

»»» MCCREARY COUNTY EXTENSION «««



4-H NEWS

March 2024



~Explore. Dream. Discover.~

NOTES FROM 4-H STAFF

Tracie Goodman, Agent
Leah VanMeter, Agent
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»»» Happy Spring!

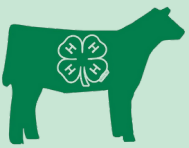
Our favorite time of year at McCreary County Extension has arrived! We have tons of plans for Spring & Summer, don't miss out! Enroll your child in 4-H now! For enrollment info, call our office at 606-376-2524 or email mccreary.ext@uky.edu.

4-H Camp Signups! «««

Camp signups begin **March 4th!** Limited spots available! Deposit of \$25 and a completed application is required to hold your spot. 4-H Camp is June 18th-21st at Lake Cumberland Camping Center in Jabez, Ky.

IMPORTANT ANNOUNCEMENTS!





MARCH CLUB MEETINGS



**March 4th, after school
Creative Writing Club
Pine Knot Intermediate**

**March 19th, in-school
Artist Spotlight
Whitley City Elementary**

**March 6th, in-school
Space Program
Whitley City Elementary**

**March 25th, 4pm
Woodchucks**

**March 11th, in-school
Conservation Duck Stamp Program
Whitley City Elementary**

**March 27th, 5pm
Country Ham Club**

**March 12th, 6:30pm
Jr. Cattlemen's Club**

**March 28th, in-school
Volcanoes Program
Whitley City Elementary**

**March 12th, 4pm
Shooting Sports
Mandatory Safety Meeting**

**Tuesdays, after school
Garden Club
Whitley City Elementary**

**March 18th, 4pm
Cloverbuds**

**Wednesdays, in-school
Agriscience Club
McCreary County Middle School**

Donate To Send A Kid To 4-H Camp!



**Donation/Sponsor Fees
\$55/Camper**



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



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Cope's

UPCOMING DATES

4-H Summit
March 21st - 23rd
Lake Cumberland 4-H
Camp

Country Ham Project
UK Meat Lab Tour
April 11th

4-H Senior Forestry &
Wildlife Competition
April 16th

CIT/Teen Leader
Camp Training
April 30th & May 14th

Poultry BBQ Day Camp
May 23rd

4-H Skills Week (f.k.a.
project week)
May 21st - 24th

Office Hours-
Adult Camp Leader
Training
May 30th-31st

4-H Camp
June 18th-21st

County Fair Project
Check-In
June 24th
McCreary County Sr.
Citizens Bldg

VEGETABLE GARDENING



▶▶▶ PLANTING TIPS

If you are preparing to plant a garden this year, you can utilize the planeatmove.com garden planning calendar to stay on track!



Make planting a garden a family affair, share your knowledge with your kids and grandkids, write notes to keep as a family heirloom...the gift of knowledge is the greatest gift you can give!

Advice for March: Clean garden space to get ready to plant—weed and remove old plants from last year. Prepare planting beds; clean containers for container gardening; turn compost weekly. Spread mulch; plant potatoes; plant asparagus crowns.

Carrot Cake Smoothie



UK Cooperative Extension Service

Directions: Rinse carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. Add banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and blend until smooth. If needed, add more milk to encourage blending. Refrigerate leftovers.



VOLUNTEERS NEEDED

WE ARE IN SEARCH OF ADULT VOLUNTEERS (21YRS OR OLDER) WILLING TO BE CERTIFIED 4H SHOOTING SPORTS COACHES!
 SPRING CERTIFICATION COURSE IS SCHEDULED FOR APRIL 26-28TH, 2024
 DEADLINE TO REGISTER MARCH 29TH.

DISCIPLINES:

- ARCHERY
- PISTOL
- RIFLE
- SHOTGUN
- MUZZLELOADING

CALL THE OFFICE FOR MORE INFO
 606-376-2524



Martin-Gatton
 College of Agriculture,
 Food and Environment
 University of Kentucky.

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 LEXINGTON, KY 40546





R Join McCreary 4-H Remind!

Stay updated with McCreary County 4-H announcements throughout the month!

Some of our clubs have their own Remind class, this is for general announcements and clubs/programs that do NOT have their own class.

Text @kb46dk6 to the number 81010
 OR
 Download the Remind app,
 then use the class code "kb46dk6"

