



The Estill County Clover Press

Cooperative Extension Service

Estill County

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www.estill.ca.uky.edu


DECEMBER JANUARY

2022/2023



"Kindness
is like
snow - it
beautifies
everything
it covers."

~ KAHILIL GIBRAN

Hello 4-Her's!

We have had quite the busy start to our new 2022-2023 program year! With new clubs, school enrichment programs, and camp planning in the works, we have been quite the busy bees. As winter comes upon us, it's time to start thinking about curing country hams. This is an awesome project where you get to learn first hand how country hams are cured. At the end of the program, we travel to the Kentucky State Fair where you will give a speech on the history of country ham and have the chance to win a blue ribbon! Afterwards, you get to take the two country hams you've cured home to cook and enjoy with your family.

SAVE THE DATE

The 2023 4-H Camp is going to be June 6-9, 2023 at the

J.M. Feltner 4-H Camp in London, KY. This is a super fun week with lots of hands on activities and adventures! If you enjoy making friends, being active and learning about the environment, 4-H camp could be a perfect summer activity for you. Many exciting activities and adventures await 4-H campers. 4-Her's can spend their days participating in activities such as swimming, arts and crafts, canoeing, nature hikes, archery, riflery and sporting activities. We will have applications available February 1st, 2023.

Taylor Miles

County Extension Agent
for 4-H Youth Development

LaDonna Dawes
4-H Program Assistant



4-H CROCHET WORKSHOP



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



OPEN TO ESTILL COUNTY YOUTH 4-H AGE 9-18

Youth will learn beginning crochet and
how to crochet a state fair project

Tuesday, January 10, 2023

Class begins at 4:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Class fee: \$5 per youth

***Youth will get a crochet hook and yarn**

To register for this class, submit payment (cash or check)
to the Estill County Extension Office. Checks need to be
made out to Estill County 4-H Council

**Deadline to register and
pay will be Dec. 19th**

Taylor Miles
County Extension Agent
for 4-H Youth Development

**Questions?
Call 606-723-4557**

LaDonna Dawes
4-H Program Assistant

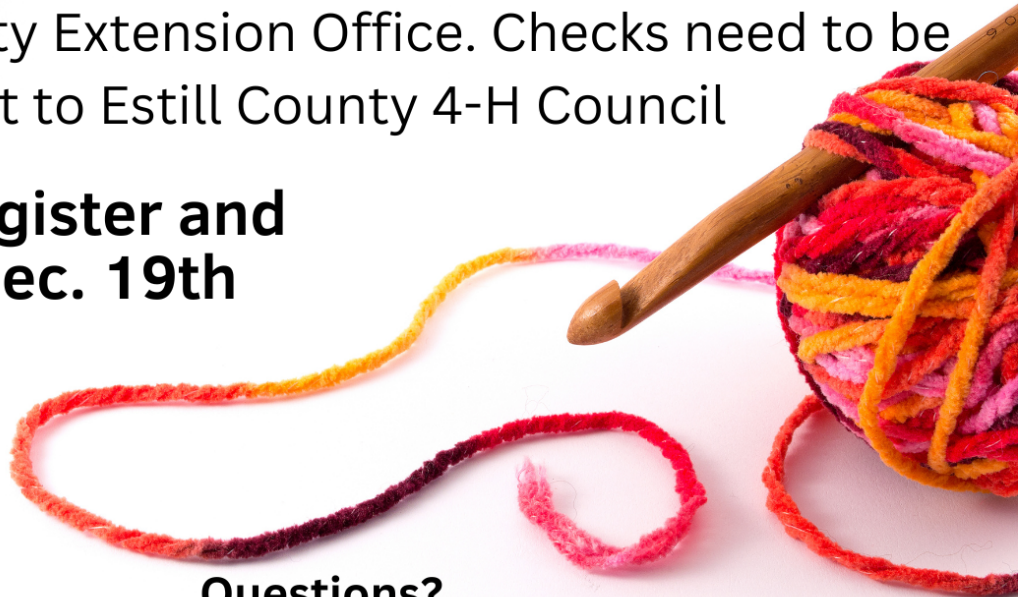
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



ESTILL COUNTY 4-H COUNTRY HAM PROJECT



Do you want to learn how to cure your own country ham?

