

Bullitt County 4-H March



Happy March! Spring is near!

In this newsletter, you will find a recap of our activities, updates on community clubs, and other exciting things.

We are so excited to share these with you and hope you will join us this program year as more programming becomes available again for 2024-2025. If you find something you would like to join, be sure to sign up!

Remember to follow us on Facebook - Bullitt County 4-H.

Important Dates:

- Tuesday, March 25th - Green Giants Club 6:30-7:30
- Thursday, March 13th - Cloverbud Club 6:30-7:30
- Thursday, March 27th - Foodies Club 6:00 - 7:30
- May 2nd - May 3rd - Outdoor Adventure Camp
- June 10th - June 13th - Teen Conference
- June 30th - July 4th - 4-H Camp
- July 18th - July 20th - Cloverbud Camp

Contents

- 4-H Camp
- Cloverbuds
- Outdoor Adventure Camp
- Green Giants
- Foodies Club





Bullitt County 4-H Camp
at Lake Cumberland
June 30th - July 4th

\$165 by June 1st (no extended deadline)

Scan the QR Code at the bottom of the page to access the registration forms.

COOPERATIVE
EXTENSION
SERVICE



Who may attend? Youth from Bullitt County who are 9-15 years old can attend as campers. 16-17 year olds can attend as Teen Leaders. We are excited to be camping with Trimble and Cumberland County. Space is limited, so complete the pre-registration forms and return them promptly.

Living Accommodations

Campers stay in cabins with trained teens and adult leaders. The cabins have bunk beds and bathrooms. Boys and girls have separate cabins. If you want to bunk with a friend, please indicate their name on the pre-registration form. (We will try our best to accommodate your requests).

What do campers do at 4-H Camp?

All classes are taught by our certified instructors using approved curriculum. Activities and classes include:



- | | | |
|----------------|---------------|------------|
| Archery | Arts & Crafts | Swimming |
| Recreation | Fishing | Canoeing |
| Rifle | Low Ropes | High Ropes |
| Cave Exploring | Pontoon Rides | Nature |
| Hiking | Singing | Dancing |

And much much more!!



Scan the QR Code to access Registration Forms

- Print these forms out and return them to the Bullitt County Extension Office (384 Halls Ln. Shepherdsville, KY 40165) either by mail or in person . Camp fee is
- \$165. If paying by check, please make checks payable to Bullitt County 4-H. Use the QR code to pay online. A \$5 service fee will be applied when paying online. WE DO NOT ACCEPT CASH. For any questions please email Samantha at sjeff2@uky.edu

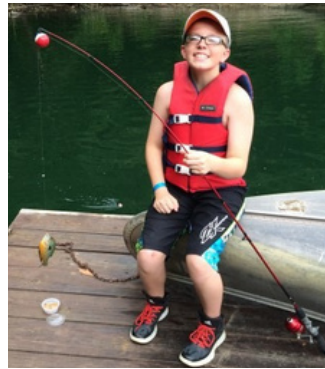
<https://bullitt.ca.uky.edu/events/4-h-camp-2025>



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



Parents: We need your help! We depend on parents and adults of 4-H campers to attend camp and serve as adult cabin leaders. Training is provided for camp leaders. Adults pay no fee to attend camp. If you would be interested in serving as an adult cabin leader, please call the office at 502-543-2257. The Kentucky 4-H State office requires all Adult Volunteers have an up to date Volunteer Application Packet & be approved by the Client Protection Committee.



Attention Teens!!

If you are interested in becoming a Teen Counselor, please call the office to request an application. Complete & return the teen application to the Bullitt County 4-H Office by April 1st. All teens will be screened by our camp committee. All teens must attend Teen Leader Training and be interviewed. If you have questions about anything please email Samantha at sjeff2@uky.edu



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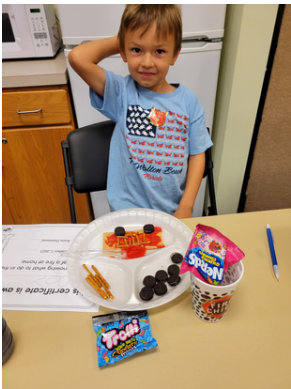
Bullitt County 4-H Cloverbuds

Meetings are the 2nd
Thursday of each
month. Next meeting:
Thursday, March 13th
6:30 - 7:30

For registration and questions,
please email Samantha
Gamblin at sjeff2@uky.edu

STEAM based
curriculum designed
for hands-on learning
and fun!

AGES 5-8



The goal of the Cloverbuds program is
to promote children's healthy
development - mentally, physically,
socially and emotionally.



