4-H YOUTH DEVELOPMENT

Newsletter

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

Cooperative Extension Service
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January 2017

All meetings will be held at the Ballard County Extension Office, 110 Broadway, La Center, unless otherwise stated.

4-H CAMP
JULY 5-8, 2017
BALLARD, CARLISLE, FULTON, GRAVES and MARSHALL
COST WILL BE $215.00

Camp Gift Certificates can be bought at the Ballard County Extension Office.

January 11	Crochet, 3:20-4:30 pm
January 12	Carson Park 4-H Horse Club 6:00 pm, McCracken County Office
January 12	Winter Extravaganza Registration Deadline, call our office to register
January 16	Office Closed
January 18	Technology Club, 3:20-4:30 pm
January 18	BMHS Teen Club @ Lunch, BMHS
January 25	Clover Buds, 3:20-4:30 pm
January 28	Winter Extravaganza, 4 pm-9 pm, Murray, High school students only
February 15	Technology Club, 3:20-4:30 pm
March 23-25	4-H Summit, Jabez
March 28	Speeches and Demonstrations, 6:30p m
July 5-8	4-H Camp

Happy New Year
I hope each of you had a wonderful Christmas and enjoyed your vacation. Be watching your newsletter and calendar for upcoming events at the 4-H office this year.

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Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

Vegetable Pinwheel

INGREDIENTS

- Tortilla (regular, whole wheat, spinach)
- ½ cup plain yogurt
- ¼ cup milk
- 1 Tbsp. ranch dressing mix
- Slices deli meat - turkey, ham,
- Chopped vegetables - cucumbers, bell peppers, avocado
- 1 cup shredded cheese

INSTRUCTIONS

1. Mix yogurt, milk and ranch dressing mix together and refrigerate to thicken for ½ hour.
2. While chilling, chop vegetables.
3. Lay out tortilla, spread yogurt mix in a thin layer on the tortilla.
4. Layer meat, vegetables and cheese on tortilla.
5. From one side, roll tortilla tightly.
6. Wrap with plastic wrap and refrigerate for a couple hours to seal flavors.
7. Remove plastic wrap and slice into 1 inch sections.

Exciting News……

We have restarted a Ballard County 4-H Teen Club. We are meeting on the third Monday of the month during lunches. During their December meeting, they made yeast bread in a bag.

I will be contacting potential 4-Hers for the Summit Trip within the next week. There is limited space, so I will start with the members who have remained involved and went the previous year.

Released by:

Paula Jewell

County Extension Agent
For 4H/Youth Development