

# Hart County

# 4-H Hart Beat

December 2022

Hart County Extension  
Office  
505 A.A. Whitman Lane  
P.O. Box 367  
Munfordville, KY 42765  
270-524-2451

## *A note from Julia.....*

Congratulations to all of our 4-H'ers and Volunteers who were recognized at our county awards banquet. A BIG thank you to 4-H Council Members, Cattlemen's, and all of the volunteers who assisted with banquet. I hope everyone has a happy & safe holiday season.

Sincerely,



Julia Wilson  
County Extension Agent  
For 4-H Youth Development



4-H Members at the Annual County Banquet

Mary Lou Scott was received  
the 2022 Hart County 4-H  
Outstanding Leader Award.

Conner Thompson received  
the 2022 Hart County 4-H  
Outstanding Teen Leader  
Award.

## Art & Crafts

Art & Crafts will be meeting at the Extension Office on Tuesday, **December 13th** at 3pm or right after school. Youth will be making a Santa Claus, Gnome or a Christmas tree. The cost is \$5.00. Please call the Extension Office to sign up.



## 4-H GLOBAL TABLE

The 4-H Global Table program is intended to provide young people from Kentucky with the opportunity to experience the food cultures of different countries and connect with young people from across the world.

This connection will be centered around their common passion for food. As part of the 4-H Global Table program, young people from Kentucky will be exchanging recipes with young people in Taiwan, Papua New Guinea, The Netherlands, or Argentina.

Additionally, young people will prepare recipes provided to them by their counterparts from the young person they are paired with and share their experience at the ending celebration via zoom.

Who may participate: Youth 11-18 years old  
Cost: \$30.00

Deadline to register: **January 13th**. Space is limited.

For more information contact the office.

## Country Ham Project

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 3-5 minute presentation at the KY State Fair on

**August 17, 2023.**

Youth will visit Cliffy Farms in Scottsville three times in 2023 to work on their hams.

Any youth 9-18 years old may participate.

COST: \$60. includes 2 hams, cure mix & supplies

Deadline to sign up is **December 9th.**

## Area Achievement Banquet

The Mammoth Cave Area Banquet will be on Monday **December 12th** at 6:30 p.m. at the National Corvette Museum.

The cost is \$10 per person.

Deadline to RSVP to the office is **November 30th.**



## Office Holiday Schedule

The office will be closed December 26th - January 2nd for Christmas and New Years.

We will reopen on January 3rd at 8am.



## 4-H FOODIES CLUB

The 4-H Foodies Club will start in January! The club is open to youth ages 9 & up. The club will be focusing on learning skills needed to compete in county and state fair.

The first meeting will be on Thursdays  
January 5th at 3:00pm.

Call the office to sign up!  
Pre-registrations is required, limit 12.

## **In-Person Volunteer Certification Horse, Livestock & Dog**

Date: **January 14, 2023**

Location: Grayson County Extension Office

Registration Deadline: **November 30th**

Fee: \$50 per person (includes lunch)

If you are interested in attending the certification workshop please contact the office.



## 4-H Photography Contest

Photos must have been taken within the past year.

Photos must have been taken in Hart County or at a 4-H Event.

Photos submitted may be used on the Hart County Extension website.

You can take photos with a camera, phones, iPad or whatever device you choose.

A winner will be selected in each of the following age divisions: Cloverbud Division – 8 years old & under Junior Division – 9-13 year old Senior Division – 14-18 year old

One entry per class.

**Deadline December 16th, 2022**

Categories include Natural Resources, Agriculture, Leadership, FCS SET, Health, Communications & Expressive Arts, Horticulture, and Clover Photography. Each category includes several classes however only one winner will be selected per category. Youth may enter each class in the category.

Submit your photos online.

Scan the QR Code

Visit [https://uky.az1.qualtrics.com/jfe/form/SV\\_dgSSptaIRQ3hmXI](https://uky.az1.qualtrics.com/jfe/form/SV_dgSSptaIRQ3hmXI)

The link is also available on our Facebook page.

SCAN ME





## 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: <b>Junior (Born 2013– 2009); Discuss the history of the country ham.</b> 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><b>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them.</b> 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><b>Please note – ALL SENIOR’S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b></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).		

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 \_\_\_\_\_

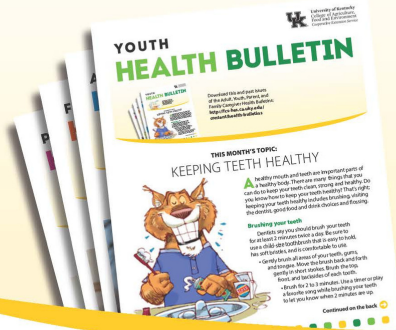
Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.

