

Hart County 4-H Hart Beat

June 2024

Hart County Extension
Office
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P.O. Box 367
Munfordville, KY 42765
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A note from Julia.....

Summer is here and the county fair will be here before we know it!

Mat board is available at the Extension Office for photography entries. **Please have exact change if you are planning to purchase mat board.**

Large pieces are \$1.10
Small pieces are \$0.55

Keep an eye out for a Fair Week Newsletter towards the end of June.

Sincerely,

Julia Wilson

Julia Wilson
County Extension Agent
For 4-H Youth Development

Hart County Fair

It is a great time to start working on Fair Projects! All ages are welcome to enter projects at Floral Hall!

For a full list of categories please stop by the office or visit our website.

Floral Hall Entries will be turned in on **Thursday, July 4th 8:30am-11:30am** at the Hart County Fair Grounds.

Junior & Senior members can advance to the state fair!



Art Day Camp

Allison Denny , the KSU Arts Agent, will be hosting an Art Camp on **June 18th**.

10am-2pm

Youth will be completing projects for the fair.

Cost is \$10 and includes lunch. Ages 9+



Art Club Field Trip

We will be visiting the Speed Art Museum on **July 24th**. We will leave the Extension Office at **7:30am**. We will tour the museum then have lunch at **Derby City Pizza**.

Cost is \$5 per person plus the cost of lunch. Youth will order and pay for their own lunch at Derby City Pizza.

We will return home at **2:30pm**

Ages 9+

Bacon & Tomato Dip

Servings: Makes 16 servings Serving Size: 2 tablespoons

Ingredients:

- 1 cup fat free sour cream
- 1 cup low fat mayonnaise
- 2 large tomatoes, diced, reserve excess juice
- 4 slices bacon, cooked crisp and crumbled
- 1 teaspoon garlic powder

Directions:

1. Combine all ingredients.
2. Add reserved tomato juice until dip reaches desired consistency.
3. Serve with fresh vegetables or reduced fat crackers.



50 calories; 3g fat; 1g saturated fat; 5mg cholesterol; 160mg sodium; 6g carbohydrate; 0g fiber; 3g sugar; 1g protein.

4-H Egg Chef Challenge



Participants in the 4-H Egg Chef Challenge are required to prepare a dish containing eggs demonstrating proper food safety and cooking skills. For more information on how on the contest refer to [Factsheet 4AJ-09P0 on the Kentucky 4-H Egg Chef Challenge](#). The State 4-H Egg Chef Challenge is held on 4-H Poultry Days, which is the last Saturday in July each year. This year the event will be held on **July 29th** at the Hardin County Extension Office. The deadline to register is **July 22nd**.

Participants do NOT have to qualify at an area contest in order to participate in the state contest. There are both junior and senior divisions in the state contest.

The senior winner in the State 4-H Egg Chef Challenge will represent Kentucky at the National 4-H Poultry and Egg Conference which will be held in Louisville on the third Thursday of November. They will be provided with \$300 to cover travel expenses related to participation in the national event.

For more information contact the Extension Office.



Chicken & Turkey BBQ Contest

In the chicken barbecue contest, participants prepare four bone-in, skin-on chicken thighs provided by the contest monitors. The four thighs together will weigh 1.5 to 2.0 pounds in total. The participants are judged on their cooking skills. They submit three of the thighs for sensory evaluation. No garnishes, dips, or additional items shall be presented on the plates or submitted to the judges.

In the turkey barbecue contest, each contestant will be provided two pounds of ground turkey. The turkey will not be available prior to the contest starting time. They need to prepare and cook turkey burgers. Each burger must be a quarter pound of meat prior to cooking. At least 75 percent by weight of the burger ingredients must consist of the ground turkey provided. Two burgers will be submitted by each participant for sensory evaluation and no other hamburger toppings may be included.

This year the event will be held on **July 29th** at the Hardin County Extension Office. The deadline to register is **July 22nd**. **Contact the office for more information.**

For more information on the contests refer to Factsheet 4AJ-03PA on the Kentucky 4-H Poultry Barbecue Contests.

All Kentucky 4-Hers wishing to participate in the state chicken and turkey barbecue contests may do so, provided they register through their county agent. Participants do NOT have to have a poultry project to be eligible to participate.

The senior winners of the state chicken and turkey barbecue contests will be given the opportunity to represent Kentucky at the National 4-H Poultry and Egg Conference which will be held in Louisville, KY on the third Thursday in November. They will each receive \$300 to cover travel expenses for the national event.

SAVE THE DATE

W7-W8 4-H TRACTOR DRIVING CONTEST



June 20, 2024
Metcalfe County Fairgrounds

101 Fairgrounds Street
Edmonton, KY 42129

Registration: 9:00am

RSVP: to your Extension Office to Register June 17, 2024

Allison's Art Corner



Happy summer everyone! I've really enjoyed meeting you and creating art with you this past year in our art club. I can't wait to see you guys more this summer, at our upcoming art camp and our field trip!

Fair's just around the corner, so don't forget to submit some of your art projects and show off your hard work!



Try this project at home!

Here's a fun art activity to do while outside this summer: **water gun painting!**

Super fun and easy, this project adds a bit of playfulness to art time.

Supplies:

tempera/washable paint
water guns
water
ziploc bags
canvas
painter's tape

1. Mix the tempera paint with a little water (a 50/50 mixture) in a small Ziplock bag.
2. Snip one corner of your Ziplock bag and slowly pour in the paint/water mixture into the water gun.
3. Use the painter's tape to make the desired design on the canvas. (Fun idea: do their initials!)
4. Go outside and go to town!
5. Lay the canvas horizontally and wait for the paint to dry before taking the tape off.

You can enter this in the fair! You could put it under acrylic painting or abstract painting!



RETURN SERVICE REQUESTED

42765-0367

Munfordville, KY

P.O. Box 367

Hart County

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



Remind

4-H reminders via the Remind app or text message. You can join by texting @hartco4h to 81010

Office Closures

The Office will be closed on June 19th in Observance of Juneteenth.

The office will be closed on July 4th in observance of Independence Day.