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4-H Newsletter

April 2023



Cooperative Extension Service
Pendleton County
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Falmouth, KY 41040
(859) 654-3395
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Location: North Central 4-H Camp Carlisle, KY
4-H Camp Cost: \$175
SPOTS ARE LIMITED!



JULIA McCLOUD

Extension Agent for
4-H Youth Development
Education –
Pendleton County

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4-H CAMP

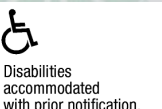
TIME WARP 2023

JUNE 12TH-16TH

**WE STILL HAVE CAMP APPLICATIONS READY FOR PICKUP
LAST DAY TO TURN APPLICATIONS IN WITH A \$50 DOLLAR
DEPOSIT IS APRIL 21ST**

**ANY QUESTIONS CALL (859)654-3395
OR EMAIL JULIA.MCCLOUD@UKY.EDU**

SUMMER ISN'T SUMMER WITHOUT 4-H CAMP



April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 SET Club 6pm	13 Rabbit Club 6PM	14	15 Garden Club 9:30 -11:00 AM
16	17	18	19	20 Livestock Club	21 Last Day for Camp Applications to be turned in!!!	22 District 4-H Com- munications Day
23	24 Entomology Club Afterschool till 4:30pm	25 Cloverbuds 6-7PM Shooting Sports 6- 7pm	26	27	28	29

New Club Alert!!!

ENTOMOLOGY CLUB

DATE: APRIL 24TH
 TIME: AFTER SCHOOL TILL 4:30
 LOCATION: PENDLETON COUNTY EXTENSION OFFICE
 AGES: 9-18

JOIN US FOR A FUN, EDUCATIONAL EXPERIENCE OF LEARNING HOW TO PRESERVE BUGS, IDENTIFY DIFFERENT INSECTS, CREATING A STATE FAIR ENTRY, ETC

GARDEN CLUB

Learn where your food comes from, how plants are grown, maintaining plant growth, how to care for a garden, and more!

Date: 3rd Saturday of Each month Starting in April
Time: 9:30-11:00 AM
Location: Pendleton County Extension Office
Ages: 9-18





Summer is quickly approaching and that means County fair time!

Did you know you can enter projects that you made this 4-H year and get money back?

The process is very simple.

First you need a project that correlates with our fair book.

Fair entries for 2023

- 4-H Arts & Crafts
- 4-H Consumer and Financial Education
- 4-H Crops Project
- 4-H Ecology, Natural Resources
- 4-H Educational Dog Project Posters
- 4-H Electric
- 4-H Food Preservation Exhibits
- 4-H Foods Exhibits
- 4-H Forestry
- 4-H Geology
- 4-H Home Environment
- 4-H Horticulture & Plant Science
- 4-H Kentucky Trends
- 4-H Leadership & Communication Project
- 4-H Needlework
- 4-H Photography
- 4-H Sewing

- 4-H Tobacco Exhibit
- 4-H Wood Science
- 4-H Clover Bud Projects (ages 5-8)

Second come to the fair grounds Sunday, June 18th from 2-6 PM and drop off your entries.

Third come to the fair during the week of June 19th-24th to see your amazing projects displayed for the public to see.

Fourth pick up Sunday, June 25th from 2-4 PM

All projects that win each category will move on to State Fair in August and stay with the 4-H Agent until after State fair

Upcoming Events

Pendleton County 4-H Cloverbuds



Date: April 25th

Time: 6-7 PM

Location: PCEO

Ages: 5-8

Topic: Make your own birdhouse

Parent/Guardian is required to stay!

