



SEPTEMBER 2025

Lewis County 4-H

From the Agent

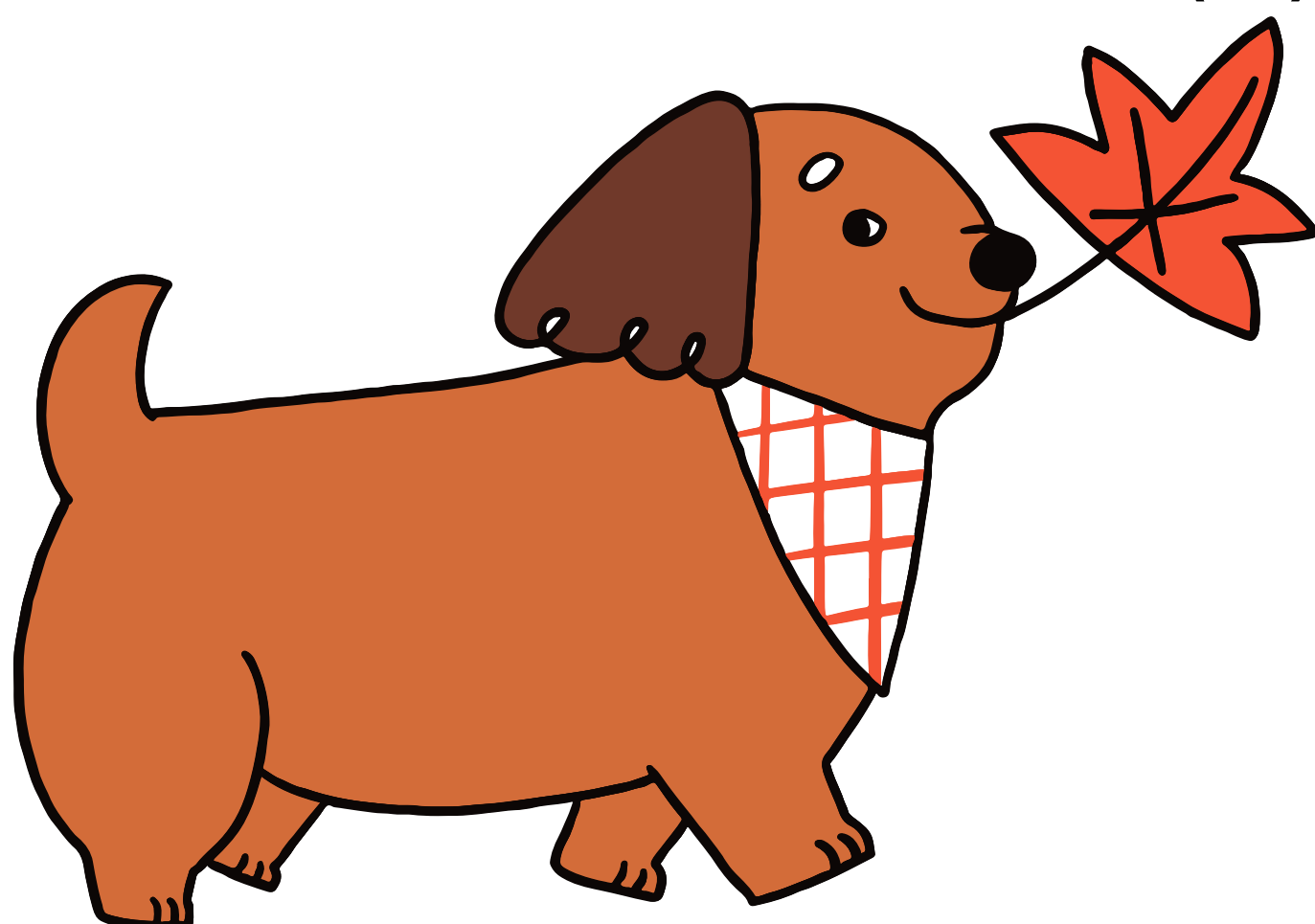
Happy September and welcome to the new Program Year! This is one of the busiest times of the year for Extension Offices. We have just completed the Kentucky State Fair, are finishing up programs, and are gearing up for the next year full of adventures!

This also means that my favorite time of the year is coming: Fall! I love seeing the colors of the trees coming out, stepping on those crunchy fallen leaves, and attending fall themed events. In this issue are few fall themed events appropriate for any age! Please consider coming out and enjoying some family fun!

With that, I'll leave you to check out what's going on this month!

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**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

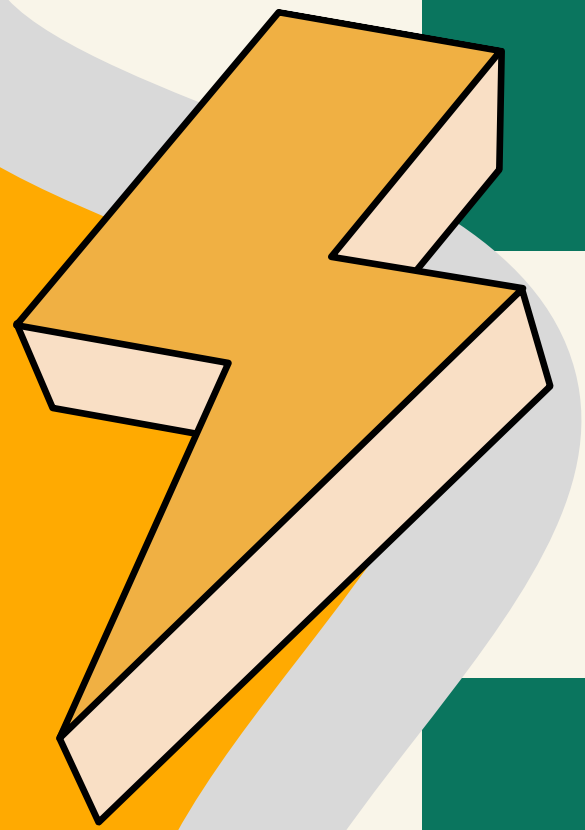
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

