



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



4-H YOUTH DEVELOPMENT



Cooperative Extension  
Service

Owen County  
265 Ellis Road  
Owenton, KY 40359  
502.484.5703  
Fax: 502.484.5704  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

# Owen County 4-H

## NEWS

April 2023



David Gabbard

Owen County

Cooperative Extension 4-H Agent

April Fools!!!! No joking here, in this newsletter you will find all of our April club meeting dates, and some other information. I hope that everyone has a great spring and gets outside to enjoy the amazing weather.

As always if you need anything or have any questions, feel free to call me anytime at 502-484-5703 or send me an email at [david.gabbard@uky.edu](mailto:david.gabbard@uky.edu)

We look forward to seeing you all at our next meetings!



HEAD



HEART



HANDS



HEALTH

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

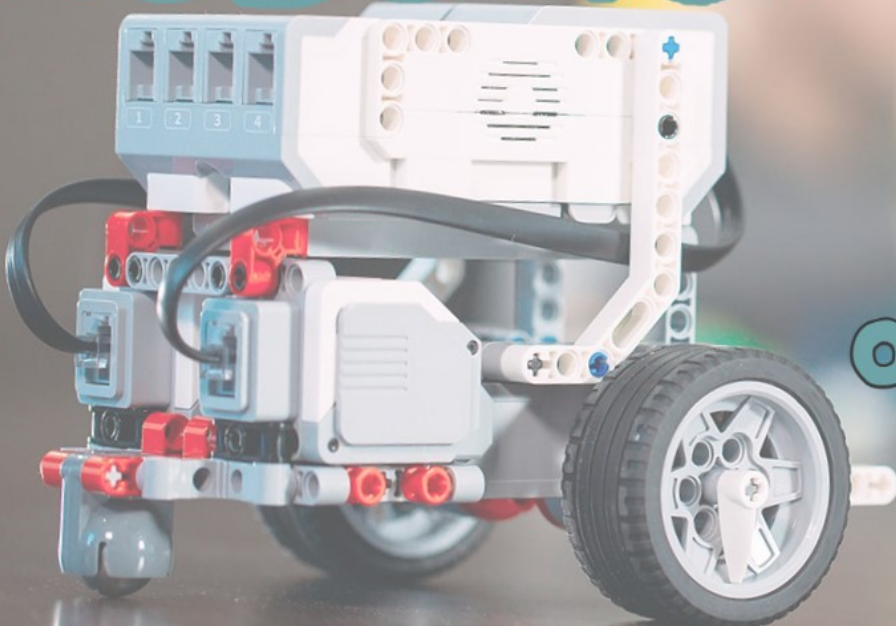


# CONGRATULATIONS

Jeremiah Jury  
Charleigh Wright

Achievement Awards for Bronze Level

# ROBOTICS



MAY 4

6 PM

Owen County  
Extension  
Office

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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University of Kentucky  
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4-H Youth Development



# DISCOVER 4-H



Monday, April 10

6:30-7:30

Owen County Extension Office



# LIVESTOCK

TUESDAY, APRIL 11  
6:30-8:00 PM  
OWEN COUNTY  
EXTENSION OFFICE

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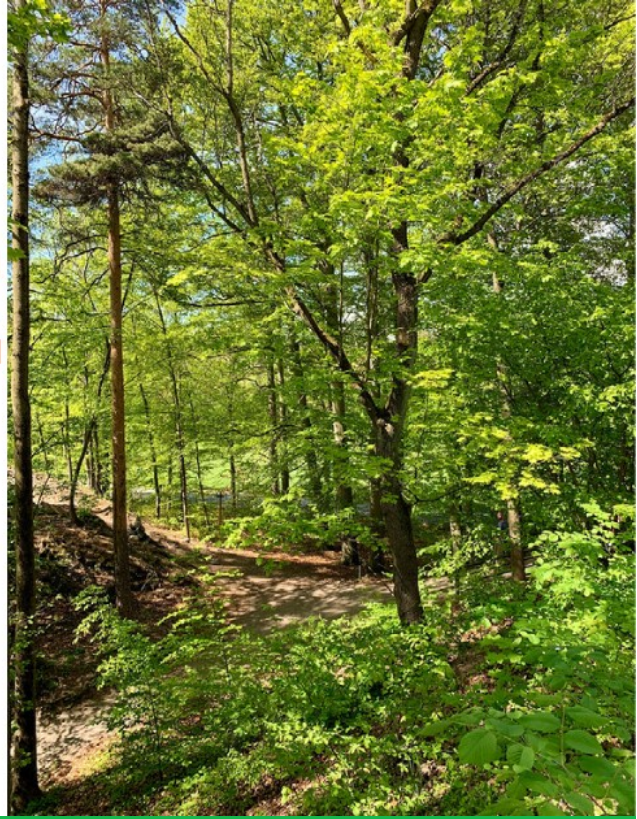


# 4-H OUTDOOR ADVENTURE

Thursday, April 13

6:00-8:00PM

Owen County  
Extension Office



# 4-H CRAFT CLUB

MONDAY, APRIL 24  
3:30-5:00 PM  
OWEN COUNTY  
EXTENSION OFFICE



# 4-H COOKING



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

4-H Youth Development

**MONDAY,  
APRIL 17**

**6:00 PM**

**OWEN  
COUNTY  
EXTENSION  
OFFICE**



**4-H CLOVERBUDS**

**Thursday,  
April 20  
6:00-7:00  
PM**

**Owen County  
Extension  
Office**



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# Country Ham Cleaning

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

**ALL YOUTH & HOMEMAKER'S NEED  
TO PLAN ON CLEANING THIER  
HAM ON MAY 15TH**

**PLEASE CALL 502.484.5703**

**Monday, May 15**

**10 AM - 6 PM**

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Agriculture and Natural Resources  
Family and Consumer Sciences  
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# 4-H SEWING PROJECT DAY

