



MASON COUNTY 4-H YOUTH DEVELOPMENT

JANUARY 2023

E-Newsletter



What's Inside:

- CLUB UPDATES
- RECENT PROGRAMS

Hello everyone,

I hope everyone had a great holiday! This month's newsletter contains information on the upcoming clubs and programs available with Mason Co 4-H. If you have any questions, thoughts, or ideas feel free to contact me.

Sincerely,

Trevor Cole

Mason Co. 4-H Youth Development

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Club Meeting Updates

Livestock Club- Livestock club will meet not meet in January, but will have more meetings and opportunities for hours in February

General

4-H Club-

The Projects club will meet January 17th at the Extension Office at 5:30pm

Cloverbuds-

Cloverbuds will meet January 23 at the Extension Office at 6:00pm

Enrollment Forms will be available at all of the club meetings and at the Extension Office



Country Hams Projects



**Country ham projects will begin at
12:00 pm Monday January 16th**

Registration has closed
For Questions call (606)564-6808

Recent Programs

Livestock Club

Toured Fleming Meat Packing facility

Middle School Class Clubs

In November 7th grade the students Learned about reptiles and amphibians. For 8th grade the students learned differences in organic vs. non organic fruits and vegetables

Candyland

In December the office partnered with several community members to hold holiday program providing crafts and activities for kids.

Thank you to the community partners that helped make it possible!





Snow Ice Cream



With Winter comes the chance of snow and....

SNOW DAYS!

what better way to spend it than making snow ice cream?

Ingredients: Milk, sugar, Vanilla extract, sea salt and snow(or shaved ice)

Recipe:

- **Gather 8-10 cups of fresh snow or shaved ice in a bowl**
- **In another bowl mix 1 and a half cups of milk of milk with a splash of vanilla extract, a pinch of sea salt and 1 cup of sugar**
- **pour the mixing in with the snow and stir to form consistency**
- **Add any toppings if desired and Enjoy!**

Blueberry Cheesecake Bars

Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42 Cost per Serving: \$0.46



Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium