



NICHOLAS COUNTY 4-H NEWSLETTER

MAY 2025

Martin-Gatton
College of Agriculture,
Food and Environment

“To Make the Best Better”

Read NOW!

🌸 Get Ready for the County Fair – Show Off Your Skills! 🍪🍌🍰

Hello 4-H'ers! The county fair is right around the corner, and it's your time to shine! Whether you love animals, art, baking, gardening, crafts, or science, there's a place for YOU at the fair. Entering a project is a fun way to show what you've been working on, learn something new, and maybe even win a ribbon or prize! Don't miss out on this awesome opportunity to share your talents with the whole community. Let's make this year's fair the best one yet – we can't wait to see what you create!

In this newsletter you will also find opportunities to come and create entries for the fair. We will be having a Food Preservation Project Day where you can learn how to dehydrate apples, can pickles, and make your own strawberry jam. In addition to the Food Preservation Project Day, we will also have something for art lovers. On May 19th join us for painting dried gourds for a Heritage Arts entry.

To your right, be sure to scan the QR code to see the entire fair project list and what you can enter for each category. We are excited to see what you create. All winners will receive ribbons and cash! Lastly, if you win at the county level you will receive 2 FREE State Fair Tickets to attend the Kentucky State Fair in August to see your winning entry on display.

All fair entries are due to the office on June 6th by 4:30 p.m. and will be judged the following week. Bring your family out to the Nicholas County Fair and Livestock Shows to see your work on display at the Nicholas County Livestock Barn, June 12-14th!

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Lexington, KY 40506

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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- Arts 6029
- Crops 6018
- Consumer & Financial Education 6040
- Country Ham 6013
- Dairy Judging Contest 6012.1
- Companion Animals 6011.4
- Electric 6021
- Entomology & Honey 6026
- Foods 6035
- Fair Recipes
- Food Preservation 6036
- Food preservation recipes
- Forestry 6027
- Geology 6028
- Home Environment 6039
- Horticulture & Plant Science 6015
- Horticulture Contest 6016
- Land Judging 6019
- Lawn Tractor 6023
- Leadership 6041
- Work Force Preparation 6041.1
- Civic Engagement 6041.2
- Needlework 6033
- Petroleum Power (tractor) 6022
- Photography 6030
- Poultry Judging 6014
- Avian Bowl 6014.1
- Poultry Showmanship 6014.2
- Rabbits 6009
- Sewing 6032
- Tobacco 2101
- Trends 6042
- Wood Science 6025

Scan the QR code to read about these categories.



Disabilities accommodated with prior notification.

4-H Sewing Club FINAL MEETING



SAVE THE DATE

May 27th at the Office until 1 p.m.- 4:30 p.m.
We will use this time to finish projects up for
County Fair.

Cooperative Extension Service
Nicholas County



4-H FOOD PRESERVATION FAIR PROJECT DAY DRIED APPLES - STRAWBERRY JAM- PICKLES

WHO: YOUTH 9-18 YEARS OLD WHERE: LIVESTOCK BARN WHEN: THURSDAY, MAY 29TH 10 A.M.-2 P.M.



SAVE THE DATE

FINAL MEETING PHOTOGRAPHY Club

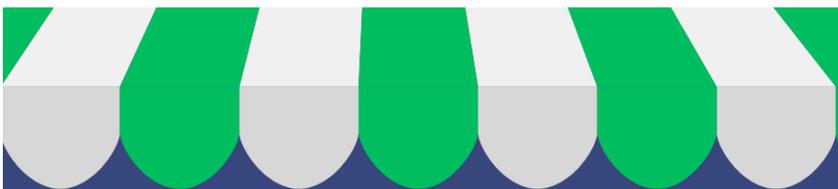


We will be taking a
photography field trip to
Wendt's Wildlife to
capture pictures for
County Fair Entries.
Admission will be
covered.

WHERE: Meet at Office
afterschool
WHEN: May 8th
WHO: All youth
interested in pictures for
County Fair Entries

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



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

NICHOLAS COUNTY FAIR ENTRIES

DUE JUNE 6th to the OFFICE
All entries will be on display at the Livestock Barn
located at 1471 Concrete Road from June 12-14th

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4-H FAIR PROJECT DAY



WHO: 4-H'ers interested in
creating a Fair Project
Entry

WHAT: Painted Gourd
Class

WHEN: May 19th,
afterschool until 4:30 p.m.

WHERE: Nicholas County
Extension Office

*Space is limited. FREE!
Ages: 9-18



Coming soon...



Nicholas
County 4-H

4-H DRONE PROJECT PREPARES YOUNG PILOTS FOR LAUNCH



With help from 4-H, youth across Kentucky are picking up a new kind of controller—one aimed at taking their career prospects in the expanding field of STEM technology to the next level.

The 4-H Drone Project provides young people with knowledge and hands-on experience in both piloted and autonomous drone technology. In addition to teaching participating youth how to pilot drones, the program is also designed to spark interest in exciting practical applications for high-demand computer science and coding skills.

The project's would-be drone pilots and programmers engage in real-life problem-solving scenarios that promote teamwork and communication skills. Guided by a curriculum developed by the University of Illinois, The Ohio State University, PITSCO Education and Robolink's Codroneedu, the project also encourages young people to learn more about emerging innovative uses for drones to improve quality of life.

