



November

Cooperative Extension Service
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HEALTHY CHOICES
 FOR HEALTHY FAMILIES

COOKING WITH KIDS

Perfect Pumpkin Pancakes

- 1 cup whole-wheat flour
- 1 cup all-purpose white flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin, unsalted (not pumpkin pie filling)
- 1 3/4 cups low-fat milk
- 2 tablespoons vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Combine whole-wheat flour, white flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
3. In a medium bowl, combine egg, canned pumpkin, milk, and oil. Stir to mix well.
4. Add wet ingredients to flour mixture. Stir just until moist. The batter may be lumpy. (For thinner pancakes, add more milk).
5. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear, or pancake is golden on the bottom.

Repeat until all batter is used.
 6. Store leftovers in the refrigerator within 2 hours.

Number of servings: 12
 Serving size: 1 pancake

Nutrition facts per serving: 130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 15mg cholesterol; 350mg sodium; 21g total carbohydrate; 2g dietary fiber; 4g total sugars; 2g added sugars; 4g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source : <https://www.mainesnap-ed.org/recipes/perfect-pumpkin-pancakes>

I SPY WHAT I AM THANKFUL FOR

- | | |
|---------|---------|
| A _____ | N _____ |
| B _____ | O _____ |
| C _____ | P _____ |
| D _____ | Q _____ |
| E _____ | R _____ |
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4-H Fair Project



Acrylic Painting

Division 6029 - 4-H Arts & Crafts

- 727a. Junior Acrylic Painting: (pg. 12) Using acrylic paint to create a painting
- 727b. Senior Acrylic Painting: Same as Junior

Materials

- Brushes
- Palette or paint tray
- Acrylic paints
- Rinsing can/cup
- Paper/canvas
- Palette knife (optional)
- Model to paint
- Lamp (optional)
- Spray bottle for misting (optional)



Create

1. Position a single piece of model/item so it has contrasting shadows and light. If in a poorly lighted area, use a lamp.
2. Use a pencil to draw a contour sketch of the model/item before you paint it.
3. Mix colors to create the base color of the model. Do this with the palette knife, not a brush.
4. Using the mixed paint, begin painting inside to contour sketch.
5. For shadows, mix a portion of the remaining color with black. Black is never used by itself, only mixed with other colors, because it overpowers other colors. Paint on the darker shades to create the shadows. If you need different darkness of shadow, add more black.
6. For light areas, mix the base with white paint. you can use plain white on the extreme light areas, but consider using it in moderation.

CLUB NEWS

Livestock Club

Meeting will be November 7 at 6:15. Poinsettia sales have started. Information and forms will be available with Hope and the Extension Office.

If anyone has questions or needs assistance, please contact Hope.

Shooting Sports

Shooting Sports has concluded for the season.

It will resume in the SPRING after Spring Break.

Participants are encouraged to get new program year enrollment forms turned in.

Wild at Art Club

Meeting will be November 9 at 4:00.

Dog Club

Meeting will be November 20 at 6:00 at the Extension Office.

Don't forget to request to join the Facebook group:

Grayson County Kentucky 4-H

Also follow:

Grayson County 4-H Shooting Sports

Grayson County 4-H Livestock Club

Grayson County KY Cooperative Extension



Kindra Ewing Jones

College of Agriculture,
Food and Environment
Cooperative Extension Service

Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

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Grayson County, Kentucky
4-H Livestock Club

Poinsettia Sales



\$22 for a 10" pot

Color Options: Red or Red/White Mix

(reserve the right to substitute red/white mix with red if quantity or quality is short)

\$12 for a 6" pot

Color Options: Red, White, or Pink

(reserve the right to substitute pink with red if quantity or quality is short)

Deadline to order & pay Thursday, November 16

These KY Proud Poinsettias will be from the Hardesty Greenhouses in Meade County, Kentucky! Anticipated date for pick-up will be December 5. Buyers will be contacted for pickup at Grayson County Extension Office.

Contact Hope Tollett to place your order today!!! (270) 296-8603 or



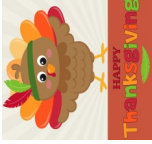
Grayson County Extension Office at 270-259-3492

Checks can be made out to the "Grayson County 4-H Council".

Check memo: Livestock Poinsettias



November clubs & programs at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 	6	7 No School– Election Day • Livestock 6:15	8	9 • Wild at Art 4:00	10	11 
12	13	14	15	16	17	18
19	20 • Dog Club Meeting 6:00	21	22 No School	23 No School 	24 No School	25
26	27	28	29	30		