



ALFALFA COUNTY  
EXTENSION

## Alfalfa County Cooperative Extension News

# 4-H Clover Connection

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When the COVID-19 pandemic hit early last year, many people were confined to their homes. As a way to reach and keep in touch with 4-H members, the Oklahoma 4-H Youth