

Clover



Corner

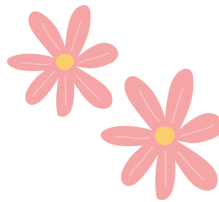
OWSLEY COUNTY 4-H NEWSLETTER - MARCH 2025

 Cooperative Extension Service

Dates & Events

March 7

Reality Store
8:30a.m.-11:30a.m.
@OCHS Gym



March 13

Junior Homemakers
3:00 p.m.

March 17-21

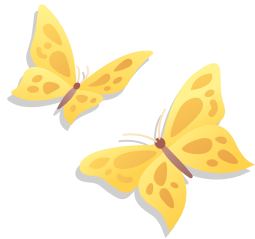
National Ag Week

March 18th

Healthy Habits @ OCHS

March 19

4th Grade Club
@ OCES



4-H Dog Club
5:00 p.m.

March 20

5th Grade Club @ OCES

March 26

Healthy Habits @ OCHS



Carissa Miske

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

In This Issue

*4-H Camp

*4-H Reality Store

*4-Hers' Helping 4-Hers'
Relief Fund

*ForestryWorks Field Course

*Celebrate National Ag Week

*Club Flyers

*Crunchy Clover Snacks

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.

Lead the Pack at

4-H CAMP

MAY 27TH - 30TH

APPLICATIONS AVAILABLE
APRIL 1ST, 2025

REGISTRATION FEE: \$40

APPLICATION DEADLINE:
APRIL 18TH, 2025

**OWSLEY COUNTY
EXTENSION OFFICE
606-593-5109**

**Cooperative
Extension Service**

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification

4-H CAMP

MAY 27 - 30TH, 2025

J.M. FELTNER 4-H CAMP



Calling All Volunteers: Join Us as an Adult Leader at 4-H Camp!

Are you ready for an unforgettable experience? We're looking for passionate, responsible individuals aged 18 and up, to join us as adult leaders at 4-H Camp this summer! This is a fantastic opportunity to make a difference in the lives of young campers, gain leadership skills, and create lasting memories. Whether you're a seasoned camp pro or new to the experience, we welcome your enthusiasm and dedication.

If you're ready to inspire, support, and have fun while guiding campers in an exciting and rewarding environment, we want YOU!

Contact agent Carissa Miske at 606-593-5109 or carissa.miske@uky.edu for more information!

OWSLEY COUNTY EXTENSION SERVICE

**MARCH
7TH
2025**



4-H REALITY STORE

**BOX
LUNCH
PROVIDED**

**WE NEED YOU TO MAKE
A DIFFERENCE!!**



**Want to help empower the next
generation in our community?**

**JOIN US FOR THE 4-H REALITY STORE
WHERE: OWSLEY COUNTY HIGH SCHOOL GYM
WHEN: MARCH 7, 2025
TIME: 8:15 AM TO 11:30 AM**

This event helps 10th-12th graders experience real-life financial decisions by visiting booths and learning how to manage their money while covering monthly necessities like groceries, utilities, and more. To make this happen, we need your help! We need volunteers to run the booths the students will be visiting! If you're interested in volunteering and supporting these students, please call the Extension Office to sign up at 606-593-5109. Let's work together to help these students gain valuable life skills.



4-HERS HELPING 4-HERS RELIEF FUNDS AVAILABLE

The 4-Hers Helping 4-Hers Relief Fund sponsored by the Kentucky 4-H Foundation, Inc. is designed to support 4-H members who experience individual or community disasters or hardship. Grants are provided in the amounts of \$50-\$500. Funding is limited to current donations from individuals, organizations, and companies who want to support young people during a time of great uncertainty. Apply for funds for enrolled 4-H members through scanning the QR code or visiting this website:

https://uky.az1.qualtrics.com/jfe/form/SV_6lj1eOZp2ssyGSq





FORESTRY WORKS




Scan to register:



Do you *love* the outdoors?
Join us for the ForestryWorks Field Course !

