

4-H Youth Development



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FRANKLIN COUNTY COOPERATIVE EXTENSION JULY 2023 NEWSLETTER



UPCOMING PROGRAM EVENTS

- FARM CITY FIELD DAY7/13
- COUNTY FAIR 7/17-7/22/23
- COUNTRY HAM CLEANING..... 8/7-8/8
- STATE FAIR 8/17-8/27/23

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Franklin County Fair July 18th—July 22nd

The Fair Book is here! Stop by the Extension Office to pick one up or scan the QR code If you would like to view the exhibits for the 2023 Franklin County Fair. See page 5 for more information on entering your projects!



Project Days!

Thank you for joining us for our Project Days! Don't forget to enter your projects in the county fair!



Austin and MacKenzie will be at the Farmer's Market on Tuesdays! 9—11 A.M.
July 11th, 18th, 25th
August 1st



EAT HEALTHY LIVE HAPPIER

COME BRING YOUR KIDS AND MAKE HEALTHY, FUN SNACKS WHILE LEARNING THE IMPORTANCE OF HAVING A GOOD DIET!
HOSTED BY UKY COOPERATIVE EXTENSION INTERN, CIARA BROWN

18 JULY

9:00 AM- NOON

FRANKFORT COUNTY FARMERS MARKET
FREE ENTRY- KIDS DAY!
RIVER VIEW PARK- 404
WILKINSON BLVD, FRANKFORT, KY 40601



TUESDAYS FOR KIDS AT THE FARMERS MARKET

Farm 2 School Explorations

Grades K-6, 10-11 AM

Tuesdays (registration required)
bit.ly/45RTLEH

June 20 | June 27 | July 11 | July 18 | July 25



Plus More 4-H Fun

kids of all ages, 9-11 AM just drop by these Tuesdays

June 13 | June 20 | July 11
July 18 | July 25 | August 1

4-H Camp Pictures



4-H camp was a wonderful time, June 26-30th!
Highlights include messy games, gaga ball, archery, and rockets!

Special thanks to all the AC's & JC's that came with us!



July 2023


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Extension Office Closed for 4 th of July	5	6 Summer Project Day	7	8
9	10	11 Farmer's Market 4-H lesson Entomology & Forestry Project Day pt 2 JR COOKING CLUB ROOM G 5:30 PM	12	13 Farm City Field Day	14	15
16	17	18 Farmer's Market 4-H lesson County Fair	19	20	21	22
23	24	25 Farmer's Market 4-H lesson COOKING CLUB BBQ Day ROOM G 9:30 – 1PM BEE CLUB ROOM A/B 5:00 PM	26	27	28	29




4-H member shout out! Tyson Miller and Lilly Preece at Teen Conference this summer!

July 25
2023

What is honey?



Beneficial properties of honey.



This is due to the biological nature of honey and its complex chemical composition.

Join Franklin County Extension Office's summer intern Lauren Lehr as she teaches about the medical, nutritional, and environmental importance of honey bees. Located at the Franklin County Farmers Market, participate in hands on activities like making beeswax candles.

Exhibits



Location: Farm Bureau Pavilion

Exhibit Hall Viewing Times:

Tuesday-Friday, July 18-21: 5:00-8:00 pm
 Saturday, July 22: 9:00 am - 12 Noon

2023 Exhibit Hall Committee

Chair: Matt Graham
 Keenan Bishop, Jenna Burke, Erica Baxter,
 Anne Marie Franklin, Julie Derringer, Linda
 Eldridge, Mary-Grace Allen, JR Zinner

How to Enter your Exhibit

Entries will be registered on Monday, July 17, 5-7:00 pm and Tuesday, July 18, 8-11 am at the Farm Bureau Pavilion in Lakeview Park. (Note: ALL perishable entries should be entered on Tuesday morning to ensure the integrity of exhibits for judging.)

If entering more than 10 items, please arrive at least ONE HOUR before entry time closes. Exhibitors will be assigned a unique number and ticket at registration for their entries and will then check their entries into division tables in the pavilion for public display.

SAVE THE DATE: JULY 13, 2023

9AM- 1PM



FARM CITY FIELD DAY

FARM HOSTS:

HARROD FARM - 645 EVERGREEN RD.
 FIRMLY ROOTED FLOWERS - 650 EVERGREEN RD.

The **63rd** Franklin County farm City Field Day is July 13 in the Bridgeport community off Evergreen Road. This year we have two host farms, Firmly Rooted Flowers and the Harrod Family Farm.

Firmly Rooted Flowers is a seasonal specialty cut flower farm operated by a 5th generation farm family. The Harrod Family Farm is a beef cattle operation of multiple families and generations as well.

Tours will start at 9:00 and run until lunch. Stops include cut flower production, heavy-use feed pad, tire

waterers and the embryo-transfer process of artificial insemination. After our meal and short program, we'll be offering an in-depth tour of the flower operation for those interested.

Please join us for an informative, educational day of fellowship. Tickets available at the Franklin County Farm Bureau office (free but required for the meal).

YOUTH HEALTH BULLETIN



JULY 2023

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

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THIS MONTH'S TOPIC:

THE 5 S'S OF SUN SAFETY



There are so many fun activities to do in the summer! From sports such as soccer, baseball, and pickleball to cooling off with water activities such as swimming, canoeing, and playing in a backyard sprinkler. Being active outside is a great time!

When you are going to spend time outside, remember to protect your skin from the hot summer sun. Over time, the sun can hurt your skin. What might seem like a minor chore now can save your skin a lot of pain later.

Continued on the next page →

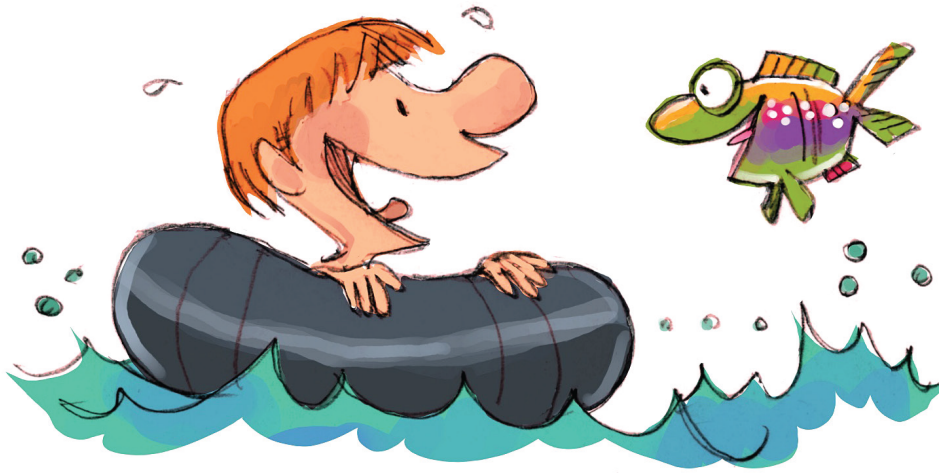
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Disabilities
accommodated
with prior notification.

Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day.



→ Continued from the previous page

The National Health Service suggests remembering the 5 S's of Sun Safety to protect skin from sunburn and damage:

- 1. Slip:** Slip on a shirt or cover-up if you are not in the water. Wear a swimming rash guard with sleeves to prevent too much of your skin from being exposed to the sun. One of the best ways to protect your skin from the sun's rays is by covering up. Try to choose clothes you cannot see through. It has the best sun protection.
- 2. Slop:** Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day. Use plenty and reapply often on all of your skin that doesn't have clothes on it. Ask for help reaching areas like your shoulders, back, and face so you do not miss any spots!
- 3. Slap:** Slap on a hat to shield your face and head. There are lots of hats that have wide brims and can help add extra protection for your neck, ears, and back of your head if you have short hair.
- 4. Slide:** Slide on sunglasses to help protect your eyes from sun damage.
- 5. Shade:** Try to stay in shaded areas when the sun is at its strongest. In Kentucky, the sun is strongest from 11 a.m. to 3 p.m. every day. When you take a break from playing outside, look for a place to rest that is shielded from

the sun. Find shade under a tree, porch, pavilion, wide umbrella, or in a tent!

As you are racing out the door to have fun outside this summer, remember to "slip, slap, slop, slide, and shade!"

REFERENCE:

<https://www.southwestlondon.icb.nhs.uk/news/slip-slap-slop-slide-and-shade-five-sun-safety-ss-for-hot-sun>



ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
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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.



Find us on:
facebook

Be the first to know about 4-H Events and Activities by liking our Franklin County 4-H Facebook page.

facebook.com/FranklinKY4H/



Blackberry Lemon Upside Down Cake

- | | | |
|--|--------------------------------------|-------------------------------------|
| 2 teaspoons melted butter | 1 1/4 cup all-purpose flour | 1 large egg |
| 1/3 cup brown sugar | 1 1/2 teaspoons baking powder | 3/4 teaspoon vanilla extract |
| 1 1/2 teaspoons grated lemon peel | 1/4 teaspoon salt | 1 teaspoon lemon juice |
| 2 cups fresh blackberries | 2/3 cup sugar | 1/2 cup skim milk |
| | 2 tablespoons butter | |

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Austin J. Brewer
County Extension Agent for 4-H
Youth Development Education

MacKenzie J. Preece
County Extension Agent for 4-H
Youth Development Education

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LEXINGTON, KY 40546



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