

April

4-H NEWSLETTER

Check out our *April Activities!*

- **Dairy Day**
 - April 10th, 3:00–4:00pm
 - Bath County Extension Office
- **Nature Camp Session 1**
 - April 24th, 5:00–7:00pm
 - Library Outreach Building– 41 Oberline St, Owingsville
 - **PREREGISTER BY TEXTING @bcmlwild to 81010**
- **Diamond H Horse Club**
 - April 22nd, 6:00–7:30pm
 - Bath County Extension Office
- **Youth Art Contest**
 - Due to the Bath County Extension Office by April 18th! Sheet attached

-Amber Dotson



Contact Me!



606-674-6121
Ask for Amber!



Amber.Dotson@uky.edu



Bath County 4-H



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Cooperative Extension Service

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Lexington, KY 40506

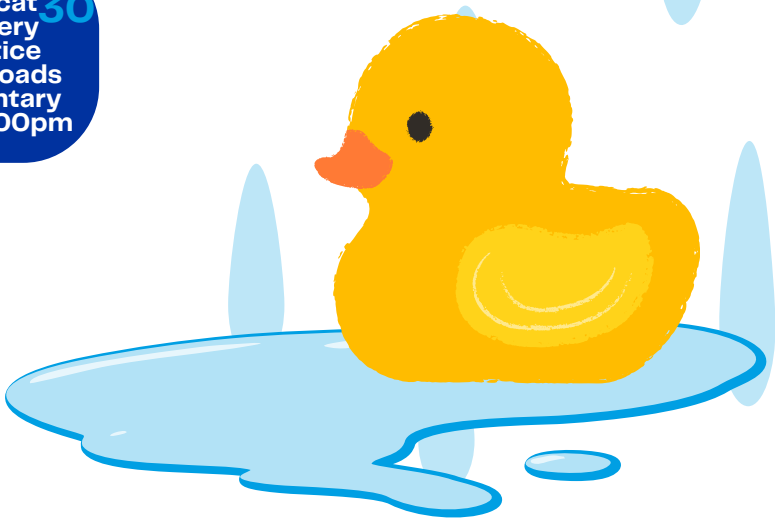


Disabilities
accommodated
with prior notification.

April

Sun Mon Tues Wed Thurs Fri Sat

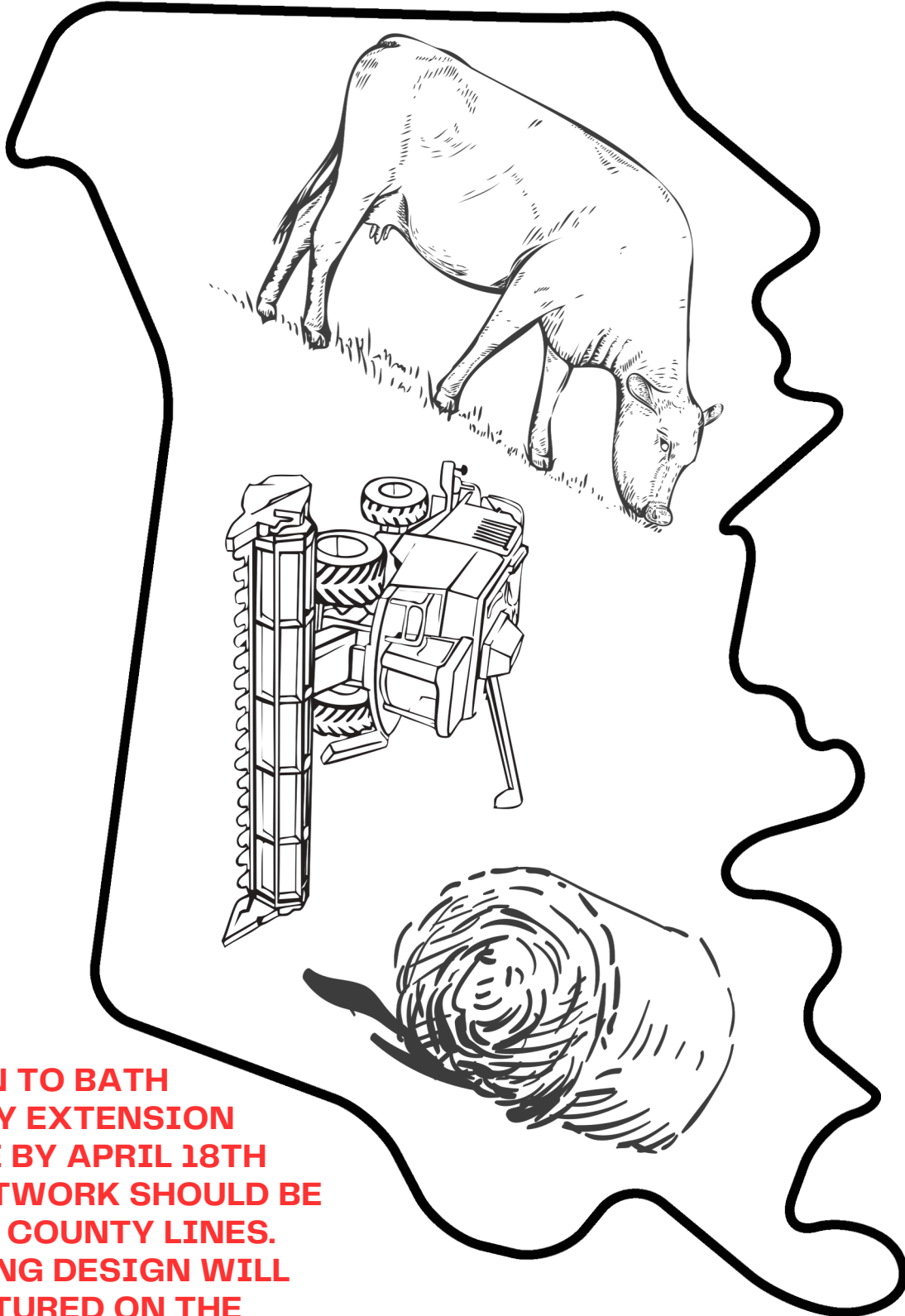
		1	2	3	4	5
6	7	8	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	 Dairy Day 3:00-4:00pm	11	12
13	14	15	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	17	 Art Contest Submission Due	19
 Happy Easter	21	 Horse Club Meeting 6-7:30pm	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	 Nature Camp Session 1 Bath Co. Memorial Library 5-7pm See attached flyer	25	26
27	28	29	Wildcat Archery Practice Crossroads Elementary 5:30-7:00pm	30		



TOGETHER WE GROW: YOUTH ART CONTEST

BATH COUNTY

Name: _____
School: _____
Grade: _____



- RETURN TO BATH COUNTY EXTENSION OFFICE BY APRIL 18TH
- ALL ARTWORK SHOULD BE INSIDE COUNTY LINES.
- WINNING DESIGN WILL BE FEATURED ON THE KENTUCKY STATE FAIR MAP!

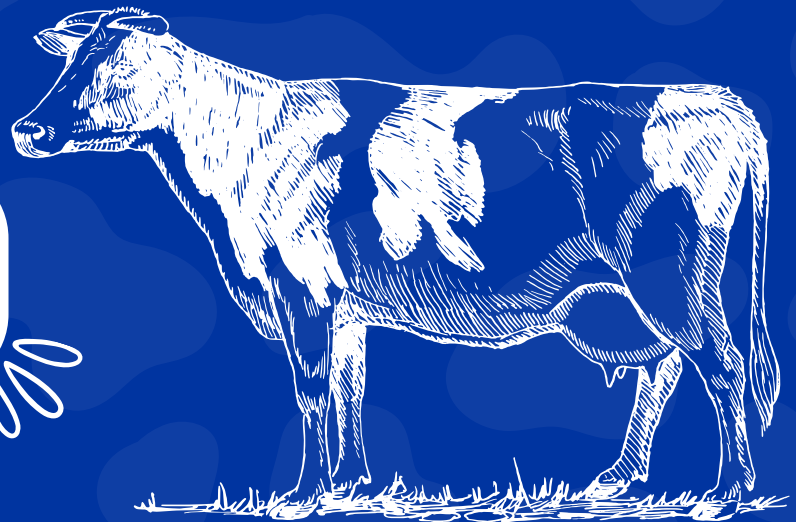
JOIN US FOR DAIRY DAY

- See how a cow is milked
- Learn how dairy products are kept safe
- Take home a goodie bag while supplies last!



Bath County Extension Office
3:00PM - 4:00PM
All Ages Welcome!

**ICE CREAM TRUCK
WILL BE SET UP!**



DIAMOND H HORSE CLUB

Join us for a meeting of the Bath County 4-H Horse Club! We will have an activity for club members, accept new club member sign-ups, and introduce our new club leaders!

All students who are interested in horses are welcome.
No horse ownership or experience required!

Informational Meeting

Date: Tuesday, April 22nd at 6:00pm

Location: Bath County Extension Office
2914 US-60
Owingsville, KY 40360

Questions? Contact your Bath County
4-H Agent at 606-674-6121
or amber.dotson@uky.edu



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Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 1 1/2 cups

Cost per recipe: \$8.56

Cost per serving: \$1.07

Nutrition facts

per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

