

## The Clover Times

Spring Break Workshop registrations are opening!  
There are a couple of workshops happening at the extension office over spring break, be sure to check out more opportunities throughout the newsletter.



Nelson County 4-H

 Cooperative  
Extension Service

# Terrarium Workshop

April 1st, 2025  
10:00 - 11:00 am  
Nelson County Extension Office  
317 S. 3rd St. Bardstown, KY  
Open to all youth ages 9-18  
years old.

**Sign up by  
March 25th, 2025**

Contact the Nelson County Extension  
Office at 502-348-9204.



**Create a fun, decorative  
ecosystem that you can enter  
into the Nelson County Fair in  
July!**

This project can be entered into the  
county fair and qualify for state fair  
under class Horticulture 565 -  
Terrariums



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**NELSON COUNTY  
COOPERATIVE EXTENSION  
OFFICE  
317 S. THIRD STREET,  
BARDSTOWN, KY 40004**

**PHONE:  
502-348-9204**

## MARKET TO MARKET COUNTRY HAM CLUB

There was no February meeting due to weather conditions. The Oxbow Meats tour will be rescheduled to March 31st! Call the office to sign up. On **March 17th** the club will meet at the Extension Office at 6:00pm. If you have any questions, please call the office.

## LIVESTOCK CLUB

There was no February meeting due to weather conditions. The Oxbow Meats tour will be rescheduled to March 31st! Call the office to sign up. Do not forget that if any youth would like to show this summer, they will need their 6 hours of education. Get these done early by attending the club meetings!

The next meeting will be on **March 10th** at 6:30pm at the Atcher's Farm. Call office for address.

## BEGINNER COOKING CLUB

At the January meeting, members made chili and cornbread. The next Beginner Cooking meeting will be on **March 25th at 4:30pm** at the Nelson County Extension Office.



## ADVANCED COOKING

At the January meeting, members made gourmet popcorn with chocolate and toppings, and mini corn dogs. The next Advanced Cooking club meeting will take place on **March 25th at 6:00pm** at the Nelson County Extension Office.

## SCHOOL ENRICHMENT

Jenna and Samantha have been visiting schools throughout the county informing youth about 4-H and doing fun activities related to 4-H Camp!



BLOOMFIELD  
ELEMENTARY  
4TH & 5TH GRADE  
4-H CAMP  
PROMOTION

BOSTON ELEMENTARY  
4TH & 5TH GRADE 4-H  
CAMP PROMOTION



THOMAS NELSON  
HIGH SCHOOL 21ST  
CENTURY  
PROGRAM FAIR  
PROJECTS



## NELSON COUNTY OUTRIDERS HORSE CLUB

At the February meeting members learned about helmet safety. An Equine Dentistry Clinic was held at the Nelson County Fairgrounds in February, 4-Hers from across the area attended and learned all about muscular based dentistry in horses. The next horse club meeting will be **March 3rd at 6:00pm** at the Extension Office. You do not have to own a horse to join the club and learn all about the equine industry.

**The next drill team practice will be March 3rd at 5:00pm before the club meeting and March 17th at 5:00pm at the Extension Office.**

**Hippology practice will be March 3rd and 17th at 4:00pm at the extension office.**



Cooperative Extension Service  
Attention ALL Horse Enthusiasts!!

# HORSE CLUB

MEETING

MARCH 3RD, 2025	
At 6:00 PM	
Nelson Co. Extension Office	317 S. Third St.

CONTACT US: 502-348-9204

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Cooperative Extension Service 4-H

## NATURAL RESOURCES CLUB

March 13th, 2025  
6PM

Nelson County Extension Office  
317 S. Third St. Bardstown, KY 40004

Come and join this new club to learn about all things outdoors!

## NATURAL RESOURCES CLUB

The February meeting was canceled due to inclement weather. The next meeting will be held **March 13th at 6:00pm** at the Extension Office!

**Wildlife Challenge and Forestry Competition registration and payment due to the office March 7th!**

## HOMESCHOOL GROUP

In January members learned about the Country Ham Project, and completed a winter craft. The next meeting will be **March 25th at 10:00am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!

Martin Garton  
College of Agriculture, Food and Environment  
University of Kentucky

## Homeschool Group Meeting

MARCH 25TH, 2025

Located at Extension Office  
Meets at 10 AM on the 4th Tuesday of every month!



## 4-H COUNCIL

The next 4-H Council Meeting will take place on **March 10th, 2025 at 5PM** at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 6PM.

A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

**NELSON COUNTY 4-H COUNCIL MEETING**

**5:00 - 6:00 PM**

MARCH 10TH, 2025

Meetings are the 1st Tuesday of each month  
Nelson County Extension Office

For more information please contact the office at 502-348-9204.

## HELPING HANDS CLUB

In February members planned their next trip to Nazareth, and baked dog treats to take to the local animal shelter. The club's next meeting will be held **March 3rd at 2:00pm** at the Sisters of Charity of Nazareth! This club is open to anyone interested in community service and outreach projects within Nelson County.



MARCH 3RD 2025 AT 2PM

**Helping Hands Meeting**

A community service oriented group that meets on the 1st Monday of each month at 6:00PM focusing on the community! Located at the Nelson County Extension Office

## TEEN COUNCIL

There was no February activity due to weather conditions. The next Teen Council meeting will be **March 11th at 6:00pm** at the Nelson County Extension Office! We will discuss upcoming events and do team building games.

**4-H STATE TEEN COUNCIL APPLICATIONS AND 4-H STATE OFFICER APPLICATIONS ARE AVAILABLE!**

CONTACT SAMANTHA GABBARD  
SAMJOK12@UKY.EDU OR THE NELSON COUNTY EXTENSION OFFICE AT 502-348-9204

**NELSON CO. 4-H TEEN COUNCIL**

Tuesday  
March 11th, 2025  
6:30PM

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.

## FUR & FEATHERS

The February meeting was canceled due to weather! The next meeting will be **March 11th at 6:00pm** at the Extension Office. This club is open to anyone interested in learning about rabbits or different species of poultry.



Martin-Gatton College of Agriculture, Food and Environment

**NELSON COUNTY 4-H FUR & FEATHERS MEETING**

March 11th, 2025 at 6:00 pm

NELSON COUNTY EXTENSION OFFICE  
317 S. THIRD ST. BARDSTOWN, KY

For more information please contact the extension office at 502-348-9204.

## CLOVERBUDS

At the February meeting, Cloverbud members learned the importance of civic engagement, and made valentines day cards and treats as donations to the local Homemakers Sunshine Brunch . The next meeting will be held on **March 6th at 5:30pm** at the Extension Office.

Cloverbuds is for 5-8 year old youth. This club focuses on introducing the younger youth to different core content areas of 4-H that they can participate in when they turn 9!

There are only a limited amount of spots in this club. Please contact Samantha or the office for more information on how to join.



**Cloverbud Camp**  
**June 6-8th, 2025 at Lake Cumberland 4-H Camp**  
**Ages 5-8 can attend with a parent!**

**Contact the office at 502-348-9204 for more information!**



## BULL'S EYE SHOOTING SPORTS

At the February member club members discussed t-shirts being ordered, county shooting sports camp, and coaches certification. Bryan Cobban from KY Fish & Wildlife was the guest speaker for the day.

Shooting Sport's next meeting will be **March 1st at 8:45 am** at the Extension Office. Please call the office if you are unable to attend.

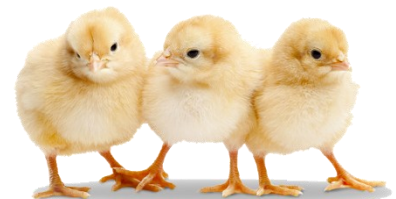
At this time, we are no longer accepting new members to this club. Enrollment for next year will be in August. Call the office to join a waitlist then.

**County Shooting Sports Camp registration is due at the next meeting, March 1st!**



## SPRING EMBRYOLOGY PROGRAM

At the beginning of February participants in the Spring Embryology Program picked up their incubators and have set them up, received their eggs, and are starting the incubation process to hatch chicks around March 19th.



# NELSON COUNTY 4-H CAMP

- July 7–11, 2025
- Campers are ages 9-14
- 15 year old's are Counselors in Training (CITs). They will take a CIT class and participate in 2 other classes.
- Camp Cost: \$315 before March 21st and \$325 after March 22nd.
- Scholarships are available, but you must submit an application.
- Camp schedule includes classes, swim time, evening activities, Sally Down the Ally, and MORE!
- Class sign ups will be held at camper orientation: June 23rd for RETURNING campers & June 24th for NEW campers.

## Teens & Adults

- Camp would not be possible without the help of our wonderful adult and teen leaders! Sign up TODAY!
- Adults go to camp FREE! Teen leaders go to camp at a discounted rate of \$155.
- We need 7 adults to teach classes. Examples are spa, photography, chocolate factory, fishing, art, legos, book club, tie-dye, hammocking, rocketry, outdoor cooking, and more!

