

SEPTEMBER 2025

THE CLOVER TIMES

Nelson County 4-H's Official Newsletter

STATE FAIR

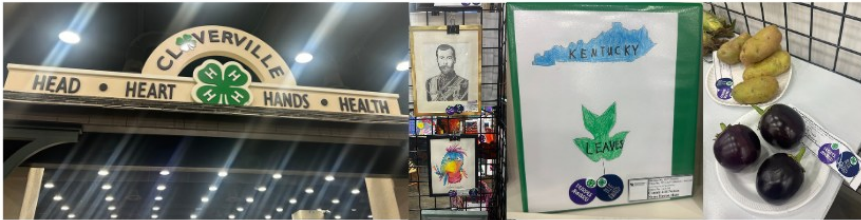
Congratulations to everyone who participated in the 2025 Kentucky State Fair at the Kentucky Expo Center in Louisville, KY. Youth from across the county had entries in art, photography, jewelry, horticulture, and foods. Several youth also competed in country ham speeches and livestock shows!



**Brady Matherly 3rd Overall
in his age division
&
Addy Mae Tindle 1st place
speech in her age division**

Congratulations to all Market to Market Country Ham Club members for completing their projects!

**Nelson County
had several
champions
featured in
Cloverville!**



**4-H Rabbit
Show
Fur &
Feathers
members**

**4-H Swine,
Lamb &
Beef
Shows!**



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

**PHONE
502-348-9204**

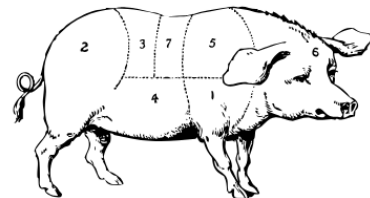
Market to Market Country Ham Club

In August club members completed the country ham projects by giving their speeches at the 2025 Kentucky State Fair. They also handed out Country Ham biscuits at the farmers market for customer appreciation week as their community service project for the year.

Sign ups for the 2025-2026 program year started August 25th.

You must call the office (502-348-9204) and sign up to participate in this club!

**Country Ham Project
Sign Ups start Aug 25th!
Meetings will start in
January 2026!**



Beginner



Sept 15, 2025

5-6:30pm

Nelson Co. Extension Office



Beginner Cooking Club

You must call the office to register for the new program year. This club will meet on the 3rd Monday of each month. The first meeting of the year will be held September 15th, 2025 from 5:00pm-6:30pm at the Extension Office.

Attention Parents/Guardians: We are in need of two assistant leaders for this club, please contact Samantha or the office if you are interested!

Advanced Cooking Club

You must call the office to register for the new program year. This club will meet on the 4th Tuesday of every month at 5:30pm.

The first meeting of the year will be held September 23rd, 2025 at 5:30pm at the Extension Office. In order to be apart of Advanced, youth must have completed a minimum of one year in the Beginner Cooking Club.

Advanced



Sept 23rd, 2025

5:30pm-7:00pm

Nelson Co. Extension Office

4th Tuesday of Every Month



FUR & FEATHERS MEETING

Sept 16th, 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.



Fur & Feathers Club

The club's first meeting of the new year will be September 16th, 2025 at 6:00pm at the Extension Office. The club will regularly meet on the 3rd Tuesday of the month at 6pm.

Congratulations to Violet Ingram and Sawyer Buky on 6th place at the 2025 KY State Avian Bowl at the State Fair!

Livestock Club

Sept. 20, 2025

9am-1pm

Location: Nelson County Fairgrounds

Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!

For more info call 502-348-9204.



Livestock Club

The club will kickoff the new program year with a showmanship clinic at the fairgrounds on Sept. 20th from 9am-1pm. Please RSVP for the clinic by calling the office for more information at 502-348-9204.

Congratulations to all of our 4-H members on their successes at the shows they have competed in this summer!

Applications for the YAIP Program are due September 4th!

MONEY FOR FARM IMPROVEMENTS

KADF

KENTUCKY AGRICULTURAL DEVELOPMENT FUND

Eligible Incentive Areas:

*Agricultural Diversification
Animal Production
Forage & Grain Improvement
Showmanship
Country Ham Projects*

Administered by

Nelson County Conservation District
2001 Buchannan Blvd.
Bardstown, Ky. 40004
502-348-3363, ext. 3
Facebook – Nelson County Conservation District

Youth Agricultural Incentives Program (YAIP)

Applications will be available for Nelson County's YAIP to encourage our youth ages 9-18 to engage in agricultural opportunities.

Application Period:

Date August 15 through September 4, 2025

No applications will be accepted before August 15 or after September 5, 2025

Application Availability: May pick up from your School Ag teacher or Nelson County 4-H Agent

For More Information:

Contact Gale Hundley at 502-348-3363, ext. 3 or e-mail gale.hundley@ky.nacdnet.net

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

If you are interested in applying please reach out to Samantha!



Bull's Eye Shooting Sports Club

In August members met at the range to prepare for the upcoming Kentucky State 4-H Shooting Sports Tournament. **State Shooting Sports Tournament orientation meeting is September 2nd at 6:30pm at Extension Office!** Good Luck to the members competing!

Enrollment for the new year started on August 25, call the office to join a waitlist!





Baking Club

Join us monthly!

SEPTEMBER 22ND, 2025

6:00pm-7:30pm

Nelson Co. Extension Office

The fourth Monday of each month



Baking Cooking Club

New club opportunity! The club will meet the 4th Monday of the month. This club's first meeting will be September 22nd at 6:00pm at the Extension Office! Learn about decorating and make different cakes and cookies.

This club is brand new and accepting donations, via their amazon wish list. Please scan the QR Code to donate!



Teen Council

In August members hosted a Cloverbud day camp. They had 15 participants in the program! Pictures below from the C5/C6 Area Teen Council Holiday World Trip! All teen council meetings will be the first Thursday at 6:30pm.

The kickoff meeting for the 2025-2026 program year will be September 4th at 6:30pm at the Nelson County Extension Office! Bring your favorite board/card game. Please call the office to RSVP for food planning purposes.

NELSON CO. 4-H TEEN COUNCIL

Tuesday
SEPT 4th, 2025
at 6:30 pm

Nelson County Extension Office

Open to all teens looking to grow their leadership skills.



**2026 Teen
Conference Dates!
June 2nd-5th
Lexington, KY**



Cooperative
Extension Service

4-H



NATURAL RESOURCES CLUB



Sept 18th, 2025

6PM



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

Natural Resources Club

The club's first meeting for the new year will be September 18th, 2025 at 6:00pm at the Extension Office. Meetings will be held the 3rd Thursday of the month at 6pm.

Good Luck to the members competing at the Mammoth Cave Forestry Competition!

Homeschool Group

The group host their first meeting for the new year on September 23rd, 2025 at 10:00am at the Nelson County Extension Office. This club will meet on the 4th Tuesday of the month at 10am. This club is open to youth ages 5-18 years old!



Summer Programs!



Superstar Chef was a three day workshop. There was two sessions for this workshop. Superstar Chef's learned proper food safety, knife skills, various cooking methods, and how to make healthy choices every day!

Huge thank you to the our Teen Leaders, Violet Ingram and Anderson Greenwell, along with our Adult Volunteers, Barbara Dearing and Nikki Yates.



NELSON COUNTY 4-H COUNCIL MEETING

5:15 – 6:15 PM



SEPT 2ND, 2025

Nelson County
Extension Office



The next 4-H Council Meeting will take place on September 2nd, 2025 at 5:15PM at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 5:15PM.

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.

Outriders Horse Club

At the August meeting members began planning for the new program year. They reviewed bylaws, suggested educational topics, and planned ride days for the fall. Horse club meets on the first Monday of each month at 6pm.

The next club meeting is September 8th, 2025 at 6:00pm at the Extension Office.

The next club ride day will be September 20th at 6:00pm at the Fairgrounds.

HORSE CLUB

»»» MEETING «««

SEPT 8TH, 2025 AT 6:00 PM
NELSON CO. EXTENSION OFFICE
317 S. Third St.



CONTACT US: 502-348-9204

SEPT 8TH, 2025 AT
NELSON COUNTY
EXTENSION OFFICE
AT 6PM

Helping Hands

A community service oriented
group that meets on each month to
complete a new project focusing on
the community!



Helping Hands Club

Helping Hands Club will hold their first meeting for the year on September 8th, 2025 at 6:00pm at the Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County. All Helping Hands meetings will be the first Monday of the month at 6pm.

Cloverbuds

The first club meeting will be on September 9th, 2025 at 6:00pm at the Extension Office! **Be sure to call the office to sign up starting August 25 as there is limited space available.** All meetings will be held the 2nd Tuesday of the month at 6pm.

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!

Cloverbuds Meeting

Sept 9, 2025

6:00 pm

Nelson County

Extension

Office





Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

4-H FALL

MUM SALE

SALE

**Proceeds
benefit all
4-H clubs!**

9" Pots.....\$10.00

12" in Patio Pots.....\$18.00

*Bronze, Purple, Red, White,
Yellow & Tri-Color (12" only)

Flowers must be picked up at the Extension Office on September 16th,
2025 between 4:30-7PM. Seller is responsible for arranging pickup!

**PURCHASE BY CASH OR CHECK FROM A 4-H MEMBER OR THE
OFFICE AT 317 S. THIRD STREET, BARDSTOWN, KY 40004**

ALL ORDERS DUE SEPTEMBER 9TH BY 12:00PM!

