

HENDERSON COUNTY

4-H NEWSLETTER

September 2025 Edition



In this edition:

Page 2: September
Calendar

Page 3: Extravaganza

Page 4: Banquet

Page 5: Recipe!



HENDERSON COUNTY,
KENTUCKY 4-H



GOOD LUCK TO SHOOTING
SPORTS AT THE STATE
COMPETITION!

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

09

SEPTEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
	North Middle Teen Club, 3:30pm	Cairo Afterschool Cooking Club at 4PM Expo Herdsman 6pm Expo	Spottsville Afterschool	AB Chandler Afterschool		
14	15	16	17	18	19	20
	South Middle Teen Club, 3:30pm	East Heights Afterschool Herdsman 6pm Expo	Bend Gate Afterschool	Niagara Afterschool Riverside Riders 6:30pm, Expo		
21	22	23	24	25	26	27
		South Heights Afterschool Cloverbuds 5PM, Expo	Jefferson Afterschool	Holy Name Afterschool Holy Name Teen Club, 2:45 Extension extravaganza, 5-7pm		
28	29	30				
		State Fair Projects 4PM, Expo				

Extension Extravaganza

GAMES & ACTIVITIES FOR THE WHOLE FAMILY

5:00-7:00 PM



Visit from **WALLY CAT**

LEARN ABOUT ALL EXTENSION HAS TO OFFER



Extension Extravaganza

FREE FOOD

DOOR PRIZES

INFLATABLES

GAMES

FACE PAINTING

&

MORE

**INFORMATION BOOTHS ON:
GARDENING 4-H HOMEMAKERS NUTRITION**

25TH of SEPTEMBER

**HENDERSON COUNTY COOPERATIVE EXTENSION
3341 ZION ROAD, HENDERSON KY | 270-826-8387**

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

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LEXINGTON, KY 40546



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4-H BANQUET
VOLUNTEER NOMINATION

**Scan the QR Code to
Nominate a Volunteer to
be recognized at the 4-H
Banquet**



Save the Date: 4-H Banquet will be November 2nd
More information to follow



Recipes courtesy of
University of
Kentucky, Plate It Up
Kentucky Proud Recipes



Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1½ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

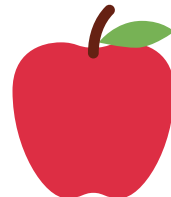
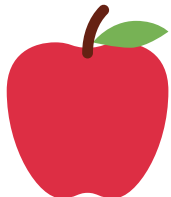
FALL WORD SCRAMBLE

- 1 ALLF
- 2 PAPEL
- 3 EALF
- 4 NUMPPIK
- 5 NORC
- 6 AHY
- 7 ROCAN
- 8 TEASWER
- 9 RASCERCOW
- 10 WOERFLUNS
- 11 KARE
- 12 DIREYAH
- 13 MUPPKIN CAPTH
- 14 TEPBERMES
- 15 RIQSUREL



Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Allie Brasher

Allie Brasher,
4-H Youth Development Agent

Christina Johnson

Christi Johnson,
4-H Youth Development Program
Assistant