

Christian County 4-H Youth Development

June 2025 Edition

Congratulations to the following 4-Her's who are advancing to the State Communications Contest:

Kali Kington
Kaitlyn Williams
Rebecca Wood
Lola Keith Renshaw
Gracelyn Clark
Jackson Clark



Christian County 4-H Agent, Katie Mills and her team won the Kentucky Association of Extension Agents award for Excellence in Volunteerism!

Congrats Katie!!



Martin-Gatton
College of Agriculture,
Food and Environment

Congratulations to the following 4-Her's who received a blue ribbon at the Area Communications Contest:

Sydney Ezell
Eleanor Knight
Macy McGinnis
Garrett Clark
Jonah Howell
Mali Bledsoe



The following 4-Her's competed in the 75th Annual Clarksville Area Better Beef Show and placed as follows:

Garrett Clark
7th in class
Mary Katherine Henderson
6th & 4th in class
9th in Junior High Showmanship
Carson Clark
7th in class

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 Supporting
Christian County 4-H
is as easy as shopping at
Kroger

1. Visit www.krogercommunityrewards.com
2. Scroll down & click "Link Your Shopper's Card Here"
3. Sign-Into your online Kroger Account or create one
4. Find "Christian County 4-H Council" and click ENROLL

Christian County 4-H will earn rewards on
qualifying purchases made using your
Kroger Plus Card!



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Jessam Johnson
Mary Anne Garrett
Katie Mills

2025

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ●	3 4-H Camp ●	4	5 ●	6 Aerospace Camp	7 Aerospace Camp Rain Date
8	9 State Teen Council Meeting	10 ●	11 4-H Teen Conference	12 Bike Night @ Farmers Market	13 Shooting Sports meeting @ Quail Club @ 5:30 PM ●	14
15	16 Western KY State Fair Set Up (Agents away from the office) ●	17	18	19 ●	20 Western KY State Fair ●	21
22	23	24 Western KY State Fair (Pre-Register on fairenty.com) Poultry & Rabbit Show 6:00 PM	25 Sheep Show 6:00 PM	26 Goat Show 6:00 PM	27	28 Swine Show 9:00 AM Cattle Show 6:00 PM ●
29	30					



Beyond Ready

2025

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 State Officer Training	9	10 State Fair Livestock Entry Deadline		12
13	14	15 4-H Advisory Council Meeting	16	17	18	19
20	21 4-H Forensics Day Camp Registration TBA	22 4-H Poultry Judging Clinic	23	24	25	26
27	28	29	30	31 Kids Night @ Farmers Market		



Beyond Ready

Western Kentucky State Fair



*Western Kentucky
State Fair*

**HOME & GARDEN OPEN SHOW
and
4-H CLOVERVILLE**

Show off your skills at the Western Kentucky State Fair by entering items in categories like art, needlework, gardening, baking, canning, photography and more.

Follow the link for information and list of classes



Save the Date!

We will need volunteers for the 4-H Food Booth. More information about volunteering will be sent out at a later date.



Sewing Club

Sewing Club had a year end party as well as planned some activities for next years club. Stay on the lookout for details about next program years club!



Crofton School Club

We wrapped up 4-H at Crofton Elementary for the year! We got our workout in peddling the blender bike and learned about a neat snack option! Many members even tried spinach for the first time in our smoothies!



Month of the Military Child

We continued our Month of the Military Child celebrations with 4-H members at the Airborne School Age Center on Fort Campbell! Participants explored healthy eating habits by learning new smoothie recipes—and had a blast blending them up using our stationary blender bike!

We're grateful for our ongoing partnership with Fort Campbell and look forward to creating even more opportunities to support our military-connected youth.



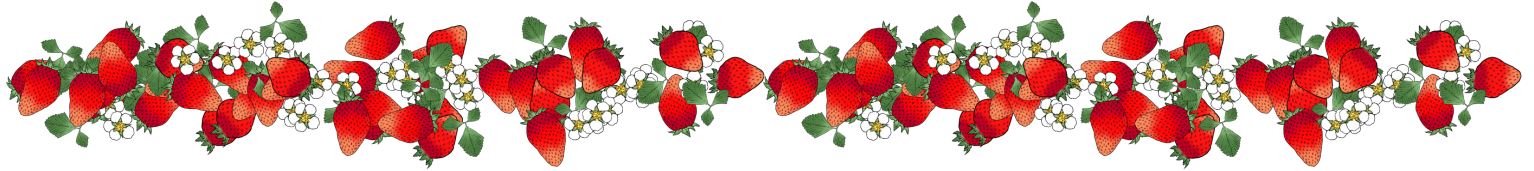
Hopkinsville Area Homeschool

The Hopkinsville Area Homeschool group practiced making Three Cheese Muffins that they will be able to enter into the fair!



PACHEK

The 4-H PACHEK program of Food Fighters was led by Cheyenne Peterson, 4-H State Science Engineering Technology Board member. She led the youth in food stability and its importance. Each group was given a scenario that they had to try to overcome. One situation was finding another resource to power the making of maple syrup besides fuel and the other was what could leftover pistachio shells be used for.



Fruit & Yogurt Frozen Treat

Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- $\frac{3}{4}$ cup fat free yogurt

Directions:

- Rinse 1 cup of blueberries in cold tap water, drain and place in a self-sealing sandwich bag.
- Rinse 1 cup of strawberries in cold tap water and drain. Cut the cap off each strawberry, chop into medium-size pieces and place in a separate sandwich bag.
- Squeeze out excess air as you tightly seal each sandwich bag.
- Gently mash each bag until the berries are broken down.
- Evenly divide the mashed blueberries among four single serve freezer pop molds or paper cups and freeze for 30 minutes (or until firm).
- Evenly divide yogurt on top of frozen blueberries and insert a wooden craft stick. Freeze for 30 minutes (or until firm).
- Evenly divide the strawberries on top of the frozen yogurt and freeze again for 30 minutes (or until firm).