IF YOU HAVE QUESTIONS, CALL THE OFFICE AT: 502-348-9204

Office Use Only

Date R'cd: _____

Total \$ Amt R'cd: _____

R'cd By: _____

Phone Number:

Email: _____

- 

**TOTALS:**

****Sellers will be responsible for pickup and setting flowers to buyers****

****Buyers can also purchase mums directly from the office****

	Business Level Sponsorship \$100 Family Level Sponsorship \$50	
2025 NELSON COUNTY <i>Extension</i> BALE TRAIL		
Support 4-H <ul style="list-style-type: none"> Funds Support Youth Programs Increase Awareness of Agriculture Bale Trail is a Fun Fall Family Activity for our Community 	Sponsored by & in Collaboration with Visit Bardstown  BARDSTOWN <small>AGING SINCE 1780</small>	Sponsor Benefits: <ul style="list-style-type: none"> Logo on Event Map & Marketing Drive Traffic to Your Location Increase Visits to Your Social Media Trophy to Winning Display
 FAMILY AND CONSUMER SCIENCES <small>Building strong families. Building healthy communities.</small>	Register Your Display by October 6th, 2025 with the QR code below:  Displays Set Up by Oct 9th, Judged on Oct 10th, 2025.	

2025-2026 Enrollment

Enrollment for the new program year starts NOW!

This year we will be trying to go strictly electronic for enrollment, please scan the red QR code to fill out your 2025-2026 enrollment cards now!

Youth



Adult

(If you volunteered previously.)



The 4-H Volunteer Conference of Southern States invites YOU and your 4-H crew to join us onsite or virtually for 4-H: Thrive in 25! This national conference is your chance to gather with passionate 4-H volunteers and staff from across the country for days packed with inspiration, new ideas, and the energy you need to keep making a difference.

October 2-6, 2025

Rock Eagle 4-H Center Eatonton, GA or Virtually!

Please contact the office or Samantha by September 15th if you are interested in this opportunity!

VOLUNTEERS NEEDED!

4-H Expansion and Review Committee

- Review of current 4-H programs and evaluate ways to expand
- If you are willing to serve on this committee please call the office

YOUTH



HEALTH BULLETIN

SEPTEMBER 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 BE PREPARED, NOT SCARED!

Sometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

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's Cooperative Extension serve all people regardless of economic or social status. Extension programs are available in English, Spanish, and Chinese. Programs are also available for people with physical or mental disabilities or impaired or restricted ability to participate in activities. Reasonable accommodations 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, Cooperative Extension, KY 40506



Disabilities
accommodated
with prior notification.

If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school.



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school. Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

REFERENCE:
<https://www.ready.gov/september>

Can you unscramble these words?

RAWET: _____
CANSK: _____
THGSHFLA: _____
ATEBSETR: _____

SEEKING ADOPERS! SPONSOR: BEAM SEASIDE

Written by: Katherine Juty,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



September

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LABOR DAY OFFICE CLOSED	2 4-H Council State Tournament Orientation	3	4 Teen Council YAIP APPS DUE	5 STC Meeting	6
7 STC	8 Horse Helping Hands	9 Cloverbuds Mum Sale Orders Due	10	11 Mammoth Cave Forestry Day	12	13 Shooting Sports State Tournament
14 Shooting Sports State Tournament	15 Beginner Cooking	16 Fur & Feathers	17	18 Natural Resources	19 KVF Awards Due	20 Horse Club Ride Day Livestock Kick-Off
	AG Education Week			SRTLCL		
21 SRTLCL	22 Baking & Decorating	23 Homeschool Advanced Cooking	24	25	26 Berea Forestry Field Day	27 Archery Extravaganza
28	29	30				

APPLE CRUMBLE DESERT

Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice

Directions:

1. Move the oven rack to the center of the oven.
2. Preheat the oven to 350° F.
3. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
4. Wash and peel the apples. Cut them into thin slices.
5. Spread the apple slices evenly over the bottom of the baking dish.
6. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
7. Spread the oatmeal mix evenly over the apples in the baking dish.
8. Lightly pour the apple juice over the oatmeal mixture.
9. Cover the dish and bake for 20-30 minutes until apples start to soften.
10. Uncover and bake for another 15-20 minutes until apples are soft.

Source: LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fat-free-apple-crumb-dessert>.



Tips

A baking apple holds its shape and does not breakdown into puree when heated in an oven. Braeburn, Cortland, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jonagold, Jonathan, Pink Lady, Rome and Winesap are good apple varieties for baking.



NUTRITION FACTS PER SERVING: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

SAVE THE DATE
2025 NELSON COUNTY 4-H AWARDS BANQUET
NOVEMBER 4TH, 2025
INVITATIONS ARE BEING SENT OUT!



4-H Agent Update

Welcome to the 2026 4-H program year! There are lots of exciting new activities and events for this year. Sign up as soon as possible for the clubs that require pre-registration as they are filling up quickly. I would encourage all of our 4-H members to step out of your comfort zone and try something new this year!

As we kickoff the new program year be sure to fill out a new 4-H enrollment card to continue receiving the monthly newsletters to your home. This must be done EVERY YEAR! Hang the monthly calendars on your refrigerator to keep up with all the events and registration deadlines. I am still in need of one or two volunteer assistants for Beginner Cooking Club & Baking/Decorating Club. If you know anyone that may be interested, please have them reach out to me to go over what the commitment would look like. This will allow for more youth to be apart of each of these activities.

A big thanks to everyone that attended the Extension Carnival! It was a night filled with lot of fun. If you have any questions, regarding any of our activities, please do not hesitate to reach out to the office.

Lamont J. Halboed