



NICHOLAS COUNTY 4-H NEWSLETTER

October 2024

Read NOW!



Martin-Gatton College of Agriculture, Food and Environment

"To Make the Best Better"

We are off to a running start for the new programming year! We have an outstanding turnout for clubs and enrollments thus far. If you have not completed your enrollment form yet, please do so as a new form is required each year for your participation.

In this newsletter, you will find flyers for each of our club meetings. Please note that space is limited in our clubs. Make sure that you have signed up for the REMIND for each club your child is in so that you can RSVP when each month's meeting invites are sent out. We have several clubs on a waitlist and are working hard to accommodate all the interest in Nicholas County 4-H!

We have also included the SEPT/OCT Healthy Choices for Healthy Families Newsletter. Also new, we know there is a huge interest in veterinarian career paths and have included a publication on planning for your future.

Lastly, we invite you and your family to come out to our FREE Fall Festival on October 12th from 10 a.m. to 12 p.m. We will have inflatables, cotton candy, community partners, animals, free country ham and biscuits, a 4-H Country Ham auction, and so much more. The event is open to all, so grab your family and friends and come out to share the fall day with us. Also, this year we are hosting a CARVED pumpkin contest. See the flyer to the right, the prizes are going to be awesome! We hope to see you soon! Happy Fall!

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Ashley H. Vice

GARVED Competition PUMPKIN

12 OCTOBER, 2024 AT LIVESTOCK BARN - 10 A.M.
BRING YOUR CARVED PUMPKIN TO OUR FALL FESTIVAL BY 10 A.M. TO COMPETE FOR AWESOME PRIZES! OPEN TO ALL AGES!

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
110 South Limestone Street, Lexington, KY 40506

KENTUCKY SAVES 2025 PIGGY BANK DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED

WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHO: To creatively celebrate Kentucky Saves Week.

WHY: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: DATE: October 1st and ends on: DATE November 1st

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Kentucky Saves Week: April 7-11, 2025
Kentucky Saves: www.kentuckysaves.org
MoneyWise: fcs-hes.ca.uky.edu/moneywise

Nicholas County Cooperative Extension Office
368 East Main St
Carlisle, KY 40311
(859) 289-2312

MONEYWISE VALUING PEOPLE. VALUING MONEY.
UK Cooperative Extension Service

Cooperative Extension Service

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4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.

AG ADVENTURE



October 15th - Join the fun!
Afterschool at office til 4:30 p.m.

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Club NEWS



4-H HORSE CLUB

October 2nd

Afterschool at the office until 4:30 p.m.



Make sure you have joined REMIND!

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SAVE THE DATE

2024-2025

PHOTOGRAPHY



Club

OCTOBER 4TH

Photography Scavenger Hunt at Blue Licks State Park- **SPACE IS LIMITED!** We will contact you if your child is on the waitlist!

We will meet at the office afterschool and then use the van for transportation. **No camera is required BUT if you have one, please bring it or a cell phone.**

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Cooperative Extension Service
Nicholas County
University of Kentucky
College of Agriculture, Food and Environment

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

NICHOLAS COUNTY

4-H LIVESTOCK



JOIN US

EVERY TUESDAY BEGINNING OCTOBER 15TH!

6:00 P.M.

No Animal Required!



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NATURE CLUB

Join us **October 10- afterschool at the office until 4:30 p.m.**



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Teen Club

SAVE THE DATE

October 25th
Office until 4:30 p.m.
Taco Bar!

Middle and High school aged youth learn about leadership, civic engagement and having fun.

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4-H Sewing Club









October



October 8th- Finishing Pillows and Upcycle Shirts to Dresses or Aprons Afterschool at the office until 5 p.m. (Notice time change to allow more time to complete projects)

SAVE THE DATE!

***Space is limited. You will need to RSVP to the REMIND text when it is sent to hold your child's spot.

CLVERBUDS



October 21st at NCES cafeteria until 4:30 p.m.