JR. TEEN CLUB



**Take part in leadership experiences, complete
community service projects, and connect with
others!**

Open to all youth in 7th–8th grade!

**Meets directly after school until 4:30 at the Lewis County Extension
Office!**

MEETING DATES:

September 16

January 13

October 14

February 17

November 18

March 17

December 11

April 14

QUESTIONS?

**Contact Ashley at 606–796–2732
ashley.mhunt@uky.edu**



TEEN CLUB

LEWIS COUNTY 4-H

Take part in leadership experiences, complete community service projects, and connect with others!

Open to all youth in 9th-12th grade!

Meets directly after school until 4:30 at the Lewis County Extension Office!

Meeting Dates:

September 18	February 19
October 16	March 17
November 20	April 16
December 11	May 7
January 15	

QUESTIONS?

Contact Ashley at 606-796-2732
ashley.mhunt@uky.edu





Cooperative
Extension Service

LEWIS COUNTY VEGETABLE PRODUCERS

HARVEST Fest



September 20th, 2025

SEPTEMBER 20, 2025 8:00 A.M. - 2:00 P.M.

APPLE PIE CONTEST ENTRIES TAKEN FROM 11:30 A.M. - NOON

Get your produce, crafts and other items during our annual Harvest Fest!

Apple pie contest will be held for ages 9-13, 14-17 and adult 18 and up

Rules

- One pie entered per person
- Pies must be completely cooled
- A copy of the recipe must be submitted at time of entry with name, address and phone number on the back
- Entries will be taken from 11:30 a.m. - 12:00 noon

**For questions or to secure a spot to sell your goods, please call the
Lewis County Extension Office at 796-2732**

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PUMPKIN ART CONTEST



September 20, 2025

Lewis County Farmer's Market

AA Highway in Vanceburg, next to the Lewis Co Health
Department

Registration: 10:00-10:30am

Judging: 10:30am

Awards: 11:00am



Rules:

- Participants must attend Lewis County Schools (homeschool included)
- Participants allowed one entry per category
- Participant must be present during the awards to win
- Age groups are 7-8, 9-13, 14-18 years of age. Age is based on the child's age on January 1, 2026.

Categories:

- Best Painted Pumpkin: Only paint allowed.
- Best Decorated Pumpkin: Any type of media allowed (paint, carving, clay, extra decor, etc)

Prizes:

1st Place for all divisions - \$50, sponsored by Primary Plus of Vanceburg
2nd Place for all divisions - \$35, sponsored by Farmers Cooperative Insurance
3rd Place for all divisions - \$25, sponsored by Trace Creek

JOIN US FOR A DAY OF FUN,
CREATIVITY, AND FESTIVITIES!

FOR MORE INFORMATION, PLEASE CONTACT LEWIS COUNTY 4-H
AGENT ASHLEY HUNT AT 606-796-2732 OR ASHLEY.MHUNT@UKY.EDU

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SEPTEMBER 2025

2026 Program Year

September is here, which means the start of a new 4-H Program Year!

The 2026 Program Year is going to be a big one! With 4-H Shooting Sports, Livestock Club, School Clubs, and so much more, Lewis County youth are sure to find something that strikes their fancy!

All 4th, 5th, and 6th graders will be receiving an enrollment form in their school enrollment papers. We ask that these are filled out and returned as soon as possible!

Any other youth ages 9-18 wishing to join can have a parent/guardian fill out the PIE Form in its entirety and return it to the Lewis County Extension Office. A copy can be emailed to the parent/guardian or a physical copy can be picked up from the Lewis County Extension Office Monday-Friday from 8:00am-4:30pm (Closed 12:00pm-1:00pm for lunch).

All of us at the Lewis County Extension Office are so excited to work with the children, teens, and adults of Lewis County! We cannot wait for what this new program year brings!

New and returning clubs will be beginning throughout the year! Please keep a look out on our Facebook (Lewis County 4-H, KY) for updates!





SEPTEMBER 2025

Recipe of the Month: Easy Granola Bars



With a busy schedule, it's hard to find foods that are yummy and easy to make. This granola bar recipe is one of my favorites!

Ingredients:

- 2 cups of quick oats
- 1 cup of peanut butter
- 2 tablespoons of sliced almonds
- ¼ cup of honey
- ¼ cup raisins or dried cranberries (optional)

Directions:

1. Mix together ingredients in a medium-sized bowl.
2. Line a 9x9 square pan or 7x11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed.
3. Place pan in freezer for one hour until granola is firm. Cut into 14 bars.

Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program

Nutrition Facts: 200 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 20g carbohydrate; 3g fiber; 9g total sugar; 7g added sugar; 6g protein; 0% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of potassium.

Find delicious recipes and more at planeatmove.com

