



4-H YOUTH DEVELOPMENT SUMMER NEWSLETTER

2024

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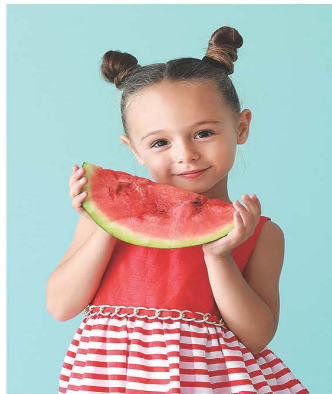
Summer is time for kids to try new foods

Summer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

Try these four summer produce superstars.

Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

Inside this issue:

REALITY STORE SPOTLIGHT: Pg 2

4-H CAMP SPOTLIGHT: Page 3

UPCOMING EVENTS: Page 4-5

HEALTHY CHOICES: Pages 6-7

VOLUNTEER INFORMATION: Pg 8



Sonjia Meade

Sonjia Meade
County Extension Agent for
4-H Youth Development

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

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Disabilities
accommodated
with prior notification.

SERVE  GROW  THRIVE  MAKE 

REALITY STORE



Our 2024 Reality Store event at Johnson County Middle School was a resounding success! We were thrilled to have had 245 enthusiastic 8th grade students from both JCMS and Paintsville High School participate, along with the invaluable support of 58 dedicated volunteers! This program provides 8th graders with the opportunity to experience what life outside of school may look like with their chosen career path.



 MAKE  THRIVE  GROW  SERVE

4-H CAMP 2024 SPOTLIGHT



Being part of 4-H Camp is always a pleasure. This year, we had the joy of sharing our camp magic with 34 campers, 6 teen leaders, and 4 adult leaders! Our theme, 'Under the Big Top,' delighted the kids as they embraced the circus life, playing the roles of clowns, animals, and side-show acts. From sallying and ziplining to canoeing, swimming, getting messy, and making unforgettable memories, we had an incredible time. We're already excited for next year!





UPCOMING EVENTS



Martin-Gatton
College of Agriculture,
Food and Environment

CALL THE JOHNSON COUNTY
EXTENSION OFFICE TO SIGN UP TO
TODAY!
606-789-8108

Art Camp

July 23rd - 25th 10:00 - 3:00
Ages 9-18

Make Multiple art Projects
Each Day like, painting, drawing,
& other crafts!
Snacks Provided!

20 SPOTS AVAILABLE

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

Martin-Gatton
College of Agriculture,
Food and Environment

Sewing Camp

Learn to make a tote bag,
table runner, & pillow!

July 15-18 10:00- 3:00
Ages 9-13

Snacks provided
each day!

15 SPOTS AVAILABLE

Call the Johnson County
Extension Office to Sign
up to today!
606-789-8108

Discover our exciting summer opportunities for local youth! This season, we've teamed up with Macey Stewart, our family and consumer science agent, to host a sewing camp at our extension office. Additionally, in collaboration with Elaine Burton, our SNAP-Ed representative, we're thrilled to offer our Cloverbud Cooking Camp!

Martin-Gatton
College of Agriculture,
Food and Environment

USDA
Supplement
Nutrition
Assistance
Program
Putting Healthy Food
Where Health

**Cloverbud
Cooking Camp**

July 31st - August 1st
10:00 am - 2:00pm each day

We'll discover
basic food groups,
recipes, crafts &
activities each day!

LIMITED TO 15 SPOTS!
Call Johnson Co.
Ext. Office to sign
up!
606-789-8108

Where?
Johnson Co. Extension Office.
826 f.m. Stafford ave.
Paintsville, Ky, 41240.

Who?
Ages 6-9



UPCOMING EVENTS



Get your tickets for DINNER UNDER THE PINES

FARM TO TABLE

Date: Saturday, July 27, 2024
Location: Mountain Homeplace
445 Kentucky Rt 2275, Staffordsville, KY 41256

Ticket sales start April 1, 2024

Tickets are \$40.00 each

or

\$200.00 for a table

Call the Johnson County Extension Office for
tickets or to sponsor
606.789.8108

Proceeds from the evening will benefit local youth through
4-H, FFA, FCCLA

Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Join us for an unforgettable night under the pines! Enjoy a dinner featuring fresh, locally grown ingredients from our beloved farmers, along with entertainment, displays of 4-H projects and quilts, door prizes, and much more!

Note: a portion of the proceeds go to benefit our local 4-Hers.



Dinner Under the Pines Farm to Table

Menu:

Appetizers:

Tomato & Basil Bruschetta
Fresh-Cut Fruit

Main Course:

Salad
Smoked Brisket or Roasted Pork
Squash Supreme
Green Beans
Corn on the Cob
Fresh Sliced Tomatoes
Cornbread Muffins

Dessert:

Triple Berry Crisp
or
Blueberry Cream Cheese Pound Cake

Cooperative
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



FOOD FACTS

A very berry summer

Are berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

When shopping

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

How to store

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

Preparing

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

Freezing

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

COOKING WITH KIDS

Berry Crunch Roll-Ups

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



RECIPE

Blackberry & Cucumber Salad

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

- and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
4. Toss with dressing.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

BASIC BUDGET BITES

Create a grocery budget

One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you figure out the food cost for your family.



To use our Food Savings tool, scan the QR code or visit <https://www.planeatmove.com/budget-calculator>

SMART TIPS

Farmers' markets

What's in the way for you to eat healthy? Perhaps you think fruits and vegetables cost too much or you just don't like the way they taste. Your local farmers' markets can help. In many cases, food at the farmers' market can be a good buy.

It is local, meaning it was grown nearby. When food from the farmers' market is tasty and fresh, it makes it easy to eat the right amounts.



To find your local markets, scan the QR code or visit <https://www.planeatmove.com/farmers-markets-food-banks>

Source: Adapted from <https://www.eatright.org/food/planning/smart-shopping/for-tops-in-nutrition-shop-farmers-market>

LOCAL EVENTS

Johnson County

Farmers Market

Johnson County Extension Office

Every Tuesday through October from 10:00- 2:00

Every Thursday through October from 2:00- 6:00

If you are interested in nutrition classes, contact your Extension office.

Johnson County Cooperative Extension Office
826 Fm Stafford Ave, Paintsville, KY 41240
(606) 789-8108

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)

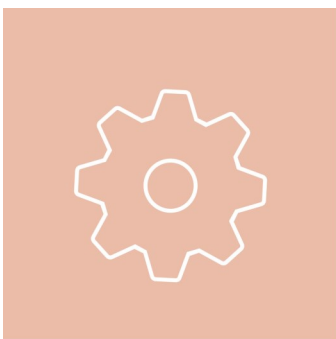
Interested in Volunteering with Johnson County 4-H?

The Johnson County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. Maybe you were a 4-Her in your youth and want to give back. Maybe you enjoy teaching old skills to a new generation. We will fit you in where your interest lies. You choose your time commitment.

Examples include: Leading 4-H Clubs, Joining 4-Council, Teaching class at 4-H Camp, Sponsoring a Community Club or Volunteering for events.

If you would like more information on being a Council Member or Volunteer please contact:

Sonjia Meade, Johnson County 4-H Youth Development Agent.



STEM



CIVIC ENGAGEMENT



AGRICULTURE



HEALTHY LIVING

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.



Johnson County

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Paintsville, KY 41240-1252

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