

# CL<sup>4</sup>VER CORNER



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

## 4-H YOUTH DEVELOPMENT



County Extension Agent for 4-H Youth Development

*Connor Cooper* Connor Cooper and Katie Mills *Katie Mills*

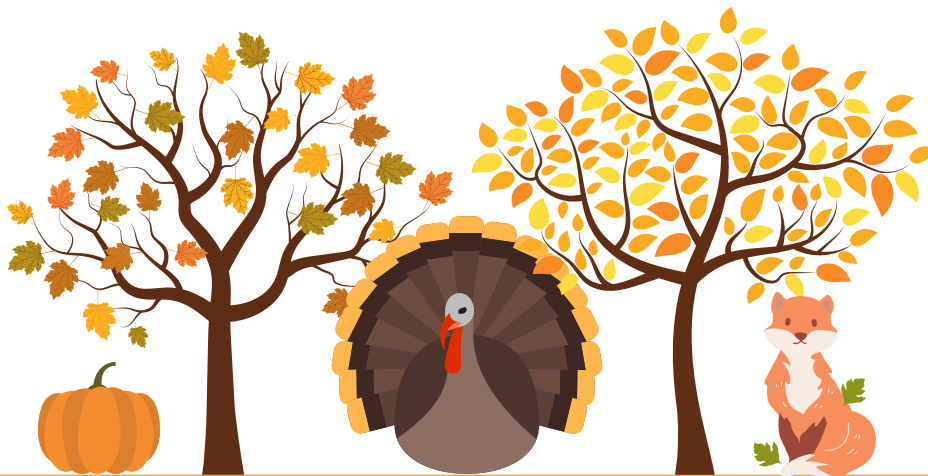
**NOVEMBER 2021**

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...

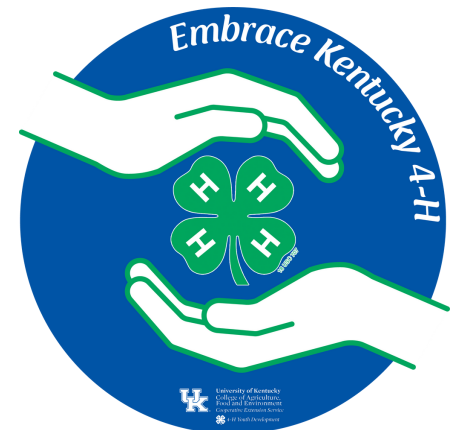
Welcome to Clover Corner! We are excited to share with you some adventures that Hopkins County 4-H has participated in. As you read through the newsletter, you will see all the wonderful activities taking place and we invite you to join! If you have any questions, please contact Connor, Katie, or Sherri at the Hopkins County Extension Office at 270-821-3650.



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*



#embraceky4h

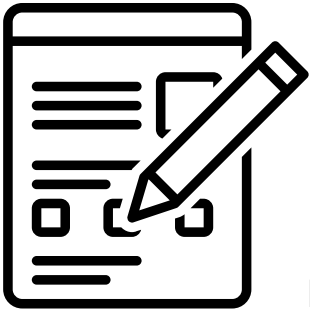
To Make the Best  
**BETTER**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# 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

Our last Disc Gold meeting of the 2021 year will be November 20th at 10:00 a.m. at Mahr Park by the Event Barn. Youth do not need to own disc or have prior knowledge of the sport to join the club. We hope to see you there!

## Arts & Crafts



4-H Arts & Crafts met and made a fall themed craft of corn and pumpkins! The next meeting will be December 6th at 6:00 p.m. at the Extension Office. The youth will be using their crafting abilities to make a wonderful winter item.

# E-Sports

Our next E-Sports meeting will be held on November 22 at 5:30 p.m at the Hopkins County Extension Office. The club will be continuing the development of their communication skills through playing video games. Limited spots are available if you interested in joining this club!



# Livestock Club

Join us for our next 4-H Livestock meeting on November 18th at 5:00 p.m. at the Danny Peyton Outdoor Education Center and Farmers Market, 55 Mahr Park Drive Madisonville. Please dress warmly and be prepared to have a great time! If you are interested in showing or learning about livestock, please come to the meeting or call Katie at the Extension Office, 270-821-3650.



# Photography

Come learn with us at the Danny Peyton Outdoor Education Center and Farmers Market for the next 4-H Photography meeting on November 16th at 2:00 p.m. If you have a camera or cell phone with camera abilities, please bring it with you. Youth will learn more information on taking a great photo! Later, their photos can be entered in the Hopkins County Madisonville Fair.