## Camp Planning Committee

If you are willing to serve on a 4-H Camp Planning Committee, please reach out to the office! We are looking for 5-10 teens and 5-10 adults to serve on this committee. If you know you are going to 4-H camp this summer, it is a great way to be involved in the planning process. Contact the office at 502-348-9204!

*Interested in serving as an Adult or Teen Leader for Nelson County 4-H Camp?*

Serving as an Adult or Teen Leader gives you the opportunity to serve as a role model for campers, to enjoy a week outdoors, and to change lives for the better!

Please fill out the interest form using the QR code below. A formal application will be mailed to you once this is complete. Adults are required to go through the Volunteer Application Process in order to be able to attend.



*Fill out interest form here!*



I hope you will consider serving in this way as camp would not be possible without the help of our Adult and Teen Leaders!

Equal opportunity employer.



# BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Your \$10 Ag Tag Donation Grows Agriculture & Local Leaders  
In 2024, (COUNTY NAME) County Farmers donated (\$SSS) through the Ag Tag Program.



### Kentucky Ag Tag

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

### Nelson County Clerk

Jeanette Hall Sidebottom  
502-348-1802  
(113 E. Stephen Foster Ave, Bardstow, KY)

# AMPLIFY KENTUCKY 4-H



## DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



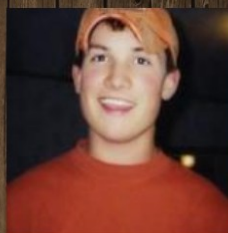
Want to win a young Cow or Heifer?

Applicants must be an active member of  
4-H or FFA

Open to any youth in Kentucky

Application Deadline - March 7

Awards Program - April 4th @  
Mercer Co. Extension Office



Dustin Worthington  
1982-2000



Applications are available online

<https://bit.ly/25ilovecows> or visit the Dustin

Worthington "I Love Cows" Website for more information:

[www.dustinworthingtonmemorial.org](http://www.dustinworthingtonmemorial.org)

Anyone who has an interest in the cattle industry, 4-H or FFA is asked to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead Road, Harrodsburg, Kentucky 40330



Questions please contact  
Dena Worthington  
859-612-7260



# STATES' 4-H SUMMER HOSTING



Youth from Japan, Korea, and Taiwan seeking  
host families this summer!



HOSTING BRINGS THE RICHNESS  
OF THE WORLD TO YOUR HOME!

• JULY 21-23 THROUGH AUGUST  
16-18, 2025

• EXACT DATES DEPEND ON YOUR STATE. PLEASE  
CHECK WITH YOUR STATE COORDINATOR FOR  
DETAILS.

• HOST A YOUTH AGED 12-18  
OR AN ADULT CHAPERONE

• THIS PROGRAM IS VOLUNTARY;  
NO STIPENDS ARE PROVIDED



### HOST FAMILY REQUIREMENTS

- Have a child of the same gender within 3 years age of hosted youth (ages 9+ are eligible to host)
- Families with no children (or younger children) may host an adult chaperone
- No special activities need to be planned - host youth want to experience American culture, make new friends, and improve their English by becoming a member of your family.

For more information, visit:  
[states4hexchange.org/state-contacts](http://states4hexchange.org/state-contacts) to find contact  
information for your state. \*Host family selection dependent on completion of application and screening process and student availability.



# NELSON COUNTY COMMUNICATIONS CONTEST!

APRIL 8TH, 2025  
STARTS AT 6:00PM  
AT THE NELSON COUNTY EXTENSION  
OFFICE

### SPEECH CATEGORIES:

- 9-YEAR-OLD
- 10-YEAR-OLD
- 11-YEAR-OLD
- 12-YEAR-OLD
- 13-YEAR-OLD
- 14-YEAR-OLD
- 15-YEAR-OLD
- 16-YEAR-OLD
- 17-18-YEAR-OLD

### DEMONSTRATION CATEGORIES:

- JUNIOR 9-13YEAR-OLD
- SENIOR 14-18YEAR-OLD

### CORE DEMONSTRATION AREAS:

- AGRICULTURE
- EXPRESSIVE ARTS
- FAMILY & CONSUMER SCIENCES
- HEALTH
- LEADERSHIP
- NATURAL RESOURCES
- SCIENCE, ENGINEERING & TECHNOLOGY

**SIGN UP TODAY!**

Call 502-348-9204

**SIGN UP BY: APRIL 4TH, 2025**

Guidelines provided at sign up!

