

METCALFE 4-H

NEWSLETTER NOV - DEC 2024

Upcoming :

Country Ham

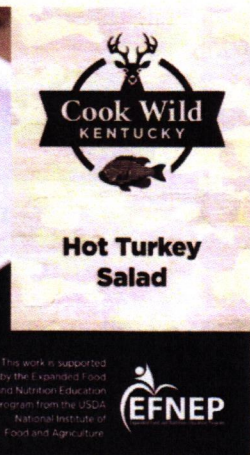
2025 Country ham contracts are now available at the extension office. All ages welcome. Due date 12/6/24. Call the office for more information.

Written Communications

4-H written communications contest guidelines are now available at the extension office. Ages 9-19 may compete. Deadline 12/6/2024

Grab and Go Bags

Winter grab and go craft bags will be available for the fall & winter seasons. They will be located in a tote at the front door of the extension office.



Hot Turkey Salad

- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 can (10 ounces) low-sodium cream of chicken soup
- 1 cup fat-free mayonnaise
- 3 cups cooked and shredded wild turkey meat
- 1 cup chopped celery
- 1 cup fresh sliced mushrooms, or 1 (8 ounces) can no-salt-added mushrooms, drained
- 1 cup grated cheddar cheese
- 1 cup sliced almonds
- 12 toasted whole-wheat buns

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to a roasting pan. Place turkey breast in roasting pan. Season meat lightly with

garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 1/2 to 3 1/2 hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before shredding. Mix cream of chicken soup with mayonnaise. Add turkey, celery, mushrooms, cheese, and almonds. Stir until well mixed. Spray a 2-quart casserole dish with cooking spray. Spread turkey mixture in dish. Bake 30 to 40 minutes at 350 degrees F. Serve on toasted buns.

Yield: 12 servings

Adapted from "Conservation Officer's Cooking T.I.P.s." The Indiana Conservation Law Enforcement Officers.

Nutrition Facts

12 servings per recipe	
Serving size 1 sandwich (112g)	
Amount per serving	160
Calories	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 21mg	8%
Sodium 420mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1mg	6%
Potassium 204mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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4-H WRITTEN COMMUNICATIONS CONTEST

*Poetry, Song Writing, Press
Release, Monologue, and
more.*



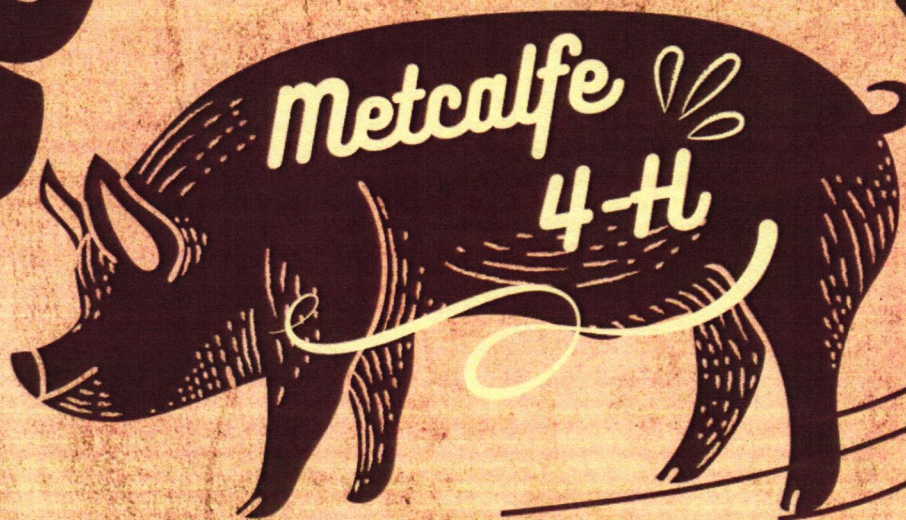
**STOP BY THE EXTENSION
OFFICE FOR THE
GUIDELINES!!!**

**DEADLINE
12/6/2024**

**FOR MORE INFORMATION CONTACT
AMY BRANSTETTER 270-432-3561**

JOIN US FOR A SPECTACULAR

COUNTRY HAWK PROJECT



\$25 Per Contract

DUE

12/6/24

MARCH 29, 2025

JUNE 14, 2025

JULY 19, 2025

CONTRACTS AVAILABLE AT
METCALFE COUNTY EXTENSION
OFFICE 270-432-3561



2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2015-2011) Steps to curing a country ham. Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. Senior (Born 2006-2010) Design a country ham curing facility for your counties ham project. You have an unlimited budget, design your dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$25.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$25.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship. applications are due July 2025.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Mail contract and check (payable to Metcalfe Co. 4-H) to PO Box 55, Edmonton, KY 42129 by 12/6/2024

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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