

August 4-H NEWSLETTER

Reflecting on Summer!

This summer has been a busy one! We have created, camped, learned a lot, and laughed even more in Bath County 4-H! Keep reading to see what's planned for August and reflect on a great summer!

-Amber Dotson



Contact Me!



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Ask for Amber!



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Bath County 4-H



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

August

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					<div>*State Fair Entry Deadline 1 Power of Produce Club 10am-12pm</div>	2
3	4	5	6 Wildcat Archery Practice	7	8  Power of Produce Club 10am-12pm	9  Wildcat Archery Invitational Lions Club Park
10	11  Sharpsburg Farm Camp 11AM	12 Horse Club 6PM Sharpsburg Farm Camp 11AM	13 Wildcat Archery Practice Sharpsburg Farm Camp 11AM	14  Sharpsburg Farm Camp 11AM	15	16
17	18	19	20	21  Sports Day Camp (see flyer)	22	23
24	25	26	27  First day of school!	28	29	30



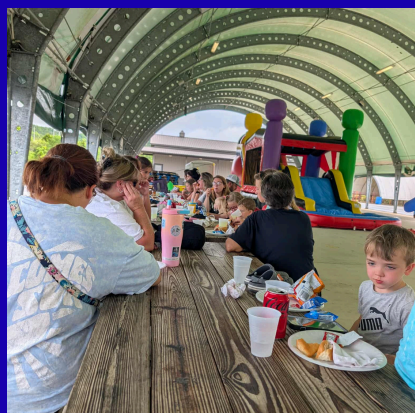
Bath County 4-Hers attended Summer Camp in Carlisle, KY!



Cutter Purdy and Levi Warden participated in the Area Tractor and Lawn Mower Driving Contest. Both are headed to state!



Clay sculptures, leather-making, and homemade pizza at Arts and Crafts Day Camp



Thank you to all who joined us for Kids Day at the Fair!



We made fruit salad at the Extension Office!



Diamond H Horse Club hosted a Showmanship Clinic!





YOUTH SPORTS DAY CAMP

**LUNCH
PROVIDED!**

AUGUST 21ST, 2025

10:00AM - 2:00PM

BATH COUNTY AG CENTER

**GET MOVING WITH BATH COUNTY 4-H
AND FAMILY AND CONSUMER
SCIENCES!**

**FOOTBALL
VOLLEYBALL**

**PICKLEBALL
WATER GAMES**

**NO COST
TO ATTEND!**

REGISTER HERE:



and more!

**AGES 11
& UP**

**[HTTPS://UKY.AZ1.QUALTRICS.COM/JFE/Form/SV_6F3OJ6P
1ZCGJF66](https://uky.az1.qualtrics.com/JFE/Form/SV_6F3OJ6P1ZCGJF66)**

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Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours(depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves mashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings Serving Size: 1 taco (1/3 cup pork on tortilla with 1/3 cup slaw) Cost per recipe: \$10.44 Cost per serving: \$0.87



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

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University of Kentucky
Cooperative Extension