Tuesday, June 5  
Wednesday, June 6

Beginners: 9:00-11:00 AM  
Advanced: 12:00 -2:00 PM



**OWEN COUNTY  
EXTENSION OFFICE**



# KENTUCKY

## 4-H TEEN CONFERENCE

JUNE 13-16  
2023  
UNIVERSITY  
OF  
KENTUCKY



#CELEBRATEKY4H

EDUCATIONAL  
MAJORS  
&  
LEADERSHIP  
MINORS

**PRICE:** \$200

**REGISTRATION**

**DEADLINE:** May 10, 2023

**CONTACT YOUR COUNTY  
AGENT FOR MORE  
INFORMATION**

- CLOVERFEST
- DANCE
- FASHION REVUE
- PERFORMING ARTS SHOWCASE

COMMUNITY  
SERVICE

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LEXINGTON, KY 40506



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**STOP BY THE  
OWEN COUNTY  
EXTENSION  
OFFICE TO  
PICK UP THE  
2023 4-H CAMP  
REGISTRATION  
APPLICATION  
IF YOU'VE  
SIGNED UP**



**JUNE 26-30**



**APPLICATIONS DUE BACK  
JUNE 1ST & PAID IN FULL**

**TOTAL COST \$ 280**

# 4-H Camp Orientation

**Monday, May 22nd  
Thursday, May 25th**

- ~ CAMPERS WILL SIGN UP FOR CLASSES
- ~ DISCUSS POLICIES & PROCEDURES
- ~ CHECK LIST OF SUPPLIES

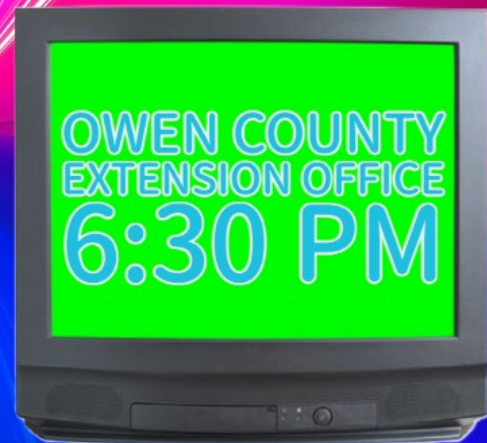
**\*\* MANDATORY TO ATTEND**

**\*\*\*IF NOT ABLE TO---MUST**
















**CONTACT DAVID**

**502.484.5703 OR EMAIL**


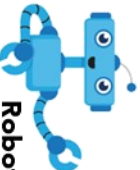








**DAVID.GABBARD@UKY.EDU**



# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 4-H Cooking Club 6:00-7:00 PM 	4	5	6 Robotics 4:00 PM 	7	8
	3 STEP Teen Council 6:00-7:00 PM 					
9 Easter 	10 DISCOVER 4-H 6:30-7:30 PM 	11 Livestock Club 6:30-8:00 PM 	12	13 4-H Outdoor Adventure 6:00-8:00 PM 	14 Shooting Sports Coaches Certification Lake Cumberland Camp 	15 
16 Shooting Sports Coaches Certification Lake Cumberland Camp 	17 4-H Cooking Club 6:00-7:00 PM 	18	19	20 C4YERBUDS 6:00-7:00 PM 	21	22 C7/C8 Communication Day Pendleton County Southern Elementary Registration begins 8:30 AM
23	24 Craft Club 3:30-5:00 PM 	25	26	27	28	29
30	<p><b>Cooperative Extension Service</b> Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development</p> <p>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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.</p> <p>LEXINGTON, KY 40546</p>   <p>Disabilities accommodated with prior notification.</p>					

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  <b>Cooking</b> 6:00-7:00 PM  <b>Teen Council</b> 7:00-8:00 PM	2	3	4  <b>Robotics</b> 6:30-7:30 PM	5	6
7	8 <b>CRAFT CLUB</b> 3:30-5:00 PM  <b>DISCOVER</b> 4-H 6:30-7:30 PM	9 <b>Cloverbud Orientation</b> 6 PM Extension Office	10	11  <b>4-H Outdoor Adventure</b> 6:00-8:00 PM	12	13
14 	15  <b>Cooking</b> 6:00-7:00 PM	16 <b>4-H Council Meeting</b> 6 PM Extension Office	17	18  <b>C4H HERBUDS</b> 6:00-7:00 PM	19	20
21	22  <b>4-H Camp Orientation</b> 6:30 PM Extension Office	23	24	25  <b>4-H Camp Orientation</b> 6:30 PM Extension Office	26	27
28 <b>CLOSED</b>	29  <b>MEMORIAL DAY</b>	30	31	<p>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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.</p> <p>LENINGTON, KY 40546</p>		
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Email: [DL\\_CES\\_OWEN@EMAIL.UKY.EDU](mailto:DL_CES_OWEN@EMAIL.UKY.EDU)

**David Gabbard**

County Agent for 4H Youth Development

## Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

**Yield:** 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

