

March 2025

Cooperative Extension Service

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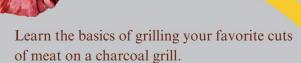
Grant County 4-H Newsletter



GRILLING 101

Ages 13-18

Parents must accompany youth under the age of 16



March 18th: Introduction

- Types of Cooking Apparatuses
- Most Common Meat Cuts for Grilling
- Charcoal Grill Safety
- · Cooking with Charcoal

April 15th: Seasonings

- Flavor Profiles
- Create your own Spice Blend
- Testing your Spice Blend

May 20th: Smoking

- What meat cuts are better for smoking
- Creating a spice blend from surprise ingredients
- · Smoked Pork Loin Contest

All grills, charcoal, tools, and other supplies will be provided



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Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Agent's Corner:

"When you have a passion for something then you tend not only to be better at it, but you work harder at it too" -Vera Wang

March heralds an exciting time of year as we transition from winter to spring, with increasingly pleasant weather. This month marks the beginning of the show season for many of our livestock exhibitors, who are selecting their animals for the year. Shooting Sports members are gearing up for the upcoming competition season, campers are preparing for the 4-H Summer Camp in June, and many are planning their entries for the county fair in July.

4-H provides a platform for all of us to discover our passions. Personally, I found my passion through Shooting Sports at the age of nine. When you identify what you are passionate about, it opens up numerous opportunities for growth. Passion drives you to strive for greater achievements and to invest your time and effort into succeeding and making a name for yourself.

As we embrace spring and the season of renewal, take a moment to reflect on your extracurricular activities, whether they involve sports, volunteer work, 4-H clubs and projects, or other pursuits. Ask yourself, "Is this something I truly enjoy doing?" "Am I genuinely passionate about this?" "Am I only doing this because someone else expects me to?" Once you have answers to these questions, consider, "What am I truly passionate about?" When you identify your true passion, immerse yourself in it. Life becomes more fulfilling when you have something you are passionate about to devote your time to.

There are no limits to how far you can go when passion paves your path to success.



Mason Malin,
Grant County

Grant County
4-H Youth Development Agent



Livestock Club Meeting: March 13 @ 6PM

Pendleton County ANR Agent, Lindie
Huffman will be doing a
demonstration cutting down a hog into
the primal sections, and then into
retail meat cuts

Country Ham Club Meeting: March 20 @ 6PM

• We will be looking over speech topics for both Juniors and Seniors and start the brainstorming process to create ideas for your rough draft of your speech. We will also discuss where the ham is in the curing process.





June 10-13, 2025

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

Please contact 859-824-3355 if you are interested in Teen Conference. This year the date does interfere with Summer Camp dates.



There's no school on March 14, so the horticulture club will be meeting at the Senior Center in Williamstown at 2 pm to help get their raised beds ready for spring planting.





It's time to register your Recruit for Boot Camp! We are looking forward to seeing you on Saturday, March 22, 2025, from 9am-3pm. To be good stewards of our funds, we kindly ask that you check your calendars before registering your child. This is open to 3rd, 4th and 5th grade students. We look forward to another great Boot Camp. https://forms.gle/rT3GQcPU363qLpNT7

<u>LIVESTOCK VALIDATION</u>

Beef Cattle:

- March 1st 11am-12pm, KY Beef Expo, Louisville KY
- March 6th 5-7pm, Pendleton County Fairgrounds, Falmouth KY
- March 11th 5-7pm WTA Marketing Alliance, London KY
- March 15th, 8-10am Green River Beef Show, Hartford KY

Swine, Sheep, Goats:

- April 26th 9-11am Boone County Fairgrounds, Burlington KY
- April 29th 5-7pm Clark County Fairgrounds, Winchester KY
- May 1st 5-7pm Bourbon County Fairgrounds, Paris KY
- May 3rd 9-11am Mason Co. Bluegrass Stockyards, Maysville KY
- May 5th 5-7pm Muhlenberg County Ag Complex, Central City KY
- May 6th 5-7pm East Carter High School, Grayson KY
- May 13th 4-7pm LD Brown Complex, Bowling Green KY
- May 14th 5-7pm Spencer County High School, Taylorsville KY
- May 15th 5-7pm WTA Marketing Alliance, London KY
- All 4-H Livestock Exhibitors must have the agent sign their validation paperwork verifying they have completed their 6 education hours before they arrive to a livestock validation site.
- o Reach out to Mason Malin at masonmalin@uky.edu for all livestock validation paperwork

DON'T JUST SEND YOUR KIDS TO CAMP, GO WITH THEM!

(Neither of you will regret it.)



"As we transition into spring, it's the perfect time to enjoy fresh and vibrant flavors. This month, we're excited to share a delightful recipe that combines the smoky goodness of bacon with the juicy sweetness of tomatoes. Whether you're hosting a gathering, looking for a tasty snack, or want something that every kid in the cafeteria will be jealous of, this Bacon and Tomato Dip is sure to be a hit!"



Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

4 slices bacon, cooked crisp and

1 teaspoon garlic powder

1. Combine all ingredients.

- **2. Add** reserved tomato juice until dip reaches desired consistency.
- **3. Serve** with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

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







March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 ★6:00pm - 7:00pm 4-H Leadership @ Board Room ★6:00pm - 7:00pm Dog Club @ Project Room ★7:00pm - 8:30pm 4-H Council @ Doyle (1)	7.	8
9 DaylightSavings	10 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen	11	12 ★6:00pm - 7:00pm Photography @ Board Room	13 ★5:00pm - 7:00pm Livestock@ Project Room	14 ★2:00pm - 3:30pm 4-H Horticulture @ Senior Center	15
16	17	18 ★ 5:00pm - 7:00pm 4-H Grilling Class @ Project Room	19	20 ★6:00pm - 7:30pm Country Ham Club @ Doyle (1) 6:00pm - 7:00pm Dog Club @ Project	21	22 ★9:00am - 3:00pm 4-H Boot Camp @ DRE
23	24 ★ 6:00pm - 8:00pm Advanced Cooking @ Teaching Kitchen	25 ★ 6:00pm - 7:30pm Swine Club @ Doyle (1)	26 ★6:00pm - 7:00pm Photography @ Board Room	27	28	29
30	31					