H Project Days

*4-H Clubs Update

*Meet Rocky

*Great Outdoors
Quesadilla Recipe



Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development

We had a fun-filled summer with Owsley County 4-H! From an amazing week at camp with 73 campers to our busy schedule of summer activities—sewing boot camp, 4-H clogging classes, and project days—it was a season to remember. Our Junior Homemakers even spent a day exploring the beautiful Red River Gorge!

A big thank you to everyone who helped make this summer so memorable. We're looking forward to a fall full of more 4-H fun, and we're excited to see all of our kids back in school this August!

— Carissa Miske



The Kentucky State Fair
August 14-24, 2025
Kentucky Expo Center



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Disabilities
accommodated
with prior notification.

AUGUST 2025

SUNDAY

MONDAY

TUESDAY

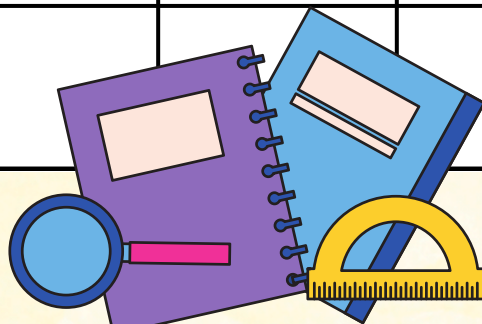
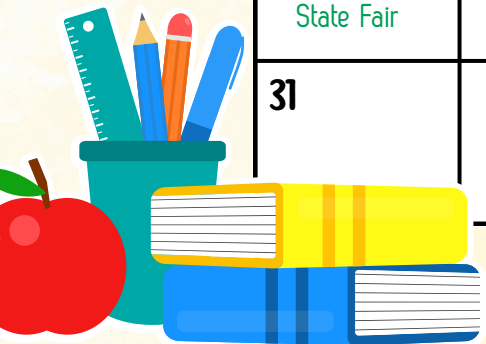
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2
3	4 OCMHS Back to School 4-6 p.m.	5 OCES Back to School 4-6 p.m.	6	7 First Day of School Owsley County	8	9
10	11	12	13	14 State Fair	15 State Fair	16 State Fair
17 State Fair	18 State Fair	19 State Fair	20 Dog Club 5 p.m. State Fair	21 State Fair	22 State Fair	23 State Fair
24 State Fair	25	26	27	28 Junior Homemakers 3:30 p.m.	29	30
31						





We're already looking forward to next year—our 2026 camp dates will be announced this fall, so stay tuned and get ready to mark your calendars!



2025 4-H PROJECT DAYS

This summer, Owsley County 4-H hosted a fun series of Project Days, including Art, STEM, and Fun with Foods. Youth had a great time exploring their creativity, trying hands-on science activities, and making tasty treats. It was a summer full of learning, laughter, and 4-H fun!



Upcoming Club Meetings

August 28th

September 30th

All meetings are from 3:00

p.m. to 4:30 p.m. at the

Owsley County Extension

Office unless stated.

4-H
Dog
Club



Upcoming Club Dates

August 20th

September 17th

All Meetings are at 5 p.m. and
at the Owsley County Extension
Office unless noted

MEET OUR NEW FRIEND ROCKY



Rocky is a colorful, creative rock snake — and the newest member of the Owsley County 4-H family! He was started by our awesome 4-H'ers during this summer's 4-H Art Project Day. Each segment of Rocky is a hand-painted rock made with love, imagination, and a whole lot of 4-H spirit.

Now we need YOUR help to help Rocky grow!

Paint a rock at home

Drop it off beside Rocky at the Owsley County Extension Office
Watch our community art project come to life!

Let's make Rocky the longest, brightest snake in Kentucky — one rock at a time!





EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

GREAT OUTDOORS QUESADILLAS

Ingredients

4 (8-inch) whole wheat tortilla 1 cup
reduced fat shredded cheddar cheese 1 cup
diced vegetables Non-stick cooking spray
Salsa



DIRECTIONS

1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle $\frac{1}{4}$ cup cheese and $\frac{1}{4}$ cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.

Note: For vegetables, good choices include black beans, whole kernel corn, black olives, tomatoes, bell peppers, onions, spinach, mushrooms; sauté vegetables ahead of time, if desired.

Nutrition Facts

4 servings per container
Serving size 1 Quesadilla
(119g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 9g 12%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 530mg 23%

Total Carbohydrate 28g 10%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 227mg 15%

Iron 0mg 0%

Potassium 127mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service

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