***Child must have 4-H enrollment form on file to attend**
***Ages 5-8**
***Must be 5 by January 1, 2024**

Club enrollment limit is set at 30. After 30 your child will be put on a waitlist
***REMIND texts will be sent confirming your child's attendance.**

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Cooking Club

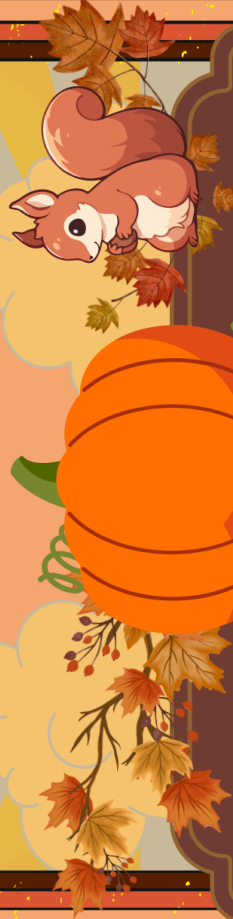
2024 2025

- September 24th-Smoothie Challenge
- October 22nd- Pasta and Sauce Challenge
- November 26th- Cookie Challenge
- December 17th- Christmas Dessert Creation Challenge
- January 21st-Following Directions Challenge
- February 25th- Main Dish Mania
- March 25th- Cooking Demonstration Prep
- April 29th-Cooking Demonstration

**NICHOLAS COUNTY
COOPERATIVE EXTENSION**

Fall FESTIVAL

PUMPKIN CARVING CONTEST, PHOTO BOOTH, COUNTRY HAM BREAKFAST, 4-H
COUNTRY HAM AUCTION, TRUNK-OR-TREAT, GIVEAWAYS, COTTON CANDY, POPCORN,
WITH CARNIVAL GAMES AND INFLATABLES FOR THE KIDS!!!



**12 OCTOBER, 2024
10 A.M. - NOON**

NICHOLAS COUNTY LIVESTOCK BARN

**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Open to everyone!

So You Want to Be a Vet? Start Preparing in High School!

Fernanda Camargo, Ann Leach, Colette Tebeau, Animal and Food Sciences



Many kids dream about becoming a veterinarian when they grow up. Those who continue to pursue this career at the start of high school can complete some preparatory classes and activities to make this dream become a reality.

A starting point for those interested in becoming veterinarians should be talking with veterinarians, veterinary students, and veterinary technicians to get a more realistic picture of the profession. Veterinary medicine is a big personal, academic, and financial commitment. A passion for animals is a good foundation, however strong academics, communication, and problem-solving skills are required to become a successful veterinarian.

Animal lovers already have compassion for animals, but a veterinarian needs to have compassion for people, too. They need to enjoy interacting with clients and have strong communication skills, as owners need to understand the treatment plan. Veterinarians also must be willing to advise clients on decisions that will have significant, often negative, financial and emotional impact on family and/or business.

Still interested in becoming a veterinarian? This publication will provide information on appropriate high school coursework and outline experiences and skills to develop prior to beginning college.

Coursework Introduction and Pre-Vet Requirements

Pre-veterinary students are required to complete a rigorous curriculum of science-heavy coursework prior to applying to veterinary school. While not mandatory, students are encouraged to complete a four-year bachelor's degree at an accredited university. Pre-veterinary students may obtain a degree in any subject, however majors

Mathematics

Math is one of, if not the most, important subject needed to prepare for success in a college pre-veterinary curriculum. It is recommended that high school students take math every year of high school, finishing their senior year in the highest math course possible prior to enrollment in college. While this advanced level math class may not be required for high school graduation, it will help set the student up for success in college level math and courses that have a math foundation. Successful completion of an AP Calculus class is recommended, if available. Another option is enrollment in a dual credit college algebra or calculus course.

Advanced college level math is often required for veterinary school admission. Additionally, math is the foundation of biology, genetics, chemistry, physics, statistics, and nutrition along with other required classes for veterinary school admission. Most colleges and universities require students to complete college algebra prior to enrollment in chemistry and physics. Should students not be prepared to take algebra in college, remedial math classes may be required, which means a delay in graduation and admittance into veterinary school is expected. Proper math preparation at the high school level will set future veterinarians up for success in their academic journey.

Sciences

Science courses are the primary focus of veterinary school requirements and are frequently emphasized in GPA calculations. For admission into veterinary school, five semesters of college chemistry and four semesters of college biology are typically required. College chemistry courses are often the most challenging for students to successfully complete, however, appropriate high school preparation can help alleviate some of the difficult aspects of the material. More specifically, being exposed to, and successfully completing science classes while in high school, will prepare students for the more rigorous science classes they will take in college.

Although science classes offered by high schools vary widely by subject and rigor, all can help students pursue the pre-veterinary pathway through early exposure to demanding topics. Specifically, courses that focus on chemistry, biology and physics will be helpful. Students should take science classes every year of high school to better prepare themselves. Moreover, students can earn credit for general chemistry and general biology via AP and/or IB examinations or enrollment via a community college or four-year institution. However, advanced chemistry (such as organic and/or biochemistry) and advanced biology (such as genetics, microbiology and/or cell biology) should be taken at a four-year institution. Students who are able to take dual enrollment classes should enroll in science classes designed for science majors.