Questions? Email Samantha at [samjok12@uky.edu](mailto:samjok12@uky.edu)

HIKE! EXPLORE! LEARN!

# OUTDOOR ADVENTURE CAMP



Please return  
registration  
paperwork to the  
office by April  
4th!



Get together with friends and  
learn outdoor survival skills!  
Scan below for the  
application!



**MAY 2-3, 2025**  
**STARTS AT 1 PM**  
**\$100 PER PERSON**  
**REGISTER WITH YOUR**  
**COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP**  
**17500 KY-196**  
**NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.**  
**THE TEAM OF SKILLED PROFESSIONALS ENSURE**  
**ALL KIDS ARE SAFE 24/7.**



Your Adventure Starts Here...

## KENTUCKY FOREST LEADERSHIP PROGRAM



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.



June 1 - 6, 2025 @  
UK Robinson Forest



\$500 fee after  
acceptance



Scholarships  
Available

Contact Us!



Laurie.Thomas@uky.edu



KFLP.ca.uky.edu

## VOLUNTEERS NEEDED!

1. 4-H Expansion and Review Committee - review of current 4-H program and evaluate ways to expand. If you are willing to serve on this committee please call the office!
2. Foster Heights Elementary School students have been working tirelessly on their 4-H Demonstration projects. Now, we are reaching out to ask for your help! With the help of the Communications teacher at Foster Heights Elementary School, Mrs. Mayer, we are going to have a communication contest for the students that will showcase their hard work. The students will be broken down by grade level on two different days for their presentations. We are in need of 16 judges for each day to get all of the students through giving their presentations in a timely manner, Wednesday March 26th and Thursday March 27th from 8:00am to 11:00 am. If you are willing and able to help out with this, please contact Samantha Gabbard at 502-348-9204 or email [samjok12@uky.edu](mailto:samjok12@uky.edu). If you can only help on one day or the other that is perfectly fine! Please let me know as soon as possible, so I can ensure we have the number of judges that we will need.  
\*Note: When you arrive to the school you will need to present your driver's license to get signed in for the day(s).



**NELSON CO. 4-H**

# NELSON COUNTY FAIR 4-H PROJECTS

**4-H PROJECT SUBMISSION**

**JULY 13 3-5PM**  
**JULY 14 9-11AM** **NELSON CO.**  
**FAIRGROUNDS**  
**PROJECT PICK UP**  
**JULY 20 1:30-2:30PM**

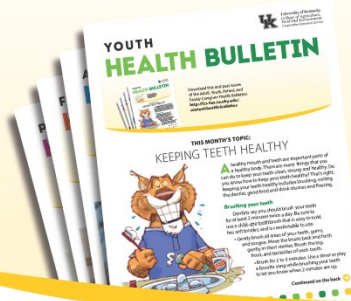


**Fair Catalog QR Code**

A complete list of clickable links can be found by scanning the QR Code above. Project examples include baking, painting, collage, woodworking, leaf collection and several more. Check out the links for more information. If you have any questions please contact the Nelson county Extension office at (502)348-9204.



# YOUTH HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Nelson County Extension Office  
317 S. Third Street  
Bardstown, KY 40004  
(502) 348-9204

## THIS MONTH'S TOPIC

# USE GOOD WORDS FOR FOOD



The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy.

The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page →



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



Disabilities accommodated with prior notification.

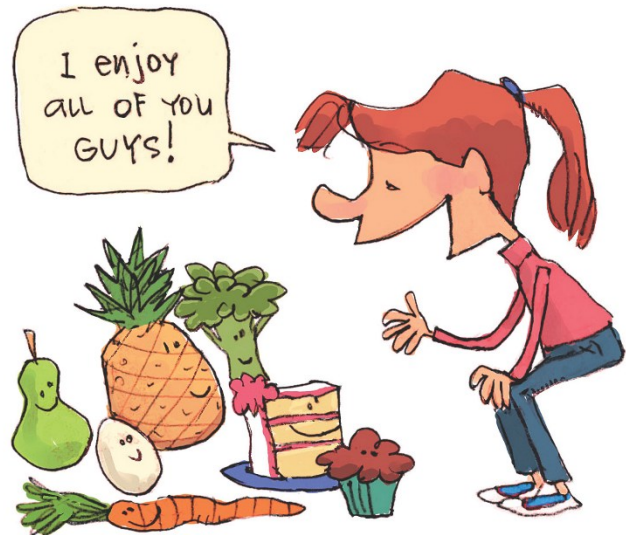
## By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

### → Continued from the previous page

say things like, “that food is unhealthy,” or “you shouldn’t eat that,” it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, “this food gives me energy,” or “this helps my body stay strong,” we start to see food as something that helps us feel good.