# 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, November 18 starting at 4:30 p.m.

# Midnight Walkers Community Service Club

The Midnight Walkers Community Service Club met on November 9th at 6:00 p.m. and they are collecting toys for the WYYL Toy Drive. If you would like to make a donation to the toy drive on behalf of Midnight Walkers, please bring your toys in by the first week of December.



# 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 November 11 and December 2 at 5:00 p.m.



# try this tasty treat

## Peachy Breakfast Bake



**3 tablespoons** salted butter

**3 cups** fresh peaches, peeled and sliced

**1/3 cup** packed light brown sugar

**2 tablespoons** white sugar

**1 teaspoon** cinnamon

**2** whole eggs

**2** egg whites

**1 cup** unsweetened almond milk

**1/2 teaspoon** vanilla

**1/4 cup** whole wheat flour

**1/4 cup** all-purpose flour

**1/4 teaspoon** salt

**2 tablespoons** white sugar

**Preheat** oven to 400 degrees F with rack in middle position. **Place** butter in an 8-by-8 inch baking dish and place in oven on the center rack to melt. **Add** peaches and brown sugar to melted butter in baking dish, **stir** to coat. **Mix** together the sugar and cinnamon and **sprinkle** over the top. **Bake** 15 minutes. In a mixing bowl, **beat** eggs and egg whites with a whisk, **add** almond milk and vanilla. **Whisk** together. **Add** remaining dry ingredients and **mix** until blended.

**Remove** peaches from oven, **pour** batter slowly and evenly over baked peaches. **Return** to oven and **bake** 20 minutes, until the center of the batter is firm, puffed up and browned. **Serve** warm with whipped cream.

**Yield:** 9, 1/2 cup servings

**Nutritional Analysis:** 140 calories, 4.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrate, 1 g fiber, 17 g sugars, 3 g protein.

## Kentucky Peaches

**SEASON:** July through September.

**NUTRITION FACTS:** Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

**SELECTION:** Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are "freestones" (flesh separates easily from pit) and "clingstones" (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

**STORAGE:** Some peaches may need to be stored at room temperature to ripen. Fragrance

is an indication of ripeness.

Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

**PREPARATION:** One pound of peaches will equal 3 to 4 medium sized peaches, 2 cups sliced, or 1 1/2 cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

### KENTUCKY PEACHES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

June 2017

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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

<http://plateitup.ca.uky.edu>



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# Hopkins County 4-H Member Form 2021-2022



Club(s)/School: \_\_\_\_\_

Leader/Teacher: \_\_\_\_\_

Enrollment begins September 1, 2021 and runs until August 31, 2022. Re-enrollment is required each year to be an active 4-H member. Age as of January 1 of the current year is considered 4-H age.

First Name Used: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Grade: \_\_\_\_\_ Years in 4-H \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
 Relationship to You: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

**What are YOU interested in?**

Please circle all 4-H Clubs that you are currently part of or would like to join.

4-H Clubs:

- Beekeeping Club
- Cloverbuds Club (5-8 years-old only)
- Livestock Club
- Midnight Walkers (Community Service Club)
- Shooting Sports (Archery)

Projects: Please circle all projects & activities that you would like more information about.

- Aerospace
- Child Care/Babysitting
- Electric
- Entomology
- Environmental Education
- Foods/Cooking
- Horticulture
- Horse
- Leadership
- Poultry
- Public Speaking
- Physical Activity
- Sewing/Quilting
- Visual Arts (drawing painting, photography)
- Woodworking

**Family Member Military Service (Circle One):**  
 No One Serving    Parent Serving    Sibling Serving  
 If yes, which Branch: \_\_\_\_\_  
**Branch Component (Circle One):**  
 Active Duty    National Guard    Reserves

Do you require an accomodation for a disability to participate in this program? \_\_\_\_\_

Circle one or all that apply.

Ethnicity:    Hispanic    Non-Hispanic  
 Gender:    Male    Female  
 Residence:    Farm    County    Madisonville  
 Race:    White    Black    Asian  
 American Indian    Hawaaian/Pacific Island

Please return this completed form to:  
 Hopkins County Extension Service  
 75 Cornwall Drive  
 Madisonville, KY 42431

Phone: 270-821-3650    Fax: 270-825-5011  
 Email: DL\_CES\_HOPKINS@uky.edu  
 Or to your school secretary or 4-H Leader.

**Authorization of Use**

I, (parent's full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including, but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

- \* University Educational Publications/Videos
- \* University Electronics Publishing (e.g. World Wide Web)
- \* University Promotion/Advertising
- \* Local/regional/national news media (w/permission of UK)

\_\_\_\_ I DO NOT want my child to be included in publicity.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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