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



# 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>

Hart County  
Extension Office  
505 AA Whitman Lane  
Munfordville, KY  
42765  
(270) 524-2451

## THIS MONTH'S TOPIC: CAFFEINE



**Y**ou 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

Continued on the next page →



# Too much caffeine can make you feel shaky, have an upset stomach, headaches, and even cause trouble sleeping.

## → Continued from the previous page

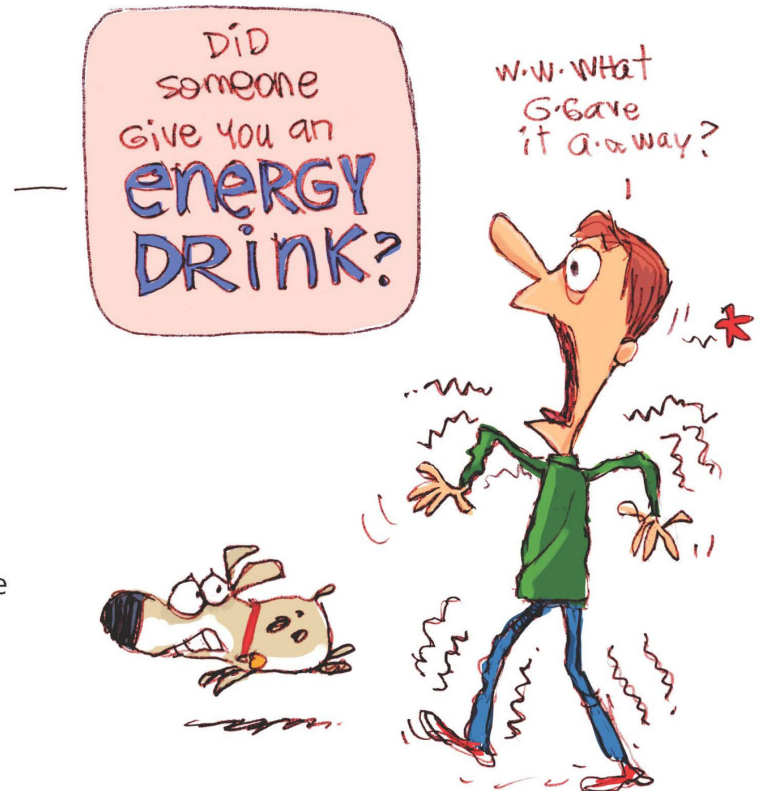
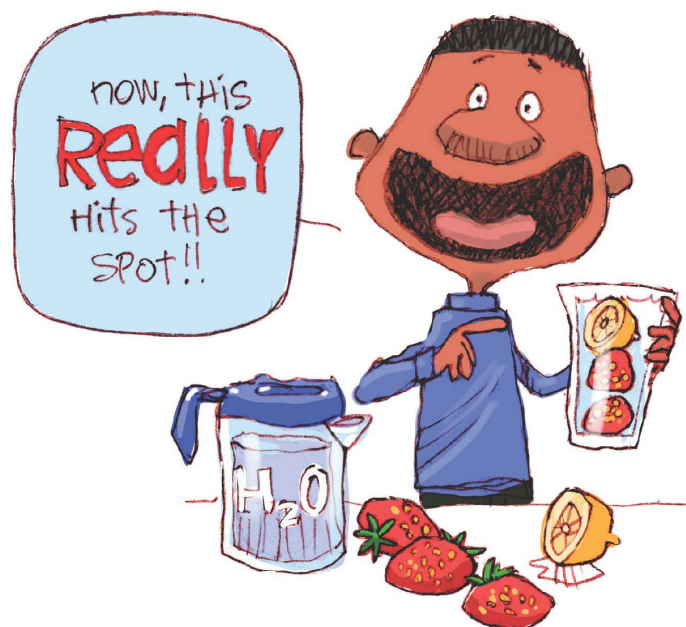
caffeine. These types of drinks (and some food) have large amounts of caffeine in them:

- 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>

## ADULT HEALTH BULLETIN

### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



## Calendar of Events

November 30	Deadline to register for Area Banquet
November 30	Deadline to register for Livestock Training
December 1	Clover Bees Club
December 9	Deadline to Register for Country Ham
December 12	Mammoth Cave Area Banquet
December 13	Cardinal Clovers Club
December 13	Cloverville Club
December 13	Clover Bears Club
December 13	Clover Cubs Club
December 13	Art Club Meeting
December 14	Homeschool Club Meeting
December 19	Horse Club Meeting
December 26-Jan 2	Office Closed for Christmas & New Years
January 9	Area Teen Council - Barren County
January 13	4-H Global Table deadline registration
January 14	Livestock, Horse, Dog Certification Training - Grayson County
March 13	Area Teen Council- Warren County
March 16-18	Teen Summit
March 25	Regional Dog Camps
April 20-21	Horse Camp
May 30-June 2	4-H Camp
June 7-9	State Horse Contest
June 13-16	Teen Conference
June 23-29	State Horse Show
August 17	KY State Fair Speeches



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



## RECIPE

# Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons unsalted butter
- 2 cups fresh or canned mushrooms, sliced
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen or canned peas
- 2 tablespoons grated Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
3. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
5. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
9. Refrigerate leftovers within 2 hours.

**Serving size: 1/8 of recipe**  
**Makes 8 servings**

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:  
Center for Nutrition Policy and Promotion  
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>