General Education Courses

While not an emphasized area of study, general education coursework (such as English, social sciences, humanities, etc.) is required by all veterinary schools. Completing general education coursework via AP, IB, and/or dual enrollment may allow students to bypass classes once enrolled in college. This creates greater flexibility in class scheduling and the ability to focus on science courses emphasized by veterinary schools. Additionally, most universities require social sciences, humanities, foreign language,

English/writing, and speech courses to be taken regardless of major. Completing these courses while in high school often gives students credit for both degree and pre-veterinary requirements. However, specific general education requirements vary depending on institution and major; students should communicate with advisors at their university of choice for additional information. Even if taking these classes in high school does not allow for a bypass while in college, it still lays a foundation for upper-level learning.

Grades

It is important to be academically successful in high school. This allows students to progress appropriately through pre-veterinary coursework as an undergraduate student. College GPAs of 3.5 and above are more competitive and result in a higher chance of being accepted into veterinary school. As mentioned previously, dual enrollment courses are factored into college GPA's.

Table 1. Math Course Equivalency between the University of Kentucky and the Kentucky Community and Technical College System.

Math Subject Area	AP Test	KCTCS Course	UK Course
College Algebra	N/A	MAT 150	MA 109
Brief Application of Calculus	N/A	MAT 170	MA 123
Calculus I	Calculus AB	MAT 174 or MAT 175	MA 113

Table 2. Chemistry and Biology Course Equivalency between the University of Kentucky and the Kentucky Community and Technical College System.

Science Subject Area	AP Test	KCTCS Course	UK Course
General (Inorganic) Chemistry I	Chemistry	CHE 170	CHE 105
General (Inorganic) Chemistry I Lab	Chemistry	CHE 175	CHE 111
General (Inorganic) Chemistry II	Chemistry	CHE 180	CHE 107
General (Inorganic) Chemistry II Lab	N/A	CHE 185	CHE 113
Biology I	Biology	BIO 114 or BIO 150	BIO 148
Biology I Lab	N/A	BIO 115 or BIO 151	BIO 155
Biology II	Biology	BIO 152	BIO 152
Biology II Lab	N/A	BIO 117 or BIO 153	BIO 152

Table 3. General Education Course Equivalency between the University of Kentucky and the Kentucky Community and Technical College System.

General Education Subject Area	AP Exam	KCTCS Course	UK Course (UK Core Area)
Writing I	N/A	ENG 101	ENG 101 <i>(part of Composition and Communication)</i>
Writing II	N/A	ENG 102	ENG 102 <i>(part of Composition and Communication)</i>
Public Speaking	N/A	COM 181	COM 181 <i>(part of Composition and Communication)</i>
History of the United States	U.S. History	HIS 108, HIS 109	HIS 108, HIS 109 (Humanities, Citizenship)
Psychology	Psychology	PSY 110	PSY 100 (Social Sciences)
Medical Terminology	N/A	CLA 131	CLA 131
Introduction to Statistical Reasoning	Statistics	STA 210	STA 210 (Statistical Reasoning)
Statistical Methods and Motivations	Statistics	STA 251, STA 296	STA 296 (Statistical Reasoning)

Veterinary Clinical Experience

One of the most important experience categories is veterinary experience hours. These hours are spent under the direct supervision of a licensed veterinarian. Shadowing, volunteering, internships, and paid experience with a licensed veterinarian are accepted. While this is not vital during high school, it will become imperative in college. Moreover, veterinary schools look for candidates that have experience in multiple industries, such as livestock, horses, small animals, exotics, etc. Competitive applicants to veterinary schools often have over 1,000 hours of veterinary experience.

Animal Experience

This experience category includes 4-H animal projects, horse farms, livestock farms, animal shelters, zoos, kennel work, race-tracks, horseback riding experience, etc. These activities allow students to gain hands-on experience working with animals of different species and is a different category than veterinary experience.

Other Experiences

Other worthy experiences include research, non-animal related work that shows customer service, leadership, recordkeeping, and extracurricular involvement. It is recommended that students keep a journal of *all* activities, including dates, time spent, types of activities, supervisors, and so forth.

