

Green County 4-H NEWSLETTER June/July 2025

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service
Green County
298 Happyville Rd.
Greensburg, KY 42743
(270) 932-5311
green.ca.uky.edu

— 4-H Summer Camp 2025 —

Green County youth just returned home from a week at 4-H Camp at Lake Cumberland. These youth experienced activities from archery to zip lining! Thanks to our amazing adult volunteers for making this week possible: Joey Henderson (aka Golf Cart Joey), Joey Henderson, Steven Janes, Nicole Jeffries, Carol Henderson and Heather Moss. Below, campers Audrey, Owen and Sophie were recognized with special awards by camp staff on our final day.



OFFICE CLOSED
THURSDAY, JUNE 19TH



Sincerely,

Sue Ann McCandless

Sue Ann McCandless
Green County Extension Agent
For 4-H Youth Development Education
270-932-5311

sue.ann.mccandless@uky.edu

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Thanks to Adair County 4-H for inviting us to attend the upcoming 4-H Poultry BBQ Day Camp!

A promotional poster for a 4-H Poultry BBQ Day Camp. The background is light blue with white clouds. At the top, '4-H' is written in large black letters. Below it, a large orange banner contains the words 'POULTRY BBQ' in white, bold, sans-serif font. Underneath the orange banner is a green banner with 'DAY CAMP' in white, cursive script. To the right of the green banner is a realistic illustration of a roasted chicken leg. Below the banners, the text 'CAMP WILL FOCUS ON' is underlined in black. This is followed by two bullet points in orange: '• FOOD & FIRE SAFETY' and '• POULTRY GRILLING BASICS'. On the left side, there are two green square icons: a calendar and a location pin. To the right of these icons, the date and time 'TUESDAY, JULY 1 8:30 AM- 1:30 PM CT' are listed. Below that, the location 'ADAIR CO EXTENSION OFFICE 409 FAIRGROUND ST, COLUMBIA' is provided. At the bottom, the text 'RSVP:' is in orange, followed by the phone number '270-384-2317' in black. On the right side of the poster, there is a red charcoal grill on a metal stand with wheels, with yellow and orange flames coming out of the top. The grill lid is open.

4-H

POULTRY BBQ

DAY CAMP

CAMP WILL FOCUS ON

- **FOOD & FIRE SAFETY**
- **POULTRY GRILLING BASICS**

 **TUESDAY, JULY 1**
8:30 AM- 1:30 PM CT

 **ADAIR CO EXTENSION OFFICE**
409 FAIRGROUND ST, COLUMBIA

RSVP:
270-384-2317



Sign up by calling the Adair County office.
Spots are limited, call ASAP!

KIDS GET
FREE MARKET BUCKS
by visiting the Market!

**VISIT THE
FARMERS
MARKET**

FARMERS MARKET ON GREEN RIVER

THURSDAYS

3:00-5:30 PM



Kid Friendly Recipes



**CONTACT THE EXTENSION OFFICE
FOR RECIPES TO USE WITH YOUR
MARKET FINDS!**



Green County 4-H

— UPCOMING EVENTS —



Archery Practice

Every Tuesday

4:30 pm at the Green County Extension Office

For those that have registered.

Cloverbud Camp

For youth ages 5-8

July 18-20th

Lake Cumberland 4-H Camp

Registration is closed.

Poultry BBQ Day Camp

July 1st

Adair County Extension Office

See page 3 for more information.

State Poultry BBQ Contest

Saturday, July 26th

Hardin County Extension Office

Green Co. 4-H Council

Monday, August 4th

5:00 p.m. CT

KY STATE FAIR

August 14-24, 2025

Livestock Exhibitors Deadline: July 10

Pathway to the
Future

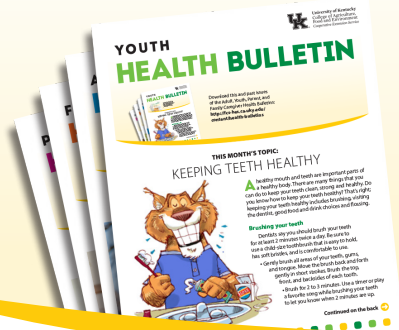


Where will 4-H lead you?

