

March

DATES TO REMEMBER

- March 6: Horticulture Club, 6:00 p.m.
- March 12: 4-H Dairy Goat Club, 6:00 p.m.
- March 13: Rabbit Club, 6:00 p.m.
- March 17: Cloverbud Club, 6:00 p.m.
- March 19: 4-H Thrive, 4:30 p.m.
- March 20: Poultry Club, 6:00 p.m.
- March 24: Homeschool Club, 5:00 p.m.
- March 27: Shooting Sports Information Session, 5:45 p.m.
- March 28: Poultry Club Candling, 5:00 p.m.

All meetings are held at the Daviess County Cooperative Extension Office unless noted otherwise.

DEMONSTRATION CONTEST

Our 4-H Demonstrations Contest will be held at the Daviess County Extension Office Monday, April 21 starting at 4:00 pm. A demonstration is a method used to communicate an idea by showing and telling. Demonstrations should be 5-15 minutes long for both junior and senior 4-H members. Visual aids are used to enhance the presentation. More information is available on our website. Registration is due: March 7.

AG TAG

It only takes \$10 to make a difference in supporting Kentucky 4-H, Kentucky FFA, and Kentucky Proud. Be sure to ask about the **Kentucky Ag Tag Program** when you renew your farm license plate and how to make your \$10 donation in support of the youth in your community.

The Ag Tag Program is supported by the Kentucky Commissioner of Agriculture, Jonathan Shell. The money raised by the program is evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud, (promotes agricultural products raised, grown, or processed in Kentucky by Kentuckians). *We thank our farmers for their continued support!*

4-H CAMP

Daviess County is going to 4-H camp June 10-13, 2025. Enrollment forms are now available online and for pick up at the Extension Office. Spaces are filled first come, first serve. The deadline to sign up is May 7, 2025.

OPEN HOUSE

Save the date for an Open House at the Daviess County Cooperative Extension Office on Tuesday, May 20. Look for more details in future newsletters!

More information on Daviess 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

KENTUCKY FARM BUREAU INSTITUTE

Kentucky Farm Bureau has invested in our state's youth for thirty-eight years through the Institute for Future Agricultural Leaders (IFAL) Program. IFAL is a unique five-day summer leadership conference that exposes students to college life and explores different fields of study for careers in agriculture. IFAL allows high school juniors to choose between separate conferences at two of Kentucky's premier universities. This year's IFAL conferences will take place June 15-19, 2025, at Murray State University and June 22-26, 2025, at the University of Kentucky in Lexington.

The IFAL program helps students become familiar with Farm Bureau, promote agricultural-related career choices, provide leadership development opportunities, and promote each participating university.



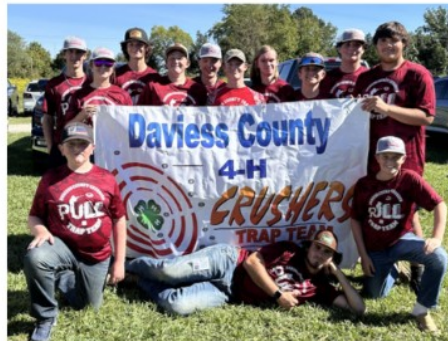
Additional information about the program and a link to the application can be found online at kyfb.com/IFAL. Complete applications must be submitted by Tuesday, April 1, 2025 to be considered.

Daviess County 4-H **SHOOTING SPORTS** Information Session

March 27 at 5:45 p.m.
Daviess Co. Extension Office
4800A New Hartford Rd
270-685-8480



An Equal Opportunity Organization



Special thanks from the Daviess County 4-H Marksmen goes to USAdebusk and KWG Guns for helping us get 10 new BB rifles.



FIND YOUR SPARK AND BUILD FRIENDSHIPS



10th - 13th June
2025

About Our Event

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

JOIN US!

Event Highlights

Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

Day of Service

Participants engage in community service projects throughout Lexington

Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

Teen Conference Applications will be available at a later date.
For more information contact Stacey Potts at 270-685-8480.

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 Daviess County Lions Club Fair will be July 16-19, 2025.

Please note: this book only contains information on 4-H Divisions. County fair open division exhibits and livestock information will be released at a later date.



Basic Art Workshops for Cloverbuds

WHERE: DAVIESS COUNTY EXTENSION OFFICE - ROOM A

COST: FREE

AGES: 5-8 (AS OF JAN. 1)

RSVP: 270-685-8480 (SPACE IS LIMITED)

DESIGNING COLOR WHEELS W/

ACRYLIC PAINT

DATE: MARCH 31

TIME: 10:00-11:00 A.M.

WATERCOLOR W/ TISSUE PAPER

DATE: MARCH 31

TIME: 1:00-2:00 P.M.

Basic Art Workshops

WHERE: DAVIESS COUNTY EXTENSION OFFICE - ROOM A

COST: FREE

AGES: 9 AND UP (AS OF JAN. 1)

RSVP: 270-685-8480 (SPACE IS LIMITED)

EXPERIMENTING WITH

WATERCOLOR

DATE: APRIL 1

TIME: 10:00 A.M.-12:00 P.M.

DESIGNING COLOR WHEELS W/

ACRYLIC PAINT

DATE: APRIL 2

TIME: 10:00 A.M.-12:00 P.M.

WATERCOLOR: WHEN COLORS

COLLIDE

DATE: APRIL 1

TIME: 2:00-4:00 P.M.

COLOR CHALLENGE PAINTING

DATE: APRIL 2

TIME: 2:00-4:00 P.M.



POP CLUB

POWER OF PRODUCE

- Participate **once** a week (Tuesday, Thursday, or Saturday) and receive \$5 in market bucks to use on fresh produce
- Must be **present** and **participate** to receive market bucks
- Each week offers a different activity and food sample related to in-season produce
- Open to kids and adults (ages 3 and up)

Program Dates:

Week 1: June 3, 5, 7
Week 2: June 10, 12, 14
Week 3: June 17, 19, 21
Week 4: June 24, 26, 28
NONE Week of July 4th
Week 5: July 8, 10, 12
Week 6: July 15, 17, 19
Week 7: July 22, 24, 26
Week 8: July 29, 31, Aug 2



How to Register:
Find the POP Club cart the first week of June (3, 5, or 7) to sign-up!

Owensboro Regional Farmers' Market
1205 Triplett St.
Owensboro, KY 42303



Owensboro
Health



Martin-Gatton
College of Agriculture,
Food and Environment
operative Extension Service
Davies County

CRUNCHY AIR FRYER FISH

Ingredients:

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray



Servings: 4 Serving Size: 4 ounces

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Nutrition Facts: 230 calories, 7g total fat, 1.5g saturated fat, 105mg cholesterol, 260mg sodium, 16g total carbohydrate, 0g dietary fiber, 1g sugars, 26g protein, 20% daily value of vitamin D, 2% daily value of calcium, 6% daily value of iron, 8% daily value of potassium


Stacey R. Potts

Daviess County Extension Agent
for 4-H and Youth Development




Sharayha Clingenpeel

Daviess County Extension Agent
for 4-H and Youth Development

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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.