



# 4-H Country Ham Project

- 4-H members (ages 9-18) will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.

- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.

Youth are required to give a 3-5 minute presentation at the KY State Fair on August 17, 2023.

- Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly meetings after school at Extension Office.

- Any youth 9-18 years old may participate.

**COST: \$60. includes 2 hams & cure mix**

**Registration Deadline: December 9th**

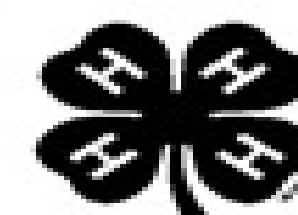
**To be fully registered you must submit the following:**

**\*Kentucky 4-H Country Ham Contract Completed\_\_\_\_\_**

**\*Fleming County 4-H Country Ham Commitment Form\_\_\_\_\_**

**\*Registration Fee\_\_\_\_\_**

***Submit Registrations to the Fleming County Cooperative Extension Service  
1384 Elizaville Rd Flemingsburg, KY 41041***





## 2023 Kentucky 4-H Country Ham Project

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ COUNTY \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u><b>Junior (Born 2013– 2009); Discuss the history of the country ham.</b></u> Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky's food heritage.  <u><b>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them.</b></u> Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.  <b>Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</b>		
Pay \$60.00 fee – you will receive 2 hams (failure to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

4-H'er Signature \_\_\_\_\_ Date \_\_\_\_\_

Agent Signature \_\_\_\_\_ Date \_\_\_\_\_

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.

**Contracts due by 12/9/22. \$60 Fee Checks Payable to: Fleming County 4-H Memo "4-H Country Ham"**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# 4-H Country Ham Project COMMITMENT FORM



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

\_\_\_\_\_ I accept the invitation to participate in the 4-H Country Ham Project of 2022-2023.

\_\_\_\_\_ I understand that in order to receive the full benefit of this program, I MUST meet all requirements:

- *Attendance is required at all sessions*
- *Develop and present a speech or demonstration*
- *Practice responsibility and respect for others, present self as a leader, and a 4-H Ambassador*

Initials	Dates	Topic	Location	Time
	January 12 <sup>th</sup>	4-H Country Ham Curing Preparation Meeting	Extension Office	6:00pm-7:30pm
	January 16 <sup>th</sup>	4-H Country Ham Curing	Extension Office	A.M (TBD)
	February 16 <sup>th</sup>	4-H Country Ham Speech Writing Workshop – Bring Laptop or Chromebook (if available)	Extension Office	6:00pm-7:00pm
	March 30 <sup>th</sup>	4-H Speech and Demonstration Contest -Must give 4-H Country Ham Speech	Extension Office	6:00pm-8:00pm
	May 8 <sup>th</sup> -9 <sup>th</sup> (You will pick)	4-H Country Ham Cleaning – Bring Tub	Extension Office	Afterschool – 5:00pm
	August 14 <sup>th</sup> -15 <sup>th</sup> (You pick one)	4-H Country Ham Cleaning -Bring Tub	Extension Office	Afterschool – 5:00pm
	August 17 <sup>th</sup>	Kentucky State Fair 4-H Country Ham Day -You are required for your own transportation to and from the Kentucky State Fair	Louisville, KY	All Day
	November 9 <sup>th</sup> (tentative)	4-H Country Ham Auction *4-Her MUST be present to sell their country ham	Extension Office	6:30pm

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