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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





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College of Agriculture,
Food and Environment



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



**Get together with friends and
learn outdoor survival skills!
Scan below for the
application!**



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

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Disabilities
accommodated

Contact Samantha at sjeff2@uky.edu for more information.



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GREEN GIANTS



CLUB



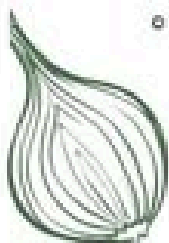
THE CLUB MEETS ON **THE 4TH TUESDAY OF** EACH MONTH
FROM 6:30-7:30 PM AT THE BULLITT CO. EXTENSION
OFFICE.

NEXT CLUB MEETING:

March 25th

TO REGISTER, EMAIL T.CARTER@UKY.EDU





4-H FOODIES CLUB

6:00-7:30 PM

Open to youth 9-13 years old . Learn about the ins and outs of cooking, and become prepared for various state culinary competitions. Register with the QR code.



MEETING DATES:

NOVEMBER 21ST

DECEMBER 19TH

JANUARY 16TH

FEBRUARY 20TH

MARCH 27TH

APRIL 17TH

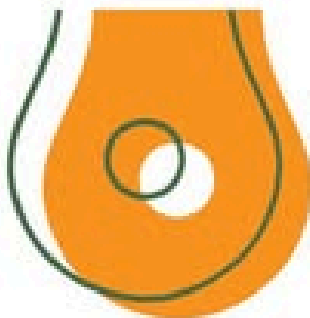
MAY 22ND

WITH POTENTIAL DATES IN THE SUMMER!



\$20 registration fee

Questions? Email
Tori at
t.carter@uky.edu



Disabilities accommodated



**March 25th,
2025**

**Registration Deadline:
March 14th, 2025**

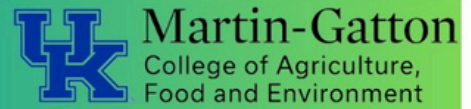
**Location:
Bullitt County
Extension Office
384 Halls Ln.**

Check In: 5:30 PM

**Speeches and Demos
begin at 6:00 PM**

Demonstrations

- 5-15 min.
- Must have visual aides
- No live animals



**Bullitt County
4-H
Communications
Event**

Questions? Email t.carter@uky.edu

Use the link to register!



https://uky.a2l.qualtrics.com/jfe/form/SV_d12NqgzNjYHe_wse

Speech

- Junior (9-13 y/o) 3-5 min
- Senior (14-19 y/o) 5-7 min
- No visual aides, dramatic readings, dramatic monologues or recitations of poems





TEEN CONFERENCE

**FIND YOUR SPARK
AND BUILD FRIENDSHIPS**



**10th - 13th June
2025**

Cost: \$150

About Our Event

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.

JOIN US!

CONTACT: Tori at
t.carter@uky.edu

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

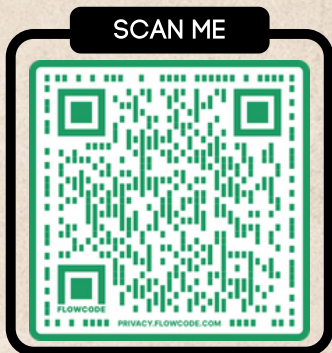
WEBSITE
extension.ca.uky.edu

\$175

TEEN
CAMP

**AT LAKE CUMBERLAND
4-H CAMP**

**Register by:
July 1st, 2025**



**OPEN FOR
TEENS
AGES 14-17**



JULY 25-27, 2025

**For more information email Kyle Comley
KYLE.COMLEY@UKY.EDU**

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4-H Youth Development
Community and Economic Development

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Cabbage Rolls

| | | |
|--------------------------------------|---------------------------------|-----------------------------------|
| 12 cabbage leaves | 1 teaspoon garlic salt | ¼ cup chopped green pepper |
| 1 pound lean ground beef | ¼ teaspoon pepper | 1 teaspoon sugar |
| 1 cup cooked brown rice | ½ teaspoon dried basil | 1 tablespoon cornstarch |
| 1 (15 ounce) can tomato sauce | ½ teaspoon dried oregano | 1 tablespoon water |
| | ½ cup chopped onion | |

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage

into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

To stir-fry: Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

KENTUCKY CABBAGE

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2016

Source: 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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**A SMALL AMOUNT
OF YOUR TIME
CAN MEAN
THE WORLD**



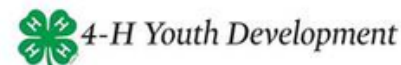
APPLY TO VOLUNTEER WITH 4-H!

[502] 543-2257

Bullitt County 4-H March



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**Remember to follow us on
Facebook for all things Bullitt
County 4-H!**



Bullitt County 4-H

Education · 25.5 mi · Closed now · 1K followers



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LEXINGTON, KY 40546



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