

# Owen County 4-H

## NEWS

4-H YOUTH DEVELOPMENT



FALL 2023



David Gabbard  
Extension Agent for 4-H Youth Development  
Owen County

Happy Fall!!!!

I hope that everyone is enjoying these nice fall days and are gearing up for Halloween!

Please look through this newsletter for all events for the month of November! We have A LOT of fun things happening.

On page 2, you will find a QR code to sign up for 4-H Summer Camp, if you have questions feel free to call.

On page 3, there is a QR code for a survey, this is a community survey on how you utilize extension and to give us information on what you see we need to add to benefit the community, we are needing 400 completed. (this is for anyone 18 and over). PLEASE HELP US REACH OUR GOAL!

As always if you have any questions, concerns or would like to volunteer, please contact me at 502.484.5703 or via email at [david.gabbard@uky.edu](mailto:david.gabbard@uky.edu)



HEAD



HEART



HANDS



HEALTH

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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. Lexington, KY 40506



Disabilities accommodated with prior notification.

# SAVE THE DATE

# 2024

# 4-H CAMP

# June 24-28

# "UNDER THE BIG TOP"



QUESTIONS?  
502.484.5703

DAVID.GABBARD@UKY.EDU

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
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Disabilities  
accommodated  
with prior notification.



The University of Kentucky has each county in the state reach out to our citizens to complete the community assessment survey every 5 years. This aides in decision making at the state level as well as programming efforts in the counties. It is greatly appreciated if you could complete this survey for feedback on how we can best serve you!!

KENTUCKY COOPERATIVE EXTENSION

DANIEL BOONE National Forest

SEE BEAUTIFUL ROCK CITY ATOP LOOKOUT

FLORENCE KY

- Kentucky resident?
- At least 18 years old?
- Care about your community?

HOW  
CAN WE  
**serve you??**



Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:  
[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

# CRAFT CLUB

**11.2.2023**

**3:30-5:00 PM**

**Owen County Extension Office**





# HORSE CLUB



**11.2.2023**

**6:30 PM**

**LOCATION-TBD**

# OUTDOOR ADVENTURE



**11.2.2023**

**6:30 PM**

**OWEN COUNTY EXTENSION OFFICE**



# TEEN COUNCIL



11.6.2023

7 PM

OWEN COUNTY  
EXTENSION OFFICE

# CLOVERBUDS

6 PM



11.13.2023

Owen County  
Extension Office



# DISCOVER 4-H



**11.14.2023**  
**6:30 PM**

**Owen County**  
**Extension**  
**Office**

## LIVESTOCK

**11.17.2023**  
**6:30 PM**

**Owen County**  
**Extension Office**





# Country Hams



**INFORMATIONAL MEETING**

**11.16.2023**

**6:30 PM**

**4-H COUNCIL**

**11.21.2023**

**6 PM**





**Owen County**

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**David Gabbard**

County Agent for 4H Youth Development

# Homemade Applesauce to Freeze



**Servings:** 8

**Serving Size:** 1/2 cup

**Ingredients:**

- 1 cup water
- 4 large apples, peeled, cored, & sliced
- 1/2 cup sugar

**Directions:**

1. Add 1 cup water to apple slices, and cook over medium heat until tender.
2. Cool and strain, if needed Mash.
3. Sweeten to taste with 1/2 cup sugar.
4. Pack into containers, leaving 1/2 inch-headspace for pints and one-inch headspace for quarts.
5. Seal, label the contents, date and freeze. Use within 8/12 months.

**Source:** LEAP...for Health: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**NUTRITION FACTS PER SERVING:** 110 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 28g carbohydrate; 3g fiber; 24g sugar; 13g added sugar; 0g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.