



UK Cooperative
Extension Service

- Hello - JUNE

DATES TO REMEMBER

June 10-13: 4-H Camp & Teen Conference
June 17: 4-H Art from the Garden, 8:30am
June 18: Passport Kitchen*
June 24: Little Chefs Cooking Class, 5:30pm
June 25: Passport Kitchen*
June 28: Coffee Filter Butterflies at the
Farmers' Market

*see flyer for more info

State Fair

Kentucky State Fair will take place
August 14-24 at the Kentucky Exposition
Center in Louisville, KY.

COUNTY Fair

2025 4-H fair exhibit books are AVAILABLE!
Stop by the Extension Office to pick one up,
or call us to have one mailed to you. The
Daviness County Lions Club Fair will be
July 16-19, 2025.

SHOOTING SPORTS

We would like to congratulate Lillian
Connor for being selected as a returning
member of the Kentucky 4-H Shooting
Sports Teen Ambassador Board!

More information on Daviness County 4-H can be found on our website at <https://daviess.ca.uky.edu/4-h-youth-development>. Also be sure to check out our social media pages!



facebook.com/daviessco4H



instagram.com/daviessco4h

MASTER GARDENERS AT THE FARMER'S MARKET

The Green River Area Extension Master Gardeners will have youth activities at the Owensboro Regional Farmers' Market this summer. Dates and activities are listed below. Make plans to come to the market!



May 31: Cupcake Liner Flowers

June 28: Coffee Filter Butterflies

July 26: Suncatchers

August 30: Vegetable Stamping



4-H ART FROM THE GARDEN

June 17th

8:30 am—noon

Daviess County Cooperative Extension Office

4-H members will make projects to enter into the Daviess County Lion's Club Fair. Projects include Desert Dish Garden, Cyanotype Print, Colored Pencil Drawing and Mixed Media Canvas. The registration fee is \$5.00. Class size is limited. Register by June 13th by calling the Extension Office at 270-685-8480. For ages 9 and up (as of January 1, 2025).

LITTLE CHEFS COOKING CLASS

Little Chefs *Cooking Class*

Join the Healthpark Dietitians at the UK Cooperative Extension Office for the Little Chefs Cooking Class for kids and families. Bring your kids for some fun while learning healthy snack ideas and cooking tips.

Tuesday, June 24, 2025 at 5:30 p.m.

UK Extension Office

4800A New Hartford Rd.

Owensboro, KY 42303

Call 270-685-8480 to register.



Owensboro Health
Healthpark



Cooperative
Extension Service





4-H Silver Achievement Winners: Cade Quisenberry (left) and Liam Dominguez (right).

4-H Awards



4-H Jacket Award Winner:
Aiden Quisenberry

Kelsey Splittorff
Graduating Senior
4-H Display



4-H Club Leaders and certified volunteers present at our open house were recognized for filling the buckets of our 4-H members.



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



PASSPORT KiTCHEN

Explore countries through the kitchen! Participants will make a recipe and learn about the culture of various countries throughout the program.

Program Dates

June 18 (Brazil), 25 (Germany)
July 2 (Nigeria), 9 (Poland), 23 (China)

Schedule

10.00 a.m. - 12:00 p.m. for ages 9 and up
2:00-3:00 p.m. for ages 5-8

**sign up for one
or multiple
dates**

space is limited

Sign-ups start May 21st

**Call the Daviess
County Extension
Office to RSVP at
270-685-8480**

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2025 FAMILY & FARM AG DAY

JULY 26, 2025 / 10A - 2P

PANTHER CREEK PARK SOUTH

We are delighted to invite you and your family to an interactive experience to learn about the traditional farm life of Daviess County, KY. Together we have created an opportunity to learn about planting row crops, and what it takes to run a farm in the 21st century, along with some of the unique farm implements required to be successful. Multiple farm related exhibits will be available.

FFA "AG DAY OLYMPICS" COMPETITIONS

SOUTHLAND DAIRY JERSEY COW DEMONSTRATIONS

ANTIQUE / LATE MODEL FARM IMPLEMENTS

**KENTUCKY DEPARTMENT OF AGRICULTURE "RAISING HOPE" HEALTH SCREENINGS
AND SAFETY DEMONSTRATIONS**

GRAIN BIN SAFETY DEMONSTRATIONS

MULTIPLE FOOD TRUCKS ON SITE

PLUS MUCH, MUCH MORE.....



PANTHER CREEK PARK SOUTH WWW.DAVIESSKY.ORG (270) 685-6142

RICE AND BEAN SALAD

Ingredients:

Dressing:

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad:

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)



Servings: 7 Serving Size: 1 1/2 cups

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Nutrition facts per serving: 350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Stacey R. Potts
Daviss County Extension Agent
for 4-H and Youth Development



Sharayha Clingenpeel
Daviss County Extension Agent
for 4-H and Youth Development

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.