



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

OCTOBER EDITION

YOUR NEWSLETTER ABOUT BUTLER COUNTY 4-H!



#### **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.

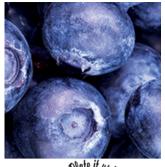
LOCATED AT
THE BUTLER COUNTY EXTENSION OFFICE

# **VERY BERRY SALSA**

INGREDIENTS: 2 MEDIUM ORANGES 1/4 CUP OLIVE OIL 1/4 CUP SUGAR 1/4 CUP HONEY 2 EGGS 1/2 CUP LOW FAT, PLAIN GREEK YOGURT

1 CUP ALL-PURPOSE FLOUR 1 CUP WHOLE WHEAT FLOUR 11/2 TEASPOONS BAKING POWDER 1 TEASPOON BAKING SODA 1/4 TEASPOON SALT 11/2 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.

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

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



# REMINDER

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

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

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