

## 4-H YOUTH DEVELOPMENT



County Extension Agent for 4-H Youth Development

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**FEBRUARY 2022**

Hopkins County  
Cooperative Extension Service

### A Note From 4-H...

Hello everyone, with spring right around the corner, Hopkins county 4-H is getting ready for many different events. 4-H Teen Summit is March 17-19 and is a teen conference for middle school-aged students. Our 4-H speech contest will begin shortly, and of course, 4-H camp paperwork will be coming out soon! With so much happening make sure to read through the newsletter and "like" us on Facebook to stay updated on all Hopkins County 4-H events!

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Like us on Facebook! The Hopkins County 4-H Facebook page is a great way to keep up with upcoming events and see coverage of all the great activities and events!



**Hopkins  
County 4-H**



#embraceky4h





Call the Hopkins County Extension Office at (270)821-3650 if you are interested in signing up for a 4-H club!



## Disc Golf Club

Hopkins County Disc Golf will meet on February 22nd at 5:00 p.m. at Mahr Park by the event barn. Youth will work on their disc golf skills as they learn and play! No prior knowledge of the game is needed and equipment is provided. If you would like to learn how to play or sharpen your skills, come and join us!

## E-Sports

Hopkins County 4-H E-sports will meet Monday, February 28th at 5:30 p.m. at the Hopkins County Extension Office. Currently, we are on a waitlist for this project group.



# 4-H Summit

## MIDDLE SCHOOL LEADERSHIP CONFERENCE

## March 17-19

Join Kentucky 4-H at the 2022 4-H Summit, a leadership conference just for middle schoolers! The event will happen at West KY 4-H Camps March 17-19! Youth attend with their county delegation and get to participate in activities like 4-H T-Shirt Swap, Taste of Kentucky, 4-H 4K, Leadership Workshops, Community Service Projects and so much more! Contact our office register! Limited spots are available and the deadline to register February 21.

## SAVE THE DATE

# 4-H

# SUMMER

# ★ CAMP ★

## JUNE 20-24, 2022

## CAMP PAPERWORK COMING SOON



# Midnight Walkers

The Midnight Walkers will be meeting next Tuesday, February 8th at 6:00 p.m. at the Hopkins County Extension Office.



4-H Clover Buds will be having their next meeting at the Hopkins County Extension Office on Thursday, February 10th and Thursday, March 3rd at 6:00 p.m.

# Livestock Club

We will be having our next Livestock Club meeting on Thursday, February 17th at 5:00 p.m. at the Hopkins County Extension Office.



# Arts & Crafts

We will be having our next Arts and Craft meeting on Tuesday, February 15th at 6:00 at the Hopkins County Extension Office.



# Needles & Pins



Ms. Rita (Granny) would love to teach you how to sew. They are learning new skills such as using a rotary cutter and cutting material, threading a sewing machine, and of course how to use a seam ripper. Come join us at our next 4-H Sewing meetings on February 2nd and 21st from 3:00-5:00 p.m.

# Crochet Club

Ms. Tammie welcomes more students to come to join her in the next class, Thursday, February 10th starting at 4:30 p.m.



# try this tasty treat



## Blueberry Cream Cheese Pound Cake

<b>1 (8 ounce)</b> package fat free cream cheese	<b>1 (5 ounce)</b> package instant vanilla pudding mix	<b>2 teaspoons</b> vanilla extract
<b>½ cup</b> canola oil	<b>2 large</b> egg whites	<b>2 cups</b> fresh blueberries
<b>1 (18 ounce)</b> package yellow butter cake mix	<b>2 large</b> eggs	

- 1. Preheat** oven to 325° F.
- 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
- 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold** in berries.
- 6. Spoon** batter into prepared pan.
- 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
- 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

**Yield:** 16 slices.

**Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as *bloom*.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter

may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Freezing:** Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

### BLUEBERRY

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

May 2011

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