The U.S. economy is expected to add more than 100,000 new jobs in unmanned aircraft systems and drone technology by 2025, according to estimates from the Association for Unmanned Vehicle Systems International (UAVSI). UAVSI also projects that the cumulative economic impact of unmanned aircraft systems integration in Kentucky alone from 2015 through 2025 will reach \$537 million. Drone programmers and operators are employed in multiple industries, including agriculture (farm scouting and crop mapping), business (delivery, insurance, property inspection, and public utilities), public service, military and first response emergency service, journalism, entertainment and more.

With drone usage expected to grow even more in the future, getting youth interested early and educating them on the

proper and safe use of drone technology could give them an edge in employability.

Currently, 4-H professionals, program assistants and volunteers from 15 Kentucky counties have received training and are in the process of launching pilots for the project, with two counties having secured more than \$8,000 in local funding for their initiatives. In addition, more than 175 Kentucky youth have experienced the Kentucky 4-H Drone Project through workshops conducted by the Kentucky 4-H SET Leadership Board at the 2022 and 2023 Kentucky 4-H Teen Conferences and at 2023 and 2024 Drone Day camps conducted with the Challenger Leadership Center in Paducah, Ky. Two additional 4-H drone educational in-service events will be held in the West Central and East Central regions in April 2025 to encourage more counties to take part.

Funding for the addition of more 4-H Drone Project pilot counties is available through the Kentucky 4-H Foundation. Plans are also in the works for a possible 4-H Drone Challenge to be held in Cloverville at the 2025 Kentucky State Fair, if proper permissions can be secured.

To get involved or find out more about 4-H Drone Project opportunities in your area, contact our local Nicholas County Extension office.

CALENDAR OF EVENTS

May 2025

Project Days

- **May 8** Photography **3:00 - 4:30 pm**
After School 
- **May 19** Painted Gourd Class **3:00 - 4:30 pm** 
- **May 27** Sewing **1:00 - 4:30 pm** 
- **May 29** Food Preservation Class
10:00 - 2:00 pm Ages: 9-18 

Nicholas County Fair Livestock Shows

- Thursday 6/12-** commercial ewes & market lambs
- 3-5 pm check in
 - 6 pm show
- Friday 6/13-** wether dams & market goats
- 3-5 pm check in
 - 6 pm show
- Saturday 6/14-** market steers/heifers & breeding heifers
- 8-10 am check in
 - 11 am show
- Saturday 6/14-** breeding gilts & market hogs
- 3-5 pm check in
 - 6 pm show

Fair Recipes List

 Cooperative Extension Service |  Kentucky 4-H Youth Development

KENTUCKY 4-H FAIR EXHIBITS

Recipes for Food Division

Updated 10-1-2018

For fair competition, Kentucky 4-H members are to use the recipes specified below. Most of the recipes are part of the 4-H Cooking 101 - 401 series, available from <https://shop4-h.org/collections/healthy-living-foods-curriculum>. Each project book explains a variety of cooking skills in easy-to-follow steps. Members who have little or no experience in cooking are encouraged to start with 4-H Cooking 101. The higher the number on the book, the more advanced the skills. It is important to read and follow the recipe to produce a high quality product. Ovens vary; baking times may need to be adjusted if the product appears to be getting overdone or does not appear done.

Muffins	841 Three Oatmeal Muffins: use the recipe in 4-H Cooking 101, p. 54.
	842 Three Cheese Muffins: Use the recipe in 4-H Cooking 201, p. 49.
Biscuits	843 Three Rolled Biscuits: Use the recipe in 4-H Cooking 201, p. 50.
844	Three Scones: Raisins may be substituted for dried cranberries. Use the recipe in this publication.
Quick Breads	845 Three Cornmeal Muffins: use the recipe in this publication.
846	Three pieces of Coffeecake with Topping: Use the recipe in 4-H Cooking 101, p. 59. Nuts are optional.
Cookies	847 Three Chewy Granola Bars (gluten-free): Use the recipe in 4-H Cooking 101, p. 35.
848	Three Brownies: Use the recipe in 4-H Cooking 101, p. 67. Nuts are optional.
849	Three Snickerdoodle Cookies: Use the recipe in 4-H Cooking 201, p. 88.
Cakes	850 Half of one 8" or 9" layer Rich Chocolate Cake (no icing): Use the recipe in 4-H Cooking 301, p. 116.
851	Half of one 8" or 9" layer Carrot or Zucchini Cake (no icing): Use the recipe in 4-H Cooking 301, p. 119. May use carrots or zucchini.
852	One-fourth of Basic Chiffon Cake: Use the recipe in 4-H Cooking 401, p. 118. Do not use variations.
Pies	853 One whole Double Crust Apple Pie: Use the recipes in 4-H Cooking 401, pp. 105 and 97. May use spice variation if desired. Leave the pie in the disposable pie pan.
Yeast Bread	854 Three Cinnamon Twists (no icing): Use the recipe in 4-H Cooking 301, pp. 42 and 44.
855	Three Soft Pretzels: Use the recipe in 4-H Cooking 301, p. 48. Use any one topping listed.
856	One loaf Oatmeal Bread: Use the recipe in 4-H Cooking 401, p. 25.
Bread Made in a Bread Machine	857 One loaf Honey Whole Wheat Bread made in a bread machine: Use the recipe in this publication. May be 1-pound loaf, 1 1/2 pound loaf or 2-pound loaf.
Candy	858 Three pieces Classic Chocolate Fudge (size: about one-inch square): Use the recipe in 4-H Cooking 401, p. 89. Nuts are optional.

Learn more at www.kentucky4h.org or contact your county extension office.

Contact **Nicholas County Youth Livestock Association** for any questions regarding Livestock shows.

Contact Info For Project Days

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or

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Disability accommodations will be provided.



Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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

