



Clover Connection

Cooperative Extension Service

Washington County
245 Corporate Drive
Springfield, KY 40069
859-336-7741
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www.ca.uky.edu/ces

March 2025

SPEECH CONTEST

The floor is yours! The 4-H Speech Contest is coming to your school and you will be given the chance to give a speech about what is important to you. Share your passion for your favorite hobby, someone you look up to, or what you would do if you were President for the day! School-level speeches will be given during the day at school and winners from each age will advance to the county contest. County contest winners will be offered a cash prize!

Inside:

Sewing Club Starts!

Club Meetings

Spring Opportunities

At the Extension Office

Enrollment

NWES MARCH 13 WCES/WCMS MARCH 24

- 9-13 year old (as of January 1) speeches should be 3-5 minutes
- 14-18 year old (as of January 1) speeches should be 5-7 minutes

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

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Disabilities accommodated with prior notification.

Project Clubs

Join for the 2024-2025 project year!

4-H SharpShooters

Shooting Sports Club

Registration for the 2024-2025 year is now open. Our first meeting will be March 10. Returning and new members are encouraged to attend.

REMIND: @4htarget24 to 81010



4-H Country Ham Project

Country Ham

Hams are curing in our new ham house! Watch our facebook page for updates on our hams as they go through the most important period for curing. Members should be working on their speeches for the state fair! Members of the Ham Project should attend all Livestock Club meetings on the last Tuesday of every month.

REMIND: @salty20 to 81010



4-H Best Sew-ers in Town

Sewing Club

These folks have great talent! Get ready to make some beautiful masterpieces in the next couple months! This project is in the spring of each year. Registration open now!

REMIND: @4hsew24 to 81010



4-H Art Club

Arts & Crafts

We will be creating quilt squares. Due to weather conditions, this club will be reschedule to the fall. Make plans to join us for this fun activity!

REMIND: @w4Hartclub to 81010



4-H Hooves & Horns

Livestock Club

Learn about feeding, healthcare, judging, grooming, and showing livestock with the Hooves & Horns Livestock club! Their meetings are the last Tuesday of every month at the Washington County Extension Office at 6:30. They are currently practicing for livestock judging and planning. The annual livestock judging contest is on March 22.

REMIND: @salty2020 to 81010



4-H Teen Advisory Council

7th grade & up!

This club is only for teens! We meet on the third Tuesday of every month at 5. The next meeting will be March 25th at 5:00. This is the C5/C6 Teen Council Meeting in Shelby County.

REMIND: @wc4hteen to 81010



4-H Young Riders Club

Horse Club

If you love horses this club is for you! You **do not** have to own a horse to participate either! In fact, they do tours of the industry and have professional speakers often. Meetings are held on the third Monday of each month. The next meeting will March 17th at 6:30 at the Washington County Extension Office. They are currently planning their 2025 Bluegrass Horse Camp May 29-June 1.

REMIND: @wchorse2 to 81010





Scan the QR code to get started!



Martin-Gatton
College of Agriculture,
Food and Environment



Registration Open NOW!

Registration Deadline: May 5th

Lake Cumberland
May 26-30

\$250/camper

NEW
LARGER
Swimming Pool



CAMP COUNSELOR



Camp doesn't have to end at 14 years old! Those who are 15-18 years old can apply to attend camp as Counselors! Keep in mind that applying to be a Counselor can be competitive and we can only take a limited number so be sure to fill out the application thoroughly!

This application is for youth age 15-18 years old. **4-H Camp registrations for all youth will be available soon.** If you are an adult interested in going to 4-H camp please contact Melissa by emailing melissa.schenck@uky.edu.



Camp this year is May 26-30. Teen Counselor applications are due March 31st. 4-H Camp registrations for youth 9-14 are available now!

At the Extension Office...

We have activities for youth, adults, and families!

ON AIR

Listen weekly for tips on 100.9. Our office has a weekly radio show on the same station at about 8:20 every Tuesday morning!

Wits Workout

Join us for a free session to learn about brain health and exercise your wits with fun games! These sessions are held the first and third Friday of each month at the Washington County Public Library. Cabrina Buckman, our Family and Consumer Sciences agent will be teaching. Have questions, call Cabrina at (859) 336-7741.

- March 7 - By Land or Sea - forgetfulness contributors
- March 21 - School Days - intellectual challenge
- April 4 - America's Pastime - exercise
- April 18 - Apple a Day - diet

Registration is now open for the 2025 Wheelbarrow Series!



New & returning members meeting date & registration deadline:
March 10, 2025

6:30 at the Extension Office



SENIORS!



Online only applications accepted until March 31, 2025.

<https://form.jotform.com/241224875105149>

Dorrian and Ruth Ross Scholarship

Minimum Award: \$500

Online applications accepted until March 15, 2025

Candidates must be from Washington County and highly involved in 4-H or FFA.

<https://columbusfoundation.org/students/scholarships/scholarship-detail/DorrianandRuthRossScholarship/96>



4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



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



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
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



Ag Tag

SUPPORTING YOUR LOCAL 4-H AND FFA.

In 2024, Washington County raised \$6,000 through the Ag Tag Voluntary Donation program. That's money that goes directly to Kentucky 4-H, Kentucky FFA and Kentucky Proud to support our agriculture community (and its future) here locally and across the Commonwealth.

Of that money, \$1,000 went to the Washington County 4-H Program to support local activities. We have over 300 4-H members participating in activities like 4-H Camp, Horse Club, Livestock Club, Shooting Sports, Sewing Club, and Cooking Club.

Agriculture is vital to the livelihood of every Kentuckian and it is through programs like Kentucky 4-H and Kentucky FFA that we continue to instill these values in youth. Each simple \$10 donation made when renewing an Ag Tag culminates to have a major impact on the youth of County.

As we look to March for 2025 Ag Tag renewals, we ask that you remember to make your voluntary donations on each farm license plate you renew.





SUPER STAR *Chef*

Super Star Chef is a cooking camp for participants ages 8-12. No previous cooking experience is required!

- ✔ Master a variety of cooking techniques like chopping, dicing, blending, folding, and whipping
- ✔ Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, muffins and more!
- ✔ Discover foods that fuel your body and energize you!
- ✔ Learn how to read a nutrition facts label and what it takes to be "food safe"



Date: April 1-3

Time: 10 AM-2 PM
(lunch provided)

Location: Washington
County Cooperative
Extension Office
245 Corporate Drive
Springfield, KY 40069

Sign up: Call 859-
336-7741

Crunchy Air Fryer Fish

Servings: Makes 4 servings

Serving Size: 4 ounces

Recipe Cost: \$7.72

Cost per Serving: \$1.93

Ingredients:

1 pound of white fish fillets
(tilapia, catfish, perch, etc.)
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon chili powder
1/4 teaspoon onion powder
1/4 teaspoon black pepper
1/4 teaspoon salt
1 egg
1 tablespoon olive oil
1 cup panko crumbs
Nonstick cooking spray



Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
- Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
- Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
- Preheat the air fryer to 390 degrees F while the fish rests. Coat the preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
- Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

Source: Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

Tips

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.



March

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6 Jr. Leadership Sewing Club 4:00	7 NWMS Cooking Club	1
9	10 Shooting Sports 6:30	11 NW 4th grade Club	12	13 NW Speech Contest Sewing Club 4:00	14	15
16	17 District Board 12:00 Young Riders 6:30	18 WCMS Reality Store Career Selection	19 Jr. Leadership	20 Teen Leadership 4-H Council 6:00 Sewing Club 4:00	21	22 Washington County Livestock Judging Contest
23	24 WCE/MS Speech Contest	25 WCHS Reality Store Teen Advisory 5:00 Livestock Club 6:30	26	27 Sewing Club 4:00	28 WCMS Reality Store	29
30	31 County Extension Council					

SAVE THE DATE 4-H TEEN CONFERENCE
JUNE 10-13