Interpersonal Skills

Interpersonal and communication skills, including oral, written, and visual, are extremely important for the success of any professional, but even more important for professionals in the health field, as they must explain diseases, treatments, expectations, while using terminology unknown to the client. Veterinary admissions often assess interpersonal skills via essays, entry exams, letters of intent, letters of recommendation, and interviews.

The development of these skills is vital to a competitive veterinary school application and overall success in the veterinary profession. Therefore, acquiring these multi-modal communication skills is critical. Students can join 4-H or FFA communications clubs, high school debate teams, etc. Students should develop skills in teamwork, time management, dependability, professionalism, and effective communication.

Conclusion

Becoming a veterinarian requires dedication and hard work but is a fulfilling profession for those who complete a doctor of veterinary medicine degree. High school students can prepare themselves for the rigor of this pathway by completing advanced coursework, obtaining relevant experience, and developing their interpersonal skills.

Becoming a veterinarian is one of many career options for those that have a passion for animals. Other related animal pathways include animal science, arts, agricultural engineering, equine science, research, zoo or marine management, photography, pharmaceuticals, academia, to name a few.

For additional information students should reach out to university academic advisors and/or career centers.

Resources

Academic Resources

Khan Academy: <https://www.khanacademy.org/>
Crash Course: <https://thecrashcourse.com/>
Coursera: <http://coursera.org>

Pre-veterinary Resources

Veterinary School Directory: <https://applytovetschool.org>
AAVMC "Becoming a Veterinarian": <https://www.aavmc.org/becoming-a-veterinarian/>
VMCAS video: https://help.liaison.edu.com/VMCAS_Application_Help_Center/Starting_Your_VMCAS_Application/Getting_Started_with_Your_VMCAS_Application/00_VMCAS_Quick_Start_Guide

University of Kentucky Specific Resources

Pre-veterinary Information: <http://www.uky.edu/Pre-veterinary>
Schedule a Visit to the Martin-Gatton College of Agriculture, Food and Environment: <http://students.ca.uky.edu/campusvisit>
Transfer Equivalency Database: https://tes.collegesource.com/publicview/TES_publicview01.aspx?rid=31ba73f5-92a5-44e2-8a78-fd1ad25020b&aid=562e673f-5952-4f6d-9225-b55e1c58fc79

College Credit by Examination (AP, IB, CLEP): <https://registrar.uky.edu/credit-examination>

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Community and Economic Development

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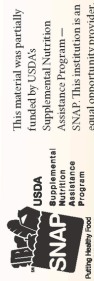
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Lexington, KY 40506

Issued 04/2024

HEALTHY CHOICES FOR HEALTHY FAMILIES



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Making time for family meals

September is National Family Meals Month. Studies have shown that families that eat meals often together have better eating habits and family dynamics. The skills built at family meals can help us handle life's tough spots. Eating as a family helps self-esteem and can give each person a sense of well-being. It's even been shown to keep kids out of trouble. The more family meals that kids share, the less likely they are to take part in drinking alcohol, smoking, or using drugs. And kids who eat meals with their family up to four times a week have been shown to have higher test scores and succeed in school.

More than 80% of people surveyed eat together more often since the COVID pandemic began. Now that life is busy again, try to keep routine family meals. Is the family busy in the evenings? Try eating breakfast together before the day starts. Or try

to get together for breakfast, lunch, or an early dinner on the weekends.

Family meals don't just mean a mom, dad, and two kids sitting around the table. A family meal can be with someone you live with and think of as family. This could include roommates, domestic partners, single parents and kids, grandparents, and grandchildren.

People who live alone might consider calling a loved one or inviting a neighbor to eat at the same time.

How to make family meals easy
Choose a day for planning. Some people do this on the weekend. Look at your week and figure out what meals the

CONTINUED ON PAGE 2



Using leftovers is a great way to cut down on food waste and save time. They can be a great snack, the next day's lunch, or even turned into a quick meal. You can make larger meals earlier in the week and use the leftovers later in the week or put them in the freezer. Be careful with leftovers to make sure the food is safe when you eat it. Look at some ways you can use leftovers:

Grains

- **Rice:** Use rice to make rice pudding and fried rice, or add it to meatballs, soups, and casseroles. You can also freeze it. You should add a small amount of liquid when you reheat leftover rice.
- **Bread:** If your bread, leftover rolls, hamburger, or hot dog buns are getting a little dry, try different recipes: CROUTONS, toast, stuffing, breadcrumbs, or French toast are all good options. Use day-old bread to make French toast. If you have one or two hamburger or hot dog buns left in the package, use them to make cheesy toast by topping with any kind of cheese, and broiling in the oven until the cheese is melted and lightly browned. Add canned tuna for a tuna melt!
- **Pasta:** Use in a pasta salad or casserole. Freeze it for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit

Add leftover fruit to salads or smoothies. Mix it with yogurt, cottage cheese, or pudding. Leftover fruit is also great in baked goods such as muffins or quick breads. Overripe bananas make excellent banana bread or muffins, or freeze them to use in fruit smoothies. You can freeze fruit

BASIC BUDGET BITES

Leftovers

juice in ice cube trays and use it for flavoring and chilling fruit drinks.