It is important to remember that no food is really “bad.” It’s all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won’t be as healthy. It’s about having all types of food in different amounts.

When we say foods are “good” or “bad,” it can make us feel like we’re doing something wrong



when we eat the “bad” food. Instead of using these words, we can talk about food in a more helpful way.

It’s also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it’s a treat or a healthy meal, food is something to enjoy.

#### REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

#### YOUTH HEALTH BULLETIN

#### Written by:

Anna Cason, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau

#### Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# March 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					4-H Camp Pre-Registration ENDS	1 Shooting Sports
2	3 Helping Hands Horse	4	5	6 Cloverbuds	7 Wildlife Challenge & Forestry Comp. Reg. Due	8 Hippology Clinic
9	10 4-H Council Livestock	11 Fur & Feathers 4-H Summit Orientation Teen Council	12	13	14	15
16	17 St. Patrick's Day Country Ham	18 Client Protection & Livestock Committee	19 Embryology Hatch Date	20 Natural Resources	21 Horse Camp Reg. Due	22 4-H Camp Price Increases to \$325
				4-H Summit		
23	24	25 Homeschool Cooking Clubs	26 Embryology Equipment Return	27	28 Bardstown Middle School Babysitting Day Camp	29
					Shooting Sports	
30 Spring Cert.	31 Livestock/ Country Ham Field Trip					



## FRUIT FILLED WRAPS

### INGREDIENTS:

- 2 tablespoons peanut butter or nut butter of choice
- 2 (8-inch) whole wheat tortillas\*
- 1 banana, sliced
- 1/2 cup sliced fruit of choice (apples, berries, peaches, pears, kiwi, grapes)

**NUTRITION FACTS PER SERVING:** 300 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 46g total carbohydrate; 4g dietary fiber; 13g total sugars; 0g added sugars; 8g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

### DIRECTIONS:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread one tablespoon of peanut butter on each tortilla.
3. Lay sliced banana over the peanut butter. Add assorted fruit of your choice. Either roll up tightly into a wrap or fold in half and cut into wedges.

\*Peanut butter and fruit go well with all types of bread! Use this concept for toast, English muffins, bagels, or pita bread.

**Source:** Jeannie Noble, MS, RD



**A SAFETY REMINDER**

### WINTER WEATHER WARNING

During the winter months, 4-H meetings will be canceled if the Nelson County Schools are canceled for the day.

For more information please contact the extension office at 502-348-9204.

## AGENT UPDATE

I hope everyone has continued to stay warm and dry through February. Hopefully March will be a warmer weather wise! There were many events that had to be rescheduled due to the county schools being closed. That makes for a busy few months ahead, so please be mindful of dates and times for this upcoming month.

I am looking forward to several out of county opportunities and experiences that are happening in March! I encourage our 4-H members to be on the lookout for ways that they can complete a community service project before the end of the program year. Talk to your club leaders if you have new ideas!

Also, one contest I would like to highlight is the communications contest. This a great place to improve your presentation and public speaking skills! You can even earn ribbons and move on to the area and state level contests. Do it on what you are interested in, which makes it fun and easy to talk about!

I will be out of the office for several days during this month with trainings, field trips, and overnight events. You can always reach me through email [samjok12@uky.edu](mailto:samjok12@uky.edu) or leave a voicemail and I will get back to you as soon as I can.



*Samantha J. Galbreath*



Nelson County 4-H



Cooperative Extension Service

## Join us for an exciting DISH GARDEN WORKSHOP!

Discover the joys of gardening, learn new techniques, and connect with fellow gardening enthusiasts.

April 2nd, 2025 from 10:00-11:00 am  
 Nelson County Extension Office  
 317 S. Third St. Bardstown, KY



**Open to youth ages 9-18 years old!**

Register with the Nelson County Extension Office by **March 25th, 2025** by calling **502-348-9204**.

THIS PROJECT CAN BE ENTERED INTO THE COUNTY FAIR AND QUALIFY FOR STATE FAIR UNDER CLASS HORTICULTURE 566 - DISH GARDENS