June 22-27

Robinson Forest & Robinson Wood Utilization Center

- Learn about forestry activities including protecting plant and animal habitats, harvesting timber, planting trees and manufacturing products from harvested trees 
- Boost your knowledge of forestry careers
Become certified through the Forest 
- Worker Certificate Program 

High School students please apply by May 1, 2025!



 Cooperative
Extension Service

FORESTRY AND NATURAL
RESOURCES - EXTENSION



forestryworks.com/kentucky

For more information, contact Frannie Preston
fmpr227@uky.edu

'TOGETHER, WE GROW.' HOW TO HELP CELEBRATE NATIONAL AGRICULTURE EDUCATION WEEK WITH 4-H



Source: Carrie Tilghman Derossett, Kentucky 4-H Animal Science and Agriculture Extension Specialist at Martin-Gatton College of Agriculture, Food and Environment

Our communities across Kentucky and beyond are gearing up to celebrate National Ag Week, March 17-21. As part of the weeklong celebration, we are encouraging everyone to recognize and support agriculture's vital role in fueling our everyday lives.

For 4-Hers, it's a great opportunity to learn more about the food and farming community—showing their pride and appreciation for Kentucky's hard-working agricultural industry. The official theme for this year's celebration is "Agriculture: Together, We Grow."

Here are several ways to help spread the word and help youth share in the celebration:

- Take a virtual field trip. Bring the farm and farmers to you through the "Kentucky Farms Feed Me" virtual field trip series at teachkyag.org/kyfarmsfeedme, a program of the Kentucky Agriculture and Environment in the Classroom.

- Learn more about what's growing in your county. Check out the Kentucky Food and Farm website at kyfoodandfarm.info to learn what farmers are growing where you live.

- Spread the word on social media. Your county extension office's social media pages are an excellent place to find posts you want to share/reshare. With adult guidance, 4-Hers can remind their family and friends online of agriculture's impact on their lives.

Participate in the Kentucky Agriculture Poster and Essay Contest. Share what Kentucky agriculture means to them through the written word or colorful artwork. The 2025 theme is "Kentucky Agriculture Makes Me Proud." Find entry information at kyagr.com/marketing/poster-essay-contest.html.

For more information on Agriculture Education Week, including the history, learning resources and to learn how you can get involved, visit kyagr.com/marketing/ag-education-week.html.

If you are looking for ways to celebrate National Ag Week with the young people in your life, it is easy for everyone to participate. Your county 4-H agent can connect you with agriculture-related learning activities and resources you can use to educate others about agriculture in your community.

Contact your local Owsley Extension office for more information, programs or events going on in your county.

OWSLEY COUNTY 4-H

DOG CLUB



Wednesday March 19th

Location: Owsley County Extension Office

Time: 5:00 p.m.-6:00 p.m.

Reminder: This meeting we will not be bringing our dogs. We will have law enforcement and a police dog join us weather permitting!

An Equal Opportunity Organization



OWSLEY COUNTY JUNIOR HOMEMAKERS



LOCATION: OWSLEY COUNTY EXTENSION OFFICE

TIME: 3:00 P.M.-4:30 P.M.

**THURSDAY
MARCH 13**

We will be celebrating National AG Week and having a local farmer come speak with us!





Crunchy Clover Snacks

Ingredients

- 16 ounces frozen green peas
- 1 teaspoon olive oil
- 1 teaspoon garlic powder



Directions

1. Thaw peas. Place between paper or cloth towels and remove as much moisture as possible.
2. Preheat oven to 375°.
3. Place peas in a single layer on a baking sheet and toss with oil and garlic powder, coating evenly.
4. Bake for 30 minutes, shaking and stirring often to cook evenly.
5. Check to see if they are crunchy. If not, continue baking in increments of 10 minutes until crunchy.
6. Cool before serving.

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky
Cooperative Extension Service

110 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 18g total carbohydrate; 6g dietary fiber; 6g total sugars; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium