

MARCH



## 4-H Camp Sign-up Night!

March 4th, 6-8pm

Scott County Cooperative Extension Office

First Come, First Served

Camp Applications will not be taken before Sign-up Night

Camp Applications can be downloaded at  
<https://scott.ca.uky.edu>

Deposit of \$150 due with application



Class Sheets will be given out at sign up night or available in our office after March 4th

We still need counselors. If interested, let us know!



Contact Us:

Phone  
502-863-0984

Fax  
502-863-2392

Website  
[scott.ca.uky.edu](http://scott.ca.uky.edu)



Facebook  
<https://www.facebook.com/scott4h>



Madison Adkins  
4-H Agent  
[madison.adkins@uky.edu](mailto:madison.adkins@uky.edu)

Crystal Beitler  
4-H Program Assistant  
[crystal.beitler@uky.edu](mailto:crystal.beitler@uky.edu)

SCOTT COUNTY COOPERATIVE EXTENSION OFFICE  
1130 CINCINNATI ROAD, GEORGETOWN, KY 40324



# Scott County 4-H Times

MARCH

All Meetings at The Scott County Cooperative Extension Office unless listed otherwise.

## 4-H Poultry Club

March 11th  
6:00pm



## 4-H Livestock Club

March 13th  
4:30 pm



## 4-H Art Club

March 19th  
6:00pm



## 4-H Cloverbuds

March 19th  
6:00pm



To sign-up, please email  
crystal.beitler@uky.edu

## 4-H Teen Club

No meeting this month.



## Shooting Sports

March 11th  
6:00pm



Sign Up Night

## 4-H Rabbit Club

March 18th  
6:00pm



## 4-H Horticulture Club

March 13th  
6:00pm



## 4-H Fishing Club

March 21st  
5:30pm



## Weather Policy

If Scott County Schools are closed due to a weather emergency, all 4-H activities Scott County Extension Office meetings are canceled.

## CAMP CORNER



Cabin Time!



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## MARCH

### 4-H Needs Volunteers!

4-H Council Meeting:

March 25th @ 4:30 p.m. Scott County Ext. Office

If you are looking to get involved in 4-H as a volunteer please reach out for more information on getting started.



Congratulations to our junior team for winning 1st place at the Morehead State livestock judging contest!

### Recipe of the Month



#### Spinach Pasta Bake

- |                                       |                                 |  |
|---------------------------------------|---------------------------------|--|
| <b>2 cups</b> whole wheat penne pasta | <b>1½ teaspoons</b> dry basil   | <b>1 can</b> (14 ounces) Italian diced tomatoes, drained |
| <b>1 pound</b> lean ground beef       | <b>1 teaspoon</b> garlic powder | <b>10 ounces</b> fresh spinach, chopped                  |
| <b>1 large</b> onion, chopped         | <b>1 teaspoon</b> dried oregano | <b>1 cup</b> low-fat shredded Mozzarella cheese          |
| <b>1 large</b> carrot, shredded       |                                 |  |
| <b>1 teaspoon</b> black pepper        |                                 |  |

**Preheat** oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain. Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes.

**Yield:** 9, 1 cup servings

**Nutritional Analysis:** 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

### CLUB CORNER



#### Rabbit Club!



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MARCH



## Congratulations to our award winners at Kentucky Volunteer Forum!

Cathrynn Hager  
Community Service award - Youth



### VOLUNTEER CORNER



Thank You!



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Alison Smith  
Achievement Award for Certified Livestock Volunteers

*Madison Adkins*



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Disabilities  
accommodated  
with prior notification.





# SCOTT COUNTY

## 4-H Camp



Come one, come all to  
4-H Summer Camp

# July 15-19 2024

## North Central 4-H Camp

4-H Camp Sign-up Night

March 4th, 6-8pm

Scott County Extension office

Applications will NOT be accepted before sign-up night

Applications will be available at the Extension Office  
or at [scott.ca.uky.edu](http://scott.ca.uky.edu)



**ALL APPLICATIONS MUST BE SUBMITTED IN PERSON**  
(No applications will be accepted online or by email)



# Communications Contest

What:

Your choice of Speech or Demonstration  
Speeches Based on age range & any topic  
Demonstrations based on topic

Who:

Anyone Ages 9-18

**MARCH 14, 2024**

WHERE:

SCOTT COUNTY EXTENSION OFFICE

CHECK IN: 5:30PM

START TIME: 6PM

## REGISTRATION:

Call the Extension office with name of participant, what communication you're doing, and topic.

FOR MORE INFO:

CONTACT MADISON ADKINS AT:

MADISON.ADKINS@UKY.EDU



**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**

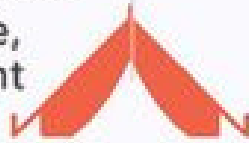
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accommodated  
with prior notification.



**Martin-Gatton**  
College of Agriculture,  
Food and Environment



**HIKE! EXPLORE! LEARN!**

# **OUTDOOR ADVENTURE CAMP**



**Get together with friends and  
learn outdoor survival skills!**



**MARCH 29-30, 2024**  
**Registration 10-12**  
**Lunch and Orientation 12**  
**\$100 PER PERSON**



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

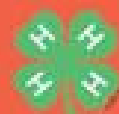
**Open for people Grades 6-12.**  
**Shelter Building, Firebuilding, Tracking, and More!**

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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