

Cooperative Extension Service

Owen County 265 Ellis Road Owenton, KY 40359 502.484.5703 Fax: 502.484.5704 www.ca.uky.edu/ces

Disabilities

accommodated

with prior notification.



4-H YOUTH DEVELOPMENT

FALL 2023



David Gabbard Extension Agent for 4-H Youth Development Owen County

Happy Fall!!!!

Owen County 4-H

I hope that everyone is enjoying these nice fall days and are gearing up for Halloween!

Please look through this newsletter for all events for the month of November! We have A LOT of fun things happening.

On page 2, you will find a QR code to sign up for 4-H Summer Camp, if you have questions feel free to call.

On page 3, there is a QR code for a survey, this is a community survey on how you utilize extension and to give us information on what you see we need to add to benefit the community, we are needing 400 completed. (this is for anyone 18 and over). PLEASE HELP US REACH OUR GOAL!

As always if you have any questions, concerns or would like to volunteer, please contact me at 502.484.5703 or via email at david.gabbard@uky.edu



Cooperative Extension Service

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

Lexington, KY 40506



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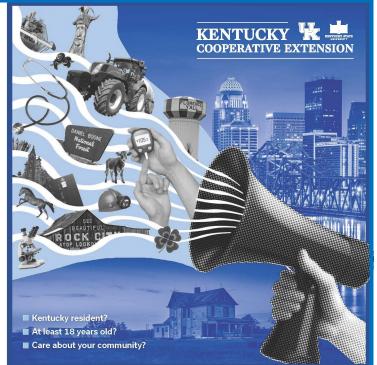
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Lexington, KY 40506

The University of Kentucky has each county in the state reach out to our citizens to complete the community assessment survey every 5 years. This aides in decision making at the state level as well as programming efforts in the counties. It is greatly appreciated if you could complete this survey for feedback on how we can best serve you!!



HOW CAN WE **serve you??**



Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

CRAFT CLUB 11.2.2023 3:30-5:00 PM Oven County Extension Office

HORSE CLUB

11.2.2023 6:30 PM LOCATION-TBD

11.2.20236:30 PMOWEN COUNTY EXTENSION OFFICE



DISCOVER 4-H



11.14.2023 6:30 PM

Owen County Extension Office

LIVESTOCK

11.17.2023 6:30 PM

Owen County Extension Office





INFORMATIONAL MEETING 11.16.2023 6:30 PM

4-H COUNCIL 11.21.2023 6 PM



Owen County 265 Ellis Hwy Owenton, KY 40359-9300 Phone: (502) 484-5703 Fax: (502) 484-5704 owen.ca.uky.edu Email: DL CES OWEN@EMAIL.UKY.EDU

David Gabbard County Agent for 4H Youth Development

Homemade Applesauce to Freeze



Servings: 8

Serving Size: 1/2 cup

Ingredients:

- 1 cup water
- 4 large apples, peeled, cored, & sliced
- 1/2 cup sugar

Directions:

- Add 1 cup water to apple slices, and cook over medium heat until tender.
- 2. Cool and strain, if needed Mash.
- 3. Sweeten to taste with 1/2 cup sugar.
- Pack into containers, leaving 1/2 inchheadspace for pints and one-inch headspace for guarts.
- 5. Seal, label the contents, date and freeze. Use within 8/12 months.

Source: LEAP...for Health: University of Kentucky Cooperative Extension Service, Nutrition Education Program

NUTRITION FACTS PER SERVING: 110 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 28g carbohydrate; 3g fiber; 24g sugar; 13g added sugar; 0g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.