



Welcome to the 2023-2024 4-H Program year, Woodford County 4-H! September 1st kicks us off and we are ready to go with all sorts of opportunities to lead, grow, have fun and learn with Woodford County 4-H!

First thing to do is go re-enroll using the instructions right below on 4-H Online. All you need to do is just make sure your information is correct and make any changes necessary.

Next, we have lots of clubs and activities coming up this month and next so make sure to check them all out below.

If you have any questions - make sure to let me know!

Thanks,

Ryan

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## 4-H Online Enrollment



All 4-H families are asked to enroll for the  
2023-2024 4-H Program year.

Head to 4.H Online [HERE](#) to begin your enrollment process.  
If you have never enrolled in 4-H Online, please use the above  
video above as a walk-through.

Click [HERE](#) for written instructions for both new and returning  
families.

If you have questions on the enrollment process click [HERE](#) to  
email Ryan.

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# WOODFORD COUNTY 4-H ACHIEVEMENT BANQUET

Duckworth Barn - Versailles, KY

18 | OCTOBER | 2023

EVENING

Save the date!

Join us as we honor the achievements of our  
outstanding Woodford County 4-H youth!



Mark your calendars now to join us for a fun evening celebrating  
all of the great 4-H achievements from 2022-2023!  
Registration and more information will be sent later in  
September!



## 2022-2023 Woodford County 4-H All-Star Award

 University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
 4-H Youth Development

### Woodford County 4-H All-Star Award

For those 4-H'ers looking for another opportunity to distinguish themselves, the 4-H All-Star award recognizes well-rounded youth from Woodford County who have sought to explore all that 4-H has to offer them. Award recipients will submit their applications prior to the 4-H Achievement Banquet in the fall - prizes given to

those selected to receive the award!

To check out the application and what all it includes, email Ryan  
by clicking [HERE](#).

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# 4-H Cloverbuds

All youth ages 5-8 are invited to participate in our Cloverbud 4-H  
Club meeting on September, 13th at 4pm!

Please RSVP by filling out this brief registration [HERE](#).

Cost: Free!

Parents are asked to stay through the duration of the meeting to  
assist with the activities.

2023 Cloverbud Dates: 9/13, 10/18, 11/8 and 12/13

Spring dates will be announced once they are confirmed.

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WOODFORD CO. 4-H



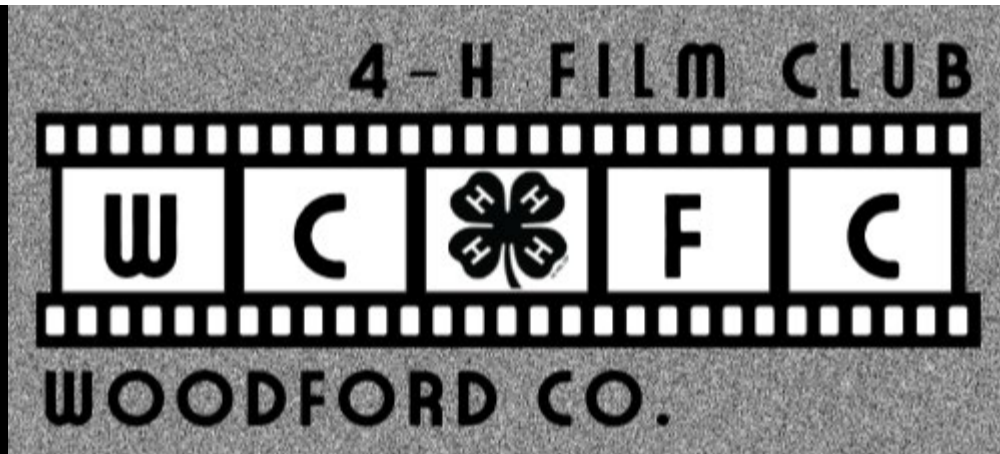
VISUAL  
ARTS  
CLUB

**The 4-H Visual Art Club provides a year-long style studio environment for the exploration of different artistic mediums, and the development of artistic works for entry into the Summer Project Expo.**

**On the agenda next meeting: 2023-2024 Kick-Off and Informational Session! New members welcome!**

**The next meeting will be September 12, 2023 from 5:00 PM to 6:00 PM.**

**Please RSVP by filling out this brief registration [HERE!](#)**



The Woodford County 4-H Filmmaking Club is calling all those kids interested in standing behind (or in front of) the camera. The 4-H Filmmaking club exposes youth to filmmaking, screen acting, digital storytelling, and videography to assist youth with making their own films.

**Next Meeting Agenda: 2023-2024 Kick-Off and Informational Session! New members welcome!**

**The next meeting will be September 19, 2023 from 5:00 PM to 6:30 PM.**

**Please RSVP by filling out this brief registration [HERE!](#)**

# D&D CLUB



Embark on an extraordinary adventure with the all-new Woodford County 4-H Dungeons and Dragons Club! Unleash your creativity as we dive into the captivating realms of Dungeons and Dragons, where imagination knows no bounds. But that's not all - our club is more than just epic quests and daring escapades. Join us to unravel the secrets of game design, master the art of collaborative storytelling, tackle challenges through group problem-solving, and even craft your very own miniatures for tabletop gaming. Your young adventurers will forge friendships, acquire new skills, and create memories to last a lifetime.

Registration Fee: \$15.00 per child.

**The first meeting will be September 26, 2023 from 5:00 PM to 7:00 PM.**

**Please RSVP by filling out this brief registration [HERE!](#)**



## — WOODFORD COUNTY 4-H — LIVESTOCK CLUB

The 4-H Livestock Club is for any youth interested in learning more about the livestock industry which includes traditional animal species such as cattle, sheep, pigs and goats. This year, the livestock club will also be incorporating poultry into the meetings and may feature some equine science as well. The club meets twice a month (except for December, January and May) with one business meeting ran by elected 4-H officers and one educational speaker/field trip day.

Join us for ice cream as we kick off the club year on Tuesday,  
October 10th at 6:30pm!

Livestock Club business meeting dates (6pm – Woodford County  
Extension Office): 10/10, 11/7, 12/5, 1/2, 2/6, 3/5, 4/9, 5/7

Livestock Club educational meetings (5pm – location may vary):  
10/23, 11/27, 2/26, 3/25, 4/22

## Woodford County 4-H STEAM Sewing

Any youth who have completed at least one 4-H sewing project are invited to participate in 2023-2024 4-H STEAM (Science, Technology, Engineering, Arts and Mathematics) Sewing! This club will explore how textiles, fabrics and traditional sewing interacts with the STEAM subjects.

If you are interested in participating and have completed at least

one 4-H sewing project, email Ryan by clicking [HERE](#). The next meeting is October 10th at 5pm and you must RSVP by Wednesday, October 5th.

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## WOODFORD COUNTY 4-H TEEN LEADERSHIP COUNCIL

All 4-H youth in grades 8th-12th are invited to participate in the 4-H Teen Leadership Council on the 4th Wednesday of each month at the Woodford County Extension Office. Our first meeting is October 10th - more information for our fun kickoff will be coming out soon!

Dates for 4-H Teen Leadership: 10/25, 11/29, 1/24, 2/28, 3/27,  
5/22

Please RSVP to the meeting ASAP by sending Ryan an email [HERE](#).

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## Woodford County 4-H Teen Civics Club



Join Woodford County 4-H as we explore topics regarding our government, elections and how you can get involved in what's going on in your city/county, state and country!

This club is geared to provide educational experiences and speakers for youth interested. High school students will meet from 5-6pm to learn



content and engage with guest speakers while middle school participants will come from 6pm-7pm to learn from the high school mentors and any presenters. Topics include governmental structures and services, elections and will include a trip to the state capitol in March as part of 4-H Capitol Experience.

High school students needed for mentors and instructors!

Dates: 10/17, 11/21, 12/19, 1/16, 2/20, 3/6 (4-H Capitol Experience),  
4/16, 5/21

To RSVP or have questions email Ryan [HERE](#).

## Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces** okra stalks
- **2 tablespoons** olive oil
- **2 tablespoons** salt-free seasoning

### Tangy

#### Dipping Sauce:

- **1 cup** plain low-fat yogurt
- **3 tablespoons** mayonnaise
- **1 tablespoon** dried parsley
- **2 teaspoons** dried dill
- **1 teaspoon** garlic powder
- **1 teaspoon** onion powder
- **1/2 teaspoon** salt

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



Check out this great [Plate it Up Kentucky Proud](#) recipe for the upcoming month!



Follow Woodford County 4-H on Facebook!



## Woodford County Cooperative Extension Service

### 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

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