

Clover



Corner

OWSLEY COUNTY 4-H NEWSLETTER - AUGUST 2025

In This Issue



Carissa Miske

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

*4-H Calendar

*4-H Camp Recap

*4-H Project Days

*4-H Clubs Update

*Meet Rocky

*Great Outdoors
Quesadilla Recipe

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



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

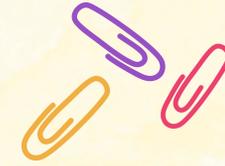
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



AUGUST 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

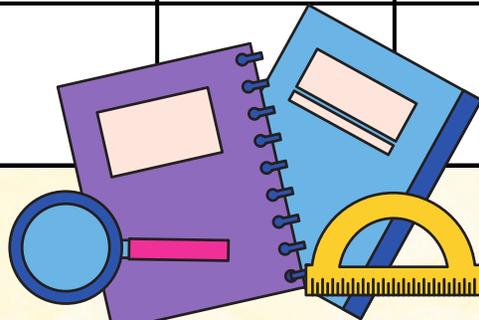
28

Junior Homemakers 3:30 p.m.

29

30

31

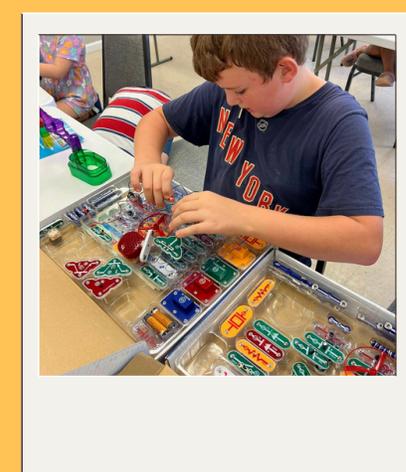
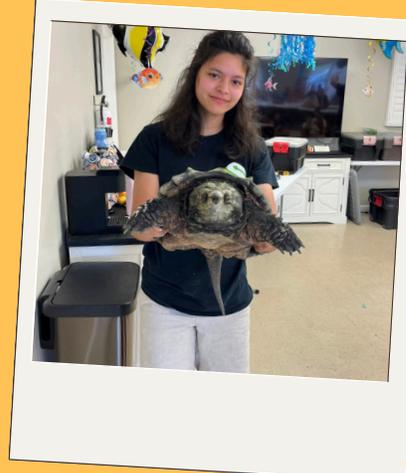
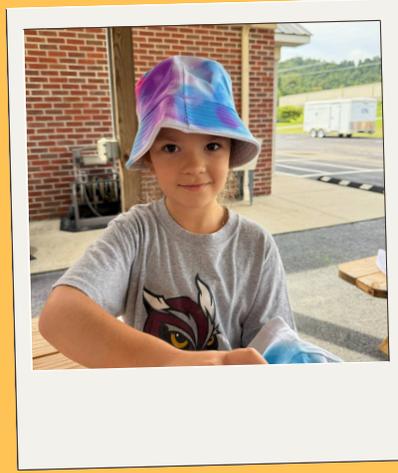
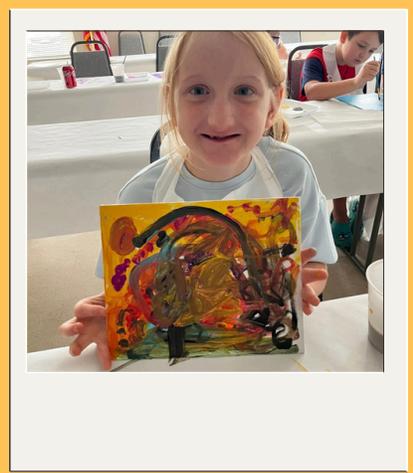
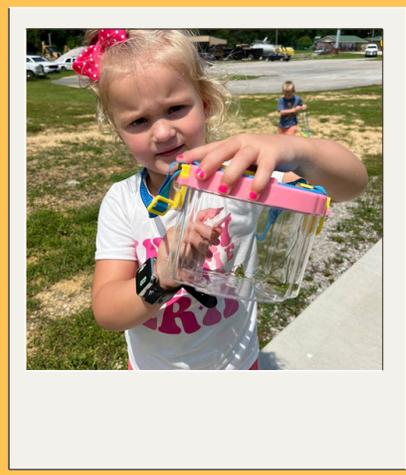




We had an unforgettable time this summer at J.M. Feltner 4-H Camp with 73 campers joining us for a weekend full of adventure, laughter, and lifelong memories!

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!

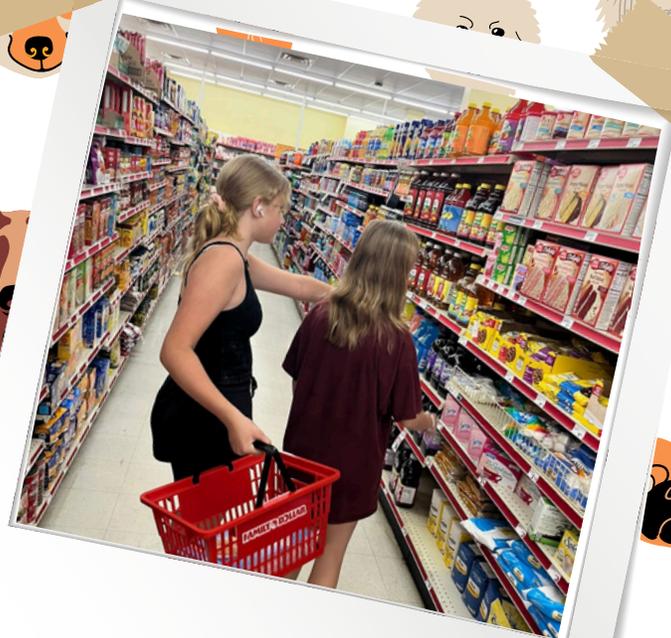


**JUNIOR
HOMEMAKERS**
RED RIVER GORGE
ADVENTURE

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development