

# Clover Corner



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

4-H Youth Development

OWSLEY COUNTY 4-H NEWSLETTER - NOVEMBER & DECEMBER 2023

# Happy Holidays

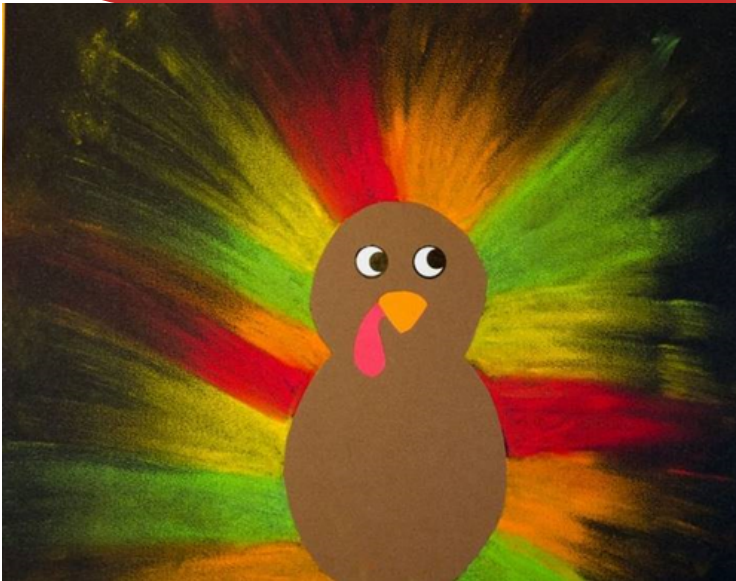
## ART CLASS

Date: Tuesday, November 14th

Time: 4:00pm.

Where: Owsley County  
REC Center

**FREE**



CARISSA MISKE - OWSLEY COUNTY  
Extension Agent for 4-H Youth Development



**FREE**

## Santas's Workshop

When: Wednesday, December 20th

Time: 10:00 am - 2:00 p.m.

Where: Owsley County Extension  
Service Office

Please call (606)593-5109 to  
register for this workshop.  
Spots are limited. Snacks and  
Lunch will be provided.



# Save the Date

4-H Camp Is May 28th - 31st, 2024

### 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.



# A look at some recent 4-H Programs



## Festive Fruit Wreaths

### Ingredients:

- 1 sliced whole wheat bagel
- 2 tablespoons low-fat fruit flavored cream cheese
- ½ cup sliced assorted fruit

### Directions:

1. Separate bagel halves and toast if desired.
2. Spread each half with a tablespoon of cream cheese.
3. Sprinkle fruit on top. For a festive look, try sliced kiwi or green grapes and berries.

Source: Eat Smart to Play Hard: Jeanie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

160 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 10mg cholesterol; 250mg sodium; 28g total carbohydrate; 1g dietary fiber; 6g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 6% Daily Value calcium; 6% Daily Value iron; 2% Daily Value potassium