REGISTRATION IS REQUIRED

Call the PCEO by April 21st

(859)654-3395

Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:

Use berries on the countertop within 1-2 days. If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

- 1 Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.
- 2 Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!
- 3 Blanch and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar-May

SPRING

- Asparagus (Apr-Jun)
- Greens (Apr-Nov)
- Kohlrabi (May-Jun)
- Lettuce (May-Jun)
- Maple Syrup (Feb-Mar)
- Green Onions (May-Jun)
- White Onions (Jan-Mar)
- Peas (May-Jun)
- Potatoes (Jul-Oct)
- Radishes (Apr-Jun)
- Strawberries (May-Jun)
- Sweet Potatoes (Oct-Mar)
- Turnips (May-Jun)
- Winter Squash (Jan-Mar)

Jun-Aug

SUMMER

- Apples (Jul-Dec)
- Beans (Jun-Sep)
- Beets (Jun-Nov)
- Blackberries (Jun-Oct)
- Blueberries (Jun-Jul)
- Broccoli (Jun-Jul)
- Brussels Sprouts (Jul-Nov)
- Cabbage (Jun-Jul)
- Cantaloupe (Jul-Sep)
- Carrots (Jun-Aug)
- Cauliflower (Jun-Jul)
- Sweet Corn (Jul-Sep)
- Cucumbers (Jun-Sep)
- Eggplant (Jun-Sep)
- Garlic (Jun-Aug)
- Grapes (Aug-Sep)
- Greens (Apr-Nov)
- Kohlrabi (May-Jun)
- Okra (Jun-Sep)
- White Onions (Jan-Mar)
- Peaches (Jun-Aug)
- Peppers (Jul-Sep)
- Plums (Jul-Sep)
- Potatoes (Jul-Oct)
- Raspberries (Jun-Sep)
- Rhubarb (Jun-Sep)
- Summer Squash (Jun-Oct)
- Tomatoes (Jul-Oct)
- Watermelons (Jul-Oct)
- Zucchini (Jun-Oct)

Sep-Nov

FALL

- Apples (Jul-Dec)
- Beans (Jun-Sep)
- Beets (Jun-Nov)
- Blackberries (Jun-Oct)
- Blueberries (Oct-Nov)
- Bok Choy (Aug-Nov)
- Brussels Sprouts (Jul-Nov)
- Cabbage (Oct-Nov)
- Carrots (Oct-Nov)
- Cauliflower (Oct-Nov)
- Greens (Apr-Nov)
- Kohlrabi (Sep-Oct)
- Lettuce (Sep-Oct)
- Nut Crops (Sep-Nov)
- Okra (Jun-Sep)
- Green Onions (Oct-Nov)
- White Onions (Jul-Sep)
- Pawpaws (Aug-Oct)
- Pears (Aug-Nov)
- Peppers (Jul-Sep)
- Plums (Jul-Sep)
- Potatoes (Jan-Mar)
- Pumpkins (Sep-Nov)
- Radishes (Sep-Nov)
- Raspberries (Jun-Sep)
- Rhubarb (Jun-Sep)
- Sorghum (Sep-Nov)
- Summer Squash (Jun-Oct)
- Sweet Potatoes (Oct-Mar)
- Tomatoes (Jul-Oct)
- Watermelons (Jul-Oct)
- Winter Squash (Aug-Nov)
- Zucchini (Jun-Oct)

Dec-Feb

WINTER

- Apples (Jul-Dec)
- Maple Syrup (Feb-Mar)
- White Onions (Jan-Mar)
- Potatoes (Jan-Mar)
- Sweet Potatoes (Oct-Mar)
- Winter Squash (Jan-Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.



WE NEED YOU



The 4-H Council is an advisory group made of community leaders, program volunteers, and the 4-H Agent. The purpose is to bring attention to the needs of the youth in our community and develop programs accordingly to what our county needs are. Volunteers will help by guiding and assisting agent with fundraising and programming efforts.

The 4-H Council is vitally important to the success of the Pendleton County 4-H Program!

4-H Council Meeting:

May 9th

7:00pm

Pendleton County Extension Office

If you are looking to get involved in 4-H as a volunteer/4-H Council Member, please reach out to the 4-H Agent for more information on getting started.

Sincerely,

Julia McCloud

Pendleton County Cooperative Extension Agent for 4-H/Youth Development

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