



September/October 2022



4-H NEWS

Laurel County
200 County Extension Rd.
London, KY 40741
(606) 864-4167
Fax: (606) 864-4168
www.ca.uky.edu/laurel



Congratulations to all participants in the Laurel County Ag Fair held during the week of July 12-15, 2022 at the Laurel County Fairgrounds. This was the first year to open the fair to all counties in Kentucky.



2022 Chick-O-lympics

Laurel County 4-H will host the 2022 Chick-O-lympics during the World Chicken Festival. Children ages 4 through 7 will participate in 4 events including an egg toss, a spoon race, an egg hunt and scratching 100 one dollar bills out of 300 pounds of flour. About 130 eggs containing 400 quarters will be used in the egg hunt. The flour will be provided by Bimbo Bakery. All other money & supplies will be provided by the Laurel County 4-H Council. The event will also feature a drawing for two bicycles donated by the London Tourism Commission.



4-H & TSC

TRACTOR SUPPLY CO. PROUDLY SUPPORTS
CREATING OPPORTUNITY FOR ALL KIDS



Come out to support your local 4-H clubs October 5-16 at Tractor Supply Company! Donate \$1 at checkout to help fund great programs like school clubs, community clubs, and 4-H summer camp!

Elizabeth Easley
4-H Agent

Jim McCullough
4-H Program Assistant

Kelsey Henson
4-H Program Assistant

Billie Smith
4-H Staff Assistant



Kentucky State Fair Participants 2022

HEAD
HEART
HANDS
HEALTH



SEPTEMBER 4-H MEETING DATES

Date	Time	Club/Meeting
1st	6pm	Goats, Hogs & Sheep (9-18 year olds)
8th	6pm	Rabbit 4-H Club
12th	6pm	Show Time Beef & Dairy 4-H Club
15th	6:30pm	Blazing Trails 4-H Horse Club
20th	6pm	Poultry 4-H Club
26th	6pm	Show Time Beef & Dairy 4-H Club
26th	6pm	Robotics 4-H Club
29th	6pm	Barnyard Buddies (Cloverbuds)

**All meetings to take place at
Laurel County Extension Office**

OCTOBER 4-H MEETING

Dates

Date	Time	Club/Meeting
6th	6pm	Goats, Hogs & Sheep 4-H Club (9 - 18 yrs)
10th	6pm	Show Time Beef & Dairy 4-H Club
13th	6pm	Rabbit 4-H Club
17th	6pm	Poultry 4-H Club
20th	6pm	Barnyard Buddies 4-H Cloverbud Club
24th	6pm	Show Time Beef & Dairy 4-H Club
24th	6pm	Robotics 4-H Club
27th	6:30pm	Blazing Trails 4-H Horse Club

**All meetings to take place at
Laurel County Extension Office**

Upcoming Events!

Volunteer Appreciation
BBQ
Saturday, October 1st
12:30 -2:30 pm
@ the extension office.



New Officers Training
October 11,
2022. If you are a
new 4-H club of-
ficer for your club
please attend this
very informative
meeting @ the ex-
tension office
6-8pm



Teen Leadership
Club
If interested please join us
on October 25th @ 6pm @
the extension office.



Ag Committee Meeting October 18 @ 6 pm @ the extension
Office for a **Meet and Greet**.

We are looking for new members for our county ag fair
committee.

The upcoming 2023 year will be our 60th anniversary.



Pumpkin and Scarecrow Contest



Please carve or make up a scarecrow for the
contest. Bring to Extension office on **Friday
October 21st**. Voting on Facebook starts at
7pm. Look on Facebook and “like” the pumpkins
and scarecrows with the most likes
winning. There will be several categories.

Awards will be **Monday** evening the 24th from 6-7
pm at the extension office and pick up of pumpkins
and scarecrows.





Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

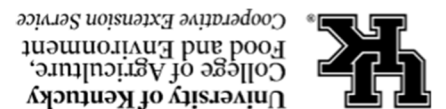
Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



RETURN SERVICE REQUESTED

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