

Metcalfe County

4-H Memo

Winter 2022-23 Newsletter

Metcalfe County Extension Service

Office Hours: Monday-Friday 8-4

Upcoming Events

NAILE (North American) November 7 & 14

Edmonton Rangers Club November 15 @6:00 PM

4-H TAG 4th-8th Grade November 15-17

4-H Shooting Sports Wednesdays @ 21st Century

MCA Banquet December 12 @ 6:30 PM

4-H Council meeting January 11, 2023 @ 4:30 PM

> Teen Summit March 2023

I pledge...
my head to clearer thinking,
my head to greater loyalty,
my heads to larger service, and
my heads to better living for
my heads, my commently,
my country, and my world.



Metcalfe County P.O. Box 55 422 East St Edmonton, KY 42129 (270) 432-3561 Fax: (270)432-5087 www.ca.uky.edu/ces

Holiday Turkey Salad (recipe on page 3)



Check out our Facebook page @ MetcalfeCounty Extension

Country Ham Project

Contracts Due December 9th Project begins in March 2023!!



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

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4th Grade Jr Master Gardeners



Hamburger Plants

4-H Shooting Sports Wednesdays @ 21st Century!





8th Grade TAG created their own Thanksgiving Parade

Piggy Bank Contest winners will be announced soon!

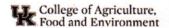


Notification to Public About How to File a Civil Rights Complaint

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Holiday Turkey Salad

Servings: Makes 6 servings Serving Size: 1 cup Recipe Cost: \$10.95 Cost per Serving: \$1.83







Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- ¾ cup pecan halves

Directions:

- Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
- 2. In a small bowl, mix together yogurt and honey. Set aside.
- 3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
- Refrigerate until well chilled.

Source: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 125mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 3g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Kentucky 4-H State Teen Council



For the 2022-23 STC Fundraiser, State Teen Council members will be selling leather keychains with the words "Kentucky 4-H" and a clover stamped on it. These keychains would be a great gift for any 4-H member, or even an awesome accessory to buy for yourself. All proceeds of this fundraiser will go to support educational programing for the Kentucky 4-H State Teen Council. If you are interested in purchasing a keychain, please reach out to me and I can place your order with either cash or