For more information on how
to get involved with
Green County 4-H, contact
Green County 4-H Extension
Agent for Youth Development,
Sue Ann Loyall at
270-932-5311 or email
sue.ann.mccandless@uky.edu



YOUTH HEALTH BULLETIN



JULY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

WATER FOR WELLNESS



Water is everywhere! It is in lakes and rivers, in the pipes in our homes, and even in the clouds. But did you know that water is also inside our bodies? About 60% of our bodies are made of water! Isn't that cool?

That is why drinking water is so important. Our bodies need a lot of water to work well. Water makes up more than half of our body weight, and without it, we cannot live for more than a few days. Why is water so important? Our bodies have many jobs to do, and water helps us do them. For example, our blood has

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➔ **Continued from the previous page**

a lot of water in it, and it carries oxygen to all the tiny parts of our body. Without oxygen, those parts would not work, and we would not be able to live.

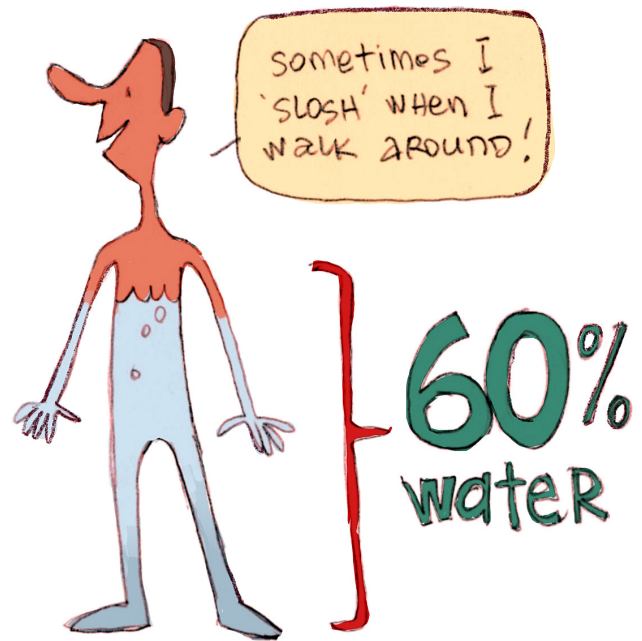
Water is also important for our immune system, which helps us fight off sickness. We need water to digest our food, make energy, and get rid of waste. Plus, sweat is mostly water, which helps keep our bodies cool.

So, how much water should you drink? Generally, children over the age of 8 should drink at least 8 cups of water per day. You will need to drink more water if you are sick, exercising, or spending time outside in hot weather.

That may sound like a lot, but drinking some throughout the day, with meals and snacks, and anytime you feel thirsty, should go a long way to accomplishing this goal. It is also important to drink water before and after exercising, playing sports, or playing outside when it is hot. It may be helpful to carry a water bottle with you when you go to school, play sports, or go outside to play.

Here are some other tips to help you drink enough water every day:

- **Place your water bottle in a place where you will remember to take it with you.** It might be helpful to have a water bottle for



school to keep in your backpack. Remember to take it out to clean and refill it at night.

- **If you prefer to drink cold water, add ice!** Using an insulated or metal water bottle will also help keep your water cold.
- **Make water your drink of choice at meals, instead of soda or juice.** To flavor your water, try adding fruit like berries or melon, vegetables like cucumbers, or herbs like mint.
- **Try to habit-stack.** For example, every time you finish brushing your teeth, drink a small cup of water.
- **Some people find it easier to drink more out of a straw.** If you struggle to drink enough water out of a bottle or cup, try using a straw.

Remember, your body needs water throughout the day to stay healthy and hydrated, to feel its best, and to grow. So, drink up!

REFERENCE:

<https://kidshealth.org/en/kids/water.html>

Written by: Katherine Jury,
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



Crispy Oven Zucchini Fries

Servings: 8 Serving Size: 1 cup



Ingredients:

- ½ cup all-purpose flour
- Pinch of salt
- ½ teaspoon black pepper
- 1 egg + 1 egg white
- ½ cup plain or panko breadcrumbs
- ¼ cup grated parmesan cheese
- ½ teaspoon paprika
- Dash of salt
- 4 medium zucchini
- Nonstick spray

Directions:

1. Preheat oven to 450° F.
2. In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika and a dash of salt.
3. Slice zucchini lengthwise into ½-inch thick pieces. Cut into 4-inch lengths and then into “fries” or strips.
4. Dip zucchini strips into the flour, then the egg and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
5. Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

Notes

For more family-friendly recipes check out our book! In stores now! Also reach out to your local Kentucky County Extension Service to discover related FREE classes.