



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



**OCTOBER
EDITION**

YOUR NEWSLETTER ABOUT BUTLER COUNTY 4-H!



18 USC 707

ABOUT 4-H

BUTLER COUNTY 4-H IS A NON-PROFIT ORGANIZATION FOR KIDS TO EXPLORE GREAT OPPORTUNITIES. 4-H IS FOR ALL KIDS AGES 6 TO 18 YEARS OLD. IN 4-H, WE BELIEVE IN THE POWER OF YOUNG PEOPLE. WE SEE THAT EVERY CHILD HAS VALUABLE STRENGTHS AND REAL INFLUENCE TO IMPROVE THE WORLD AROUND US. WE BELIEVE IN YOUTH PROGRAMS THAT ARE INTENTIONALLY PLANNED AND IMPLEMENTED TO PROVIDE A RICH DEVELOPMENTAL CONTEXT, WITH PROGRAM ACTIVITIES THAT ENHANCE THRIVING, LEAD TO ACHIEVEMENT OF THE PROGRAM'S DEVELOPMENTAL OUTCOMES

UPCOMING EVENTS

TEEN CLUB CAMP OUT 10/11-12
TEEN RETREAT 10/25-27
EXTENSION OFFICE CLOSED 11/5
MES SCIENCE FAIR- TBD



AFTER SCHOOL ACTIVITIES

TEEN CLUB - 1ST & 3RD TUESDAY 3:30 P.M.
MUSIC CLUB - 1ST & 3RD TUESDAY 4:30 P.M.
LIVESTOCK-3RD MONDAY 6:00 P.M.

LOCATED AT
THE BUTLER COUNTY EXTENSION OFFICE

VERY BERRY SALSA

INGREDIENTS:

- | | |
|-------------------------------------|-------------------------------|
| 2 MEDIUM ORANGES | 1 CUP ALL-PURPOSE FLOUR |
| 1/4 CUP OLIVE OIL | 1 CUP WHOLE WHEAT FLOUR |
| 1/4 CUP SUGAR | 1 1/2 TEASPOONS BAKING POWDER |
| 1/4 CUP HONEY | 1 TEASPOON BAKING SODA |
| 2 EGGS | 1/4 TEASPOON SALT |
| 1/2 CUP LOW FAT, PLAIN GREEK YOGURT | 1 1/2 CUPS FRESH BLUEBERRIES |



YIELD: 12 MUFFINS, SERVING SIZE, ONE MUFFIN.

DIRECTIONS:

PREHEAT OVEN TO 400 DEGREES F. POSITION RACK IN THE CENTER OF THE OVEN. WASH ORANGES. USING A ZESTER OR FINE GRATER, REMOVE THE ORANGE ZEST FROM THE RINDS OF BOTH ORANGES AND PLACE IN A MIXING BOWL. SLICE ORANGES IN HALF. SQUEEZE JUICE INTO A 1 CUP LIQUID MEASURING CUP. ADD WATER IF NEEDED TO MAKE 1/2 CUP JUICE. ADD JUICE TO THE ZEST. ADD THE OIL, SUGAR, HONEY, EGGS AND YOGURT. MIX TOGETHER WITH A WHISK. IN A SEPARATE MIXING BOWL, PLACE THE FLOUR, BAKING POWDER, SODA AND SALT. ADD THE WET INGREDIENTS TO THE DRY INGREDIENTS AND MIX WITH A WOODEN SPOON, UNTIL JUST COMBINED. BATTER SHOULD BE LUMPY. ADD THE BLUEBERRIES AND FOLD INTO BATTER UNTIL EVENLY DISTRIBUTED. USING A LARGE TABLE SPOON, SCOOP THE BATTER INTO A GREASED 12 CUP MUFFIN PAN, EVENLY DIVIDING THE BATTER. BAKE 20 MINUTES OR UNTIL LIGHTLY BROWNED ON THE TOPS. COOL IN PAN FOR 5 MINUTES. REMOVE TO WIRE RACK AND SERVE.

96%

of youth reported that 4-H helped them identify something they are good at.



REMINDER

ALL KIDS PARTICIPATING IN 4-H MUST HAVE A PERSONAL INFORMATION ENROLLMENT FORM (PIE FORM). WE UPDATE THESE FORMS EVERY SEPTEMBER.

50%

of youth reported that 4-H inspired them to volunteer in their community.

82%

of youth reported that 4-H helped them explore career options.

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Disabilities accommodated with prior notification.