

# Metcalfe County

## 4-H Memo

### Winter 2022-23 Newsletter

Metcalfe County  
 P.O. Box 55  
 422 East St  
 Edmonton, KY 42129  
 (270) 432-3561  
 Fax: (270)432-5087  
 www.ca.uky.edu/ces

Metcalfe County Extension Service

Office Hours: Monday-Friday 8-4

### Upcoming Events

NAILE (North American)  
 November 7 & 14

Edmonton Rangers Club  
 November 15 @6:00 PM

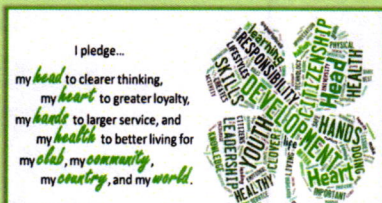
4-H TAG 4<sup>th</sup>-8<sup>th</sup> Grade  
 November 15-17

4-H Shooting Sports  
 Wednesdays @ 21<sup>st</sup> Century

MCA Banquet  
 December 12 @ 6:30 PM

4-H Council meeting  
 January 11, 2023 @ 4:30 PM

Teen Summit  
 March 2023



Holiday Turkey Salad (recipe on page 3)



Check out our Facebook page @  
 MetcalfeCounty Extension

### Country Ham Project

*Contracts Due December 9<sup>th</sup>*  
*Project begins in March 2023!!*



4<sup>th</sup> Grade Jr Master Gardeners



Hamburger Plants

**4-H Shooting Sports  
Wednesdays @ 21<sup>st</sup> Century!**



8<sup>th</sup> Grade TAG created their own  
Thanksgiving Parade

Piggy Bank Contest  
winners will be announced soon!



**\*\*\*Notification to Public About How to File a Civil Rights Complaint\*\*\***  
The Cooperative Extension Service prohibits discrimination in its program & employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or the Secretary of Agriculture, U.S. Department of Agriculture, Washington D.C. 20250.

# Holiday Turkey Salad

Servings: Makes 6 servings Serving Size: 1 cup Recipe Cost: \$10.95 Cost per Serving: \$1.83



## Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- $\frac{2}{3}$  cup pecan halves

## Directions:

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

**Source:** Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 125mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 3g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

# Kentucky 4-H State Teen Council

## 2022 STC Fundraiser



For the 2022-23 STC Fundraiser, State Teen Council members will be selling leather keychains with the words "Kentucky 4-H" and a clover stamped on it. These keychains would be a great gift for any 4-H member, or even an awesome accessory to buy for yourself. All proceeds of this fundraiser will go to support educational programming for the Kentucky 4-H State Teen Council. If you are interested in purchasing a keychain, please reach out to me and I can place your order with either cash or check!

ONLY \$6.00