HENDERSON COUNTY

KENTUCKY COOPERATIVE EXTENSION

4-H NEWSLETTER

January 2024 Edition

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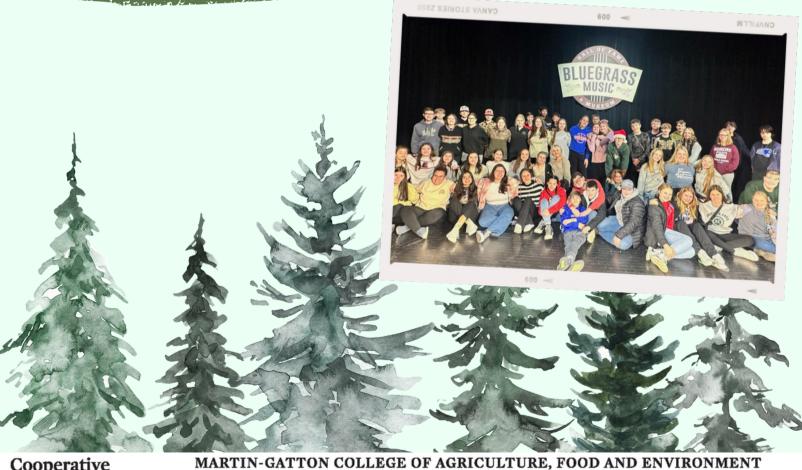
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AREA TEEN RETREAT AT THE BLUEGRASS HALL OF FAME MUSEUM



Cooperative Extension Service

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Cooperative Extension Service

PRESENTS

NDER THE BIG TOP





HAND KNIT A BLANKET

January17th from 4-5:30 PM Please bring 4 skeins of thick blanket yarn

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





Apple Grilled Cheese

Ingredients:

- · 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- · 1 apple, cored and thinly sliced

Directions:

- Place a medium skillet over medium heat. Butter one side of each slice of bread.
- Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
- 3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
- Repeat for next sandwich or if your skillet is large enough, you can do two at a time.



Recipes courtesy of University of Kentucky NEP Plan, Eat, Move



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