

DECEMBER 2023 BRECKINRIDGE CO

4-H UPDATE

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

Cooperative Extension Service
Breckinridge County
1377 S Hwy 261
Hardinsburg, KY 40143

Thanks for a Great Year!

Thank you to another fantastic year with Breckinridge County 4-H! This edition of the 4-H newsletter is to give a quick update before the Holidays wrap up 2023. We hope you have a safe, warm, and very Happy Holidays with your loved ones this year!

Anna Denny
Extension Agent,
4-H Youth Development Education
Breckinridge County



Enroll by January 1st to stay in the loop!

We're thrilled to offer a variety of engaging programs this year, and we'd hate for your family to miss out. To stay in the loop and receive our newsletters, Reminds, and other important updates, be sure to enroll in the 2023-2024 4-H program year by January 1st.

What if I don't Enroll by January 1st?

Can I still Join 4-H?

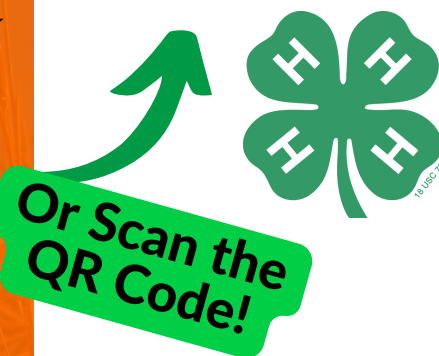
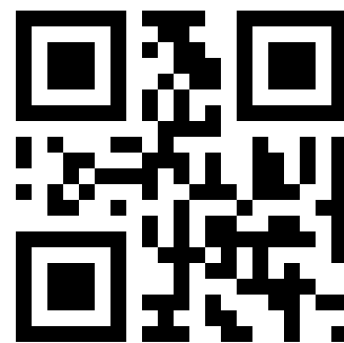
Absolutely! Your family can still enroll in our 4-H program. But after January 1st, only families who are enrolled will receive our newsletters, Reminds, and email blasts.

BRECKINRIDGE COUNTY 4-H HUNTER EDUCATION STUDENT COURSE

JANUARY 13, 2024
8:00 AM - 5:00 PM (CT)

BRECKINRIDGE COUNTY
EXTENSION OFFICE

This course is reserved for Breckinridge County 4-H youth members ages 9 and up. Space is limited!
Register at <https://bit.ly/3TkNEoo>



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.

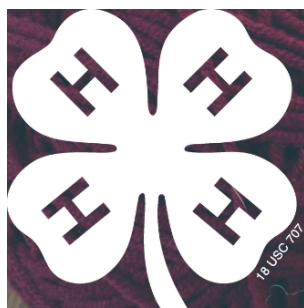
BRECKINRIDGE COUNTY 4-H

REMINDE

All 4-H Members are encouraged to sign up for the **General Breckinridge County 4-H Remind. Please sign up for club specific reminders as well!**

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
4-H Council	Council Meetings & updates for Club Leaders & Adult Volunteers	@council4
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hsmall
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse,	@4hlives
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar





18 USC 1077



CANVA STORIES

4-H Crochet Workshop

CNVFILLM FF1



**Only a few
spots left!
RSVP SOON!**

**Fri, Jan 12
5:30 PM CT**

**Youth ages 9-18
No experience necessary
RSVP at 270-756-2182**



Country Ham and Broccoli Grits

1 tablespoon olive oil
1 pound fresh broccoli florets
½ cup minced onion
¾ teaspoon crushed red pepper flakes

2 cloves minced garlic
4 cups 1% milk
1 cup uncooked quick grits
1 cup 2%, shredded cheddar cheese

6 ounces country ham, cut into ½ inch pieces
1 large egg, beaten
 Salt and pepper to taste

1. Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
3. Remove from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Connect with Us!

Breckinridge County Extension Office
 1377 South Highway 261
 Hardinsburg, KY 40143
 Phone: (270) 756-2182

Office Hours

Monday through Friday
 8:00 AM - 4:30 PM CT

Anna Denny

Extension Agent, 4-H Youth Development Education
anna.denny@uky.edu

Website:

breckinridge.ca.uky.edu

Facebook:

facebook.com/breckinridgeextension

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.