Vegetables

Use vegetables in soups, salads, omelets, pasta dishes, and casseroles. Leftover baked potatoes are great for a topping for shepherd's pie, or in potato casserole or potato soup. You can scoop out the potato pulp and use it to make twice baked potatoes. Freeze chopped raw onions, celery, or green peppers to use in soups, stews, or casseroles.

Protein

- **Baked beans:** Use in casseroles or to make chili.
- **Roasts:** Slice to make sandwiches or shred for use in tacos, enchiladas, or barbecued meat. You can also cube it and use it to make beef and noodles or freeze it for use in casseroles.
- **Steak or chops:** Slice thinly and make fajitas (cooked with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- **Turkey or chicken:** Use turkey or chicken in casseroles, soups, tacos, or enchiladas. You can thinly slice the meat to make sandwiches, or you can shred it to make chicken or turkey salad sandwiches. Cube it to make chicken or turkey and noodles or freeze it for later use in casseroles or soups.
- **Ham:** Use ham to make ham and cheese sandwiches (either hot or cold). Or slice, freeze, and use it later for sandwiches. Cube it and use it in casseroles or soups.

Source: Adapted from UNL Extension Food and Nutrition

CONTINUED FROM PAGE 1

family can eat together. The whole family should help select the menu, even kids! Meals don't have to be hard. Try soup and sandwiches with a side of fruit. Or breakfast for dinner on nights when you don't have much time. Check out PlanEatMove.com for some great recipes that are sure to please!

Adapted from The Family Meals Movement



SMART TIPS

Whole grains

Next time you go shopping, help keep your family healthy by choosing whole grains. Whole grains have a fiber-rich outer bran layer, a germ, and a starchy endosperm. Refined grains (such as white bread, white pasta, and white rice) have mostly just the endosperm.

The fiber in whole grains aids in digestive and heart health. Whole grains also have extra vitamins, minerals, and nutrients. No matter which whole grain you choose, make sure the ingredient list includes whole grains or that the label reads "100% whole grain."

Source: eatright.org

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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RECIPE

Cabbage Rolls

- 12 cabbage leaves
- 1 pound lean ground beef
- 1 cup cooked brown rice
- 1 can (15 ounces) tomato sauce
- 1 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried oregano
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 teaspoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon water



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling.
3. Mix beef, rice, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions, and green pepper. Put 1/3 cup in each leaf, starting at leaf end, roll, tucking in the sides.
4. Place seam side down in a 9-by-11-inch baking dish.
5. Mix remaining tomato sauce with the sugar, pour over rolls.
6. Cover and bake at 350 degrees F for 1 hour.
7. Remove cabbage rolls from baking dish, pour juice in a saucepan.
8. Mix cornstarch and water, stir into saucepan. Heat and stir until mixture boils, cook 1 minute.
9. Serve sauce with cabbage rolls.
10. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 2 rolls

Nutrition facts per serving: 220 calories; 6 g total fat; 2.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 560 mg sodium; 24 g total carbohydrate; 6 g fiber; 9 g total sugars; 1 g added sugar; 20g protein; 0% Daily Value vitamin D; 6% Daily Value calcium; 15% Daily Value iron; 15% Daily Value potassium

Source: Plate it Up! Kentucky Proud Project <https://www.planetatmove.com/recipes/recipe/cabbage-rolls>

COOKING WITH KIDS

Build Your Own Ramen

- 1 package ramen noodles (any flavor)
- 2 cups water
- 1 can (5 ounces) chicken or tuna
- 1 cup mixed vegetables or a vegetable of your choice
- Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper, or all-purpose seasoning.)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Prepare ramen in a microwave (or stovetop) according to package instructions.
3. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
4. Note: If using the seasoning packet included in the

package, try using only half of the flavor packet and adding your own spices.

5. Store leftovers in the refrigerator within 2 hours.

Tips: Avoid food waste by using leftover rotisserie or baked chicken. Make it a family fun night by being in the kitchen together and letting everyone choose what veggies and protein to include.

Makes 1 serving
Serving size: 1 ramen bowl

Nutrition facts per serving:
240 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 45 mg cholesterol; 710 mg sodium; 31 g total carbohydrate; 3 g fiber; 3 g total sugars; 0 g added sugar; 21 g protein; 0% Daily Value vitamin D; 4% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: <https://www.planetatmove.com/recipes/recipe/build-your-own-ramen>

PARENT CORNER

Fun and engaging conversation starters

We all know that talks around the dinner table are of great value. Here are a few ideas for starters:

- What is your favorite fruit or vegetable? How do you like to eat it?
- What are good qualities of a friend?
- What is your favorite thing about our family?
- Would you rather live in the mountains or at the beach? Why?
- If you were a season, which season would you be and why?
- What was your pit (low point) and peach (high point) today?
- Did you see or do a random act of kindness today? What was it?

Adapted from NDSU Extension



FOOD FACTS

Oats and Quinoa

Oats

Oats have fiber which can lower cholesterol and help support the immune system. Oats boast antioxidant claims. Oatmeal is the age-old favorite for breakfast. You can add oats as a binder to meatloaf and burgers. Oats also work well in baked goods such as oatmeal cookies, as a crunchy topping to crisps and crumbles, and even in casserole dishes.

Quinoa

Quinoa has all nine essential amino acids, making it a good protein source. Quinoa is a great source of magnesium and a good source of iron and folate. Making quinoa is similar to cooking rice. Simply follow the package instructions. Toasting quinoa before boiling it in liquid adds flavor, as does cooking it in vegetable broth. You can make quinoa in a rice cooker. Before cooking, use a fine mesh strainer to rinse the quinoa to remove compounds called saponins that can give the quinoa a bitter taste. Quinoa is fun for kids because it pops in your mouth when you chew it and it comes in many colors: beige, red, black, and even purple. Mix quinoa with beans or nuts for a tasty side dish or add to salads and stir-fries.

Source: eatright.org

LOCAL EVENTS

Nicholas County

Cooking Through the Calendar- October 29th at 11 a.m. - Sweet Potato Hash Food Demo

Laugh and Learn- Busy Bees for ages birth to 5 years old at the Nicholas County Public Library at 11 a.m. - October 23rd

4-H Cooking Club- October 22nd- must be registered for 4-H 2024-25 Program Year.

Making Your Own Vanilla- Knit Wits Classes- October 15th at 6 p.m.

If you are interested in nutrition classes, contact your Extension office.

Nicholas County Cooperative Extension Office

368 East Main Street, Carlisle, KY 40311

859-289-2312

Ashley Vice

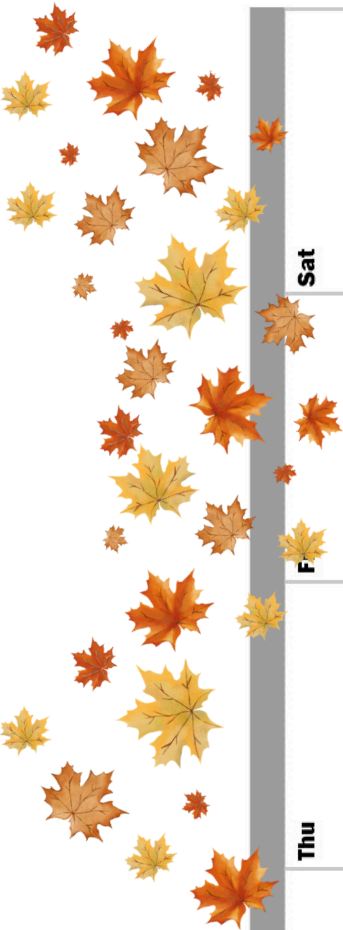
Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT

EXTENSION.CA.UKY.EDU/COUNTY

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 	7 	8 4-H Sewing-office	9 	10 Nature Club- office	11 Photography-office	12 FALL FESTIVAL and CARVED PUMPKIN CONTEST 
13 	14 	15 AG Adventure-office Livestock Club-barn	16	17 	18	19
20	21 Cloverbuds-NCES	22 Cooking Club-Barn	23 	24 NBCA 4-H - Tentative	25 Teen Club w/Taco Bar	26
27 	28 C1/C2 Area Teen meeting in Fayette	29 Cooking Through the Calendar-Office 11 a.m.	30	31 		





Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.