

4-H YOUTH DEVELOPMENT



County Extension Agent for 4-H Youth Development

Connor Cooper Connor Cooper and Katie Mills *Katie Mills*

JANUARY 2022

Hopkins County
Cooperative Extension Service

75 Cornwall Drive
Madisonville, KY 42431-5011
(270) 821-3650
Fax: (270) 825-5011
<http://hopkins.ca.uky.edu/>

A Note From 4-H...

Hello everyone, and Happy New Year! The past year was one that brought forth both new and old challenges. From Covid-19 to the tornado that hit our community, it was far from smooth sailing. However, it taught us that Hopkins County is a community of strength and perseverance and we know that our community will continue to hold those values as we begin 2022. We are excited for new opportunities within 4-H and we look forward to keep working with you all! Thank you all for your efforts with Hopkins County 4-H and we can't wait to see you all soon!



Like us on Facebook! The Hopkins County 4-H Facebook page is a great way to keep up with upcoming events and see coverage of all the great activities and events!



**Hopkins
County 4-H**

The Hopkins County Extension office is currently closed to walk-ins. If you need assistance or would like to make an appointment please contact

For more information about 4-H contact

Katie Jury

cell: 502-507-1852 email: katie.jury@uky.edu

Connor Cooper

cell: 270-225-0829 email: connor.cooper@uky.edu



#embraceky4h



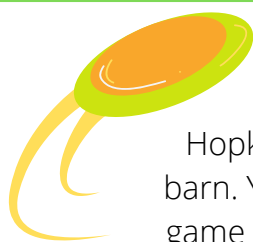


It's That Time Again! New Year, New Enrollment Cards.

Have you filled out your 4-H enrollment card yet? Each year youth must fill out an enrollment form to be a Hopkins County 4-H member. Please fill out the form included with this newsletter and either drop it by our office or mail it back so you can join 4-H! Our address is 75 Cornwall Drive, Madisonville, KY 42431



Join the Club



Disc Golf Club

Hopkins County Disc Golf will meet on January 29th at 5:00 p.m. at Mahr Park by the event barn. Youth will work on their disc golf skills as they learn and play! No prior knowledge of the game is needed and equipment is provided. If you would like to learn how to play or sharpen your skills, come and join us



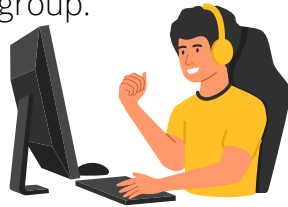
Midnight Walkers



The 4-H Midnight Walkers Community Service Club participated in the Madisonville Noon Kiwanis Club Parade on December 4. The youth had a wonderful time representing their club and sharing their holiday spirit. The next meeting will be held on January 11 at 6:00 p.m. at the Hopkins County Extension Office.

E-Sports

Hopkins County 4-H E-sports will meet January 31 at 5:30 p.m. at the Hopkins County Extension Office. This group of youth get to utilize their communication and team building skills to grow as a person and learn how you can use those skills while gaming. Currently, we are on a waitlist for this project group.



Livestock Club

The November meeting for 4-H Livestock took place at Calhoun Feed Store. Youth were able to gain valuable knowledge from Mike Calhoun. We appreciate their support! Next meeting will be January 20th at 5:00 p.m. The group will be visiting local farmer Carol Coffman's beef operation.



We are excited to have 4-H Clover Buds starting in January. Spots are limited and sign-ups are required by calling the Extension Office at 270-821-3650. 4-H Clover Buds is available for youth ages 5-8 as of January 1, 2021. The meetings will be at 6:00 p.m. at the Hopkins County Extension Office and dates are: January 6, February 3, March 3, April 7 and May 5.

Arts & Crafts

We will be having our next Arts and Craft meeting on Monday, January 3rd at 6:00 at the Extension Office. The youth will be using their crafting abilities to make a wonderful winter item.



Crochet Club

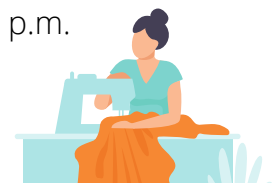


4-H Crochet started and the 4-Hers are learning to cast on and single stitch. They are learning to make necklaces and a coaster. Ms. Tammie welcomes more students to come join her in the next class, January 20 starting at 4:30 p.m.

Needles & Pins

Ms. Rita (Granny) would love to teach you how to sew. Our new 4-Hers learned how to make a pillow case and will finish the pillow case at the next meeting. They are learning new skills such as using a rotary cutter and cutting material, threading a sewing machine and of course how to use a seam ripper.

Come join us at our next 4-H Sewing meetings on January 12th and 24th from 3:00-5:00 p.m.



try this tasty treat

Nutty Sweet Potato Biscuits



1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet	½ teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.

2. Combine sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. Turn out onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.

4. Bake at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

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



Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

OCTOBER 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment