



# June 4-H NEWSLETTER

School is out for  
*Summer!*

School is out and it's time for summer fun! Check out opportunities to get involved with 4-H this June on the next page's calendar. Follow us on Facebook to stay up to date on any additional activities and events happening!

Note the addition of our Bath County Fair Class List! Entries will be accepted on Monday, July 7<sup>th</sup>. Enter your projects in the fair to win cash and ribbons!

*-Amber Dotson*



## Contact Me!



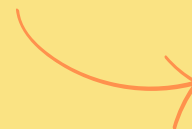
606-674-6121  
Ask for Amber!



Amber.Dotson@uky.edu



Bath County 4-H



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Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Summer Camp class sign-ups open 8am	3	4 Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	5  BCML Nature Camp 3-5pm	6	7 Cave Run Kids Fishing Derby 7-11AM Minor E. Clark Fish Hatchery
8	9	10  Arts and Crafts Day Camp 10am-2pm	11 Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	12	13	14
15 <i>happy Father's Day</i>	16 Camper Orientation 6:00pm Extension Office	17 Camp Counselor Training 10am-2pm Ashland, KY	18 Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	19 <b>JUNE TEENTH</b>  BCML Nature Camp 3-5pm	20  Camp Payment Due	21 Summer Solstice Campfire Sharpsburg Park 8pm
22	23	24	25 Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	26  BCML Nature Camp 3-5pm	27	28
29	30 First day of 4-H Summer Camp!					

## Additional Events:

### R.L. Brown Foundation Art Picnics

- June 16 11am-12:30pm
- June 17 11am-12:30pm
- June 18 11am-12:30pm
- June 19 11am-12:30pm
- June 20 11am-12:30pm

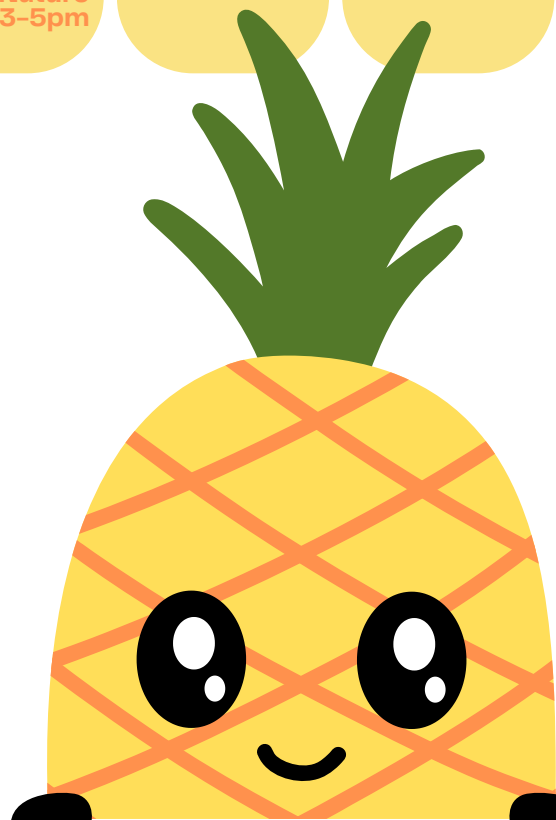
At the RL Brown Building

*lunch provided!*

### Blue Block Playtime at the Library

- Tuesdays and Thursdays 3:00-5:00pm

At the Bath County Memorial Library





# BATH COUNTY 4-H FAIR CLASSES



## RULES:

1. Classes are open to any youth 5-19 years old as of Jan. 1, 2025 that resides in Bath County.
2. Youth ages 5-8 are not eligible for cash awards, only ribbons.
3. Junior classes are for ages 9-13 and senior classes are for ages 14-19.
4. One entry per class, but enter as many classes as desired.
5. Premiums: Blue Ribbon= \$3, Red Ribbon=\$2, White Ribbon=\$1

## Arts

1. Acrylic (Jr and Sr)
2. Watercolor (Jr and Sr)
3. Abstract (Jr and Sr)
4. Self-Portrait (Jr and Sr)
5. Oil Painting (Jr and Sr)
6. Computer Drawing (Jr and Sr)
7. Pencil Drawing (Jr and Sr)
8. Colored Pencil (Jr and Sr)
9. Pen and Ink (Jr and Sr)
10. Hand Lettering (Jr and Sr)
11. Cartooning (Jr and Sr)
12. Clay Sculpture (Jr and Sr)
13. Clay Bust (Jr and Sr)
14. Clay Mask (Jr and Sr)
15. Cardboard Sculpture (Jr and Sr)
16. Wire Sculpture (Jr and Sr)

## Trends & Heritage

1. Art Trends (Jr and Sr)
2. Basket Making (Jr and Sr)
3. Jewelry (Jr and Sr)
4. Leather Craft (Jr and Sr)
5. Heritage Arts (Jr and Sr)

## Crops

1. ½ Bale Alfalfa Hay
2. ½ Bale Red Clover Hay
3. ½ Bale Timothy Hay
4. ½ Bale Other Grass Hay
5. ½ Bale Mixed Hay
6. Last Year's Yellow Corn (8 ears shucked)
7. This Year's Yellow Corn (8 ears shucked)
8. Last Year's White Corn (8 ears shucked)
9. This Year's White Corn (8 ears shucked)
10. Soybeans (3 stalks)
11. Grain Sorghum (3 stalks)
12. ½ Gallon Wheat

## Needlework

1. Crochet Item
2. Hand Embroidery
3. Knitted Item
4. Quilted Item

## Sewing

1. Clothing Item
2. Non-Clothing Item

## Wood Science

1. Item from a Kit
2. Item NOT from a Kit
3. Advanced Project

## Geology

1. 15 rock/mineral/fossil specimens (labelled)

## Horticulture

1. Terrariums
2. Dish Gardens
3. Vegetable Container Gardens
4. Annual Container Gardens (non-vegetable)
5. House Plants
6. Hanging Baskets
7. Herb Container Garden
8. Window Box Display
9. Upcycled-Container Garden
10. Garden/Orchard Display
11. Tomato, cherry (5 per plate)
12. Tomato, beef steak (5 per plate)
13. Tomato, heirloom (5 per plate)
14. Peppers, hot (5 per plate)
15. Peppers, bell (5 per plate)
16. Peppers, sweet (5 per plate)
17. Cucumbers, slicing (5 per plate)
18. Cucumbers, pickling (5 per plate)
19. Beans, snap or lima (12 per plate)
20. Corn, sweet (in the husk with silks, 5 ears per plate)
21. Cantaloupe (1 whole)
22. Squash, summer (3 per plate)
23. Eggplant (3 per plate)
24. Potato (5 per plate)
25. Largest Tomato
26. Largest Pumpkin
27. Largest Watermelon

## Foods

1. Oatmeal or Cheese Muffins (3)
2. Rolled Biscuits or Scones (3)
3. Cornmeal Muffins or Coffeecake Pieces (3)
4. Chewy Granola Bars, Brownies, or Snickerdoodle Cookies (3)
5. Rich Chocolate Cake (no icing)
6. Carrot or Zucchini Cake (no icing)
7. Basic Chiffon Cake
8. Double Crust Apple Pie
9. Cinnamon Twists (3, no icing)
10. Soft Pretzels (3)
11. Oatmeal Bread
12. Honey Whole Wheat Bread Loaf (made in bread machine)
13. Classic Chocolate Fudge (3 pieces)
14. Cake Decorating

## Food Preservation

1. Dried Apples (12 pieces)
2. Salsa (1 pint or less, canned)
3. Dill Pickles (1 pint or less, canned)
4. Strawberry Jam (1/2 pint or less, canned)
5. Green Beans (1 pint, canned)

## Entomology & Honey

1. Bug Collection
2. 1 Jar White Extracted Honey
3. 1 Jar Light Amber Extracted Honey
4. 1 Jar Amber Extracted Honey
5. 1 Jar Dark Amber Extracted Honey

## Photography

1. Forest (1)
2. Water (1)
3. Wildlife (1)
4. Natural Scenic (1)
5. Native Plants (1-5)
6. Insect (1)
7. Livestock (1)
8. Crops (1)
9. Life Cycle (1-5)
10. Agriculture Scenic (1)
11. Farm Equipment (1)
12. Companion Animal (1)
13. Formal or Candid Portrait (1)
14. Urban Scenic (1)
15. Event (1-5)
16. Service (1)
17. 4-H Event (1-5)
18. National/International (1-5)
19. Family Portrait (1)
20. Food Preparation (1-5)
21. Culture (1)
22. Fashion Portrait
23. Patterns/Design (1)
24. Residential (1-5)
25. Force and Energy (1-5)
26. Architecture (1)
27. Expulsion of Energy (1)
28. Manmade Movement (1-5)
29. Construction (1-5)
30. Machinery/Equipment (1)
31. Physical Activity (1)
32. Competitive Sports (1)
33. Healthy Lifestyle (1)
34. Healthy Foods (1-5)
35. Careers in Health (1-5)
36. Dealing with Stress (1)
37. Music (1)
38. Instrument/Art Utensils (1)
39. Cultural Arts Event (1-5)
40. Arts Creation (1-5)
41. Community Art (1-5)
42. Word(s) (1)
43. B&W Horticulture (1)
44. Color Horticulture (1)
45. Horticulture Story (4)
46. Horticulture Collection (6)





## Rice and Bean Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 10-15 minutes**

**Cook time: 20 minutes**

### Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

### Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

### Nutrition facts

#### per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

#### Source:

Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service