This year the Estill County 4-H will be opening our Country Ham Project to various age groups. Youth aged 9-18 will have top priority, and be required to participate in the Country Ham Contest at the Kentucky State Fair. For more details, please contact the Estill County Extension Office at 606-723-4557.

6-8 YEARS OLD:

1 HAM
COST: \$40.00

9-18 YEARS OLD:

2 HAMS
COST: \$60.00

ADULTS:

1 HAM
COST: \$40.00

- 4-H members will receive 2 hams to cure; they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams. Youth are required to give a 3 to 5 minute presentation at the Kentucky State Fair on August 17, 2023.
- Youth must get 6 hours of classroom instruction to compete at State Fair. We will have after school meetings at the Extension Office.
- Any youth 4-H age 9-18 years old may participate.

For more information about the Country Ham Project or a payment plan, contact our office at 606-723-4557. Deadline to register and pay will be December 15, 2022.



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4-H Program Assistant

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2023 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
<p>Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2013– 2009); Discuss the history of the country ham. Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky’s food heritage.</p> <p>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them. Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.</p> <p>Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</p>		
<p>Pay \$60.00 fee – you will receive 2 hams (failure to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years’ country ham project).</p>		

All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.

Mail contract, summary form and check (payable to KY. 4-H Foundation) to Dr. Gregg Rentfrow by 12/16/2022.

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Members of the 4-H Horticulture Club recently went on a field trip to EKU and toured their greenhouse.



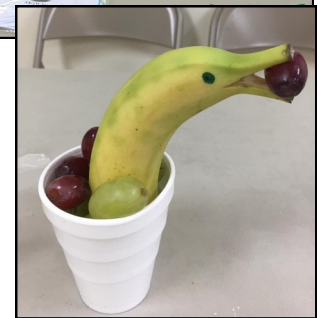
Lydia Flynn shows off her pretzels she made at the November Cooking Club meeting.



The 4-H Photography Club took their cameras out and about during one of their November meetings. Above, Photography Club members spoke to, and took photos of our local officers.



Members of the Junior Master Naturalist Club learned all about mammals at their November meeting. Did you know that a dolphin was a mammal? We ended the lesson with a healthy and tasty snack.



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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5961).



University of Kentucky
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 4-H Youth Development

TEEN COOKING CLUB

• YOUTH 6TH-12TH GRADES •

Youth will be learning basic and advanced cooking skills, meal planning on a budget and more.

Meetings will start at 4p.m. and last between 1.5 - 2 hours

Club starts at 4p.m. and meeting dates will be:
February 20, March 20, April 17, May 15

SIGN UPS WILL START JANUARY 3, 2023.

**LAST DAY TO SIGN UP WILL BE
FEBRUARY 16TH**

**CALL 606-723-4557
TO SIGN UP.
SPACES ARE LIMITED!**



Taylor Miles
County Extension Agent for 4-H Youth Development



LaDonna Dawes
4-H Program Assistant

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YOUTH

HEALTH BULLETIN



DECEMBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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Irvine, KY
40336
(606) 723-4557

THIS MONTH'S TOPIC: CAFFEINE

You might know about foods or drinks that people say give them more energy or help them feel more awake. These foods and drinks have a chemical called caffeine. Caffeine is a stimulant. Stimulants make us feel more awake and alert. Many people have drinks with caffeine in them because they think it helps them to wake up and feel sharper.

While caffeine comes from plants, it is not always safe. It can hurt you if you eat or drink too much. Too much caffeine can make you feel shaky, have an upset stomach, headaches, make it hard to concentrate, and even cause trouble sleeping.

Both children and adults should limit the amount of caffeine that they eat and drink daily. You can do this by choosing not to drink or eat things that have lots of



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LEWINGTON, KY 40546

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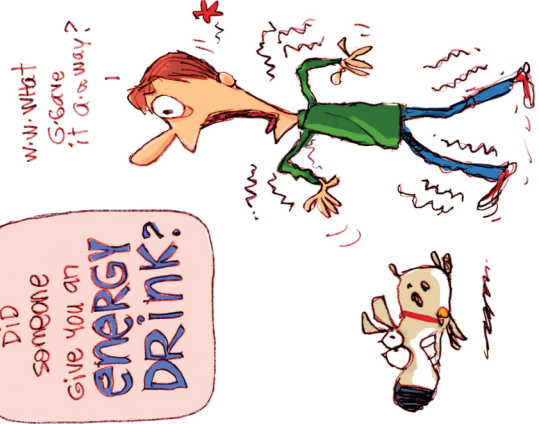
caffeine. These types of drinks (and some food) have large amounts of caffeine in them:

- Energy drinks
- Sodas and cola
- Sports drinks
- Coffee
- Tea
- Chocolate

Energy drinks make the top of the list because they have the most caffeine and the most sugar of any of the items. This makes energy drinks dangerous to kids and adults. They contain lots of the things our bodies do not need, and very little that our bodies do need to feel good and do our best.

In fact, there is no nutritional value in caffeine at all! This means that your body does not need any caffeine to work its best and grow to its full potential. In fact, some studies show that children who eat or drink a lot of caffeine do not grow as tall or as strong as they could have otherwise.

Instead, choose drinks and snacks that have what your body needs to grow! Water and milk are great drink choices to make every day. Your body needs water to feel its best, and low-fat milk has calcium



and vitamins to strengthen your bones. You can add fruits or other natural flavors to water to mix it up from time to time. Or drink seltzer water if you really want a drink with fizz. Try adding one of these delicious flavor boosters to your water or mix and match to create your own unique combination!

- Strawberry slices
- Orange slices or wedges
- Cucumber slices
- Lemon or lime wedges
- Mint leaves
- Watermelon cubes

REFERENCES:
<https://www.childrens.com/health-wellness/caffeine-for-kids>

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Environmental Sciences

ADULT HEALTH BULLETIN

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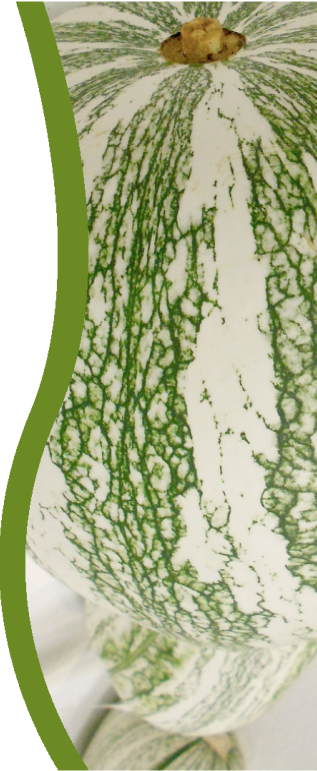
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RETURN SERVICE REQUESTED

The Estill County
Extension Office
will be closed for
the upcoming
holiday season
Dec. 26, 2022
through
January 2, 2023
Normal office hours
will resume
January 3, 2023



Cushaw Pie

2 cups cooked and mashed cushaw squash	1/2 cup brown sugar	1/2 teaspoon nutmeg
2 eggs	2 eggs	1/4 teaspoon ground cinnamon
1/4 cup butter	1 teaspoon lemon extract	1 9-inch graham cracker pie shell
1/4 cup sugar	1 teaspoon vanilla extract	

1. To prepare squash: Wash and

remove rind from the squash. **Cut**

flesh into 1 inch squares.

Steam squash cubes until tender.

Drain and mash.

2. Preheat oven to 400° F. In a large

bowl, mix together the cushaw,

butter, and sugars. **Add** eggs,

lemon extract, vanilla extract,

nutmeg and cinnamon. **Mix** until

smooth.

Buying Kentucky Proud is easy. Look for the label at your
grocery store, farmers' market, or roadside stand.



Nutritional Analysis: 250 calories, 13 g
fat, 5 g saturated fat, 2.5 g trans fat, 70 mg
cholesterol, 140 mg sodium, 33g carbony-
drate, 1 g fiber, 3 g protein.

Yield: 8 slices

45 minutes or until filling sets.

5. Reduce oven temperature to

350° F and bake pie for an additional

4. Bake 15 minutes at 400° F.

3. Pour mixture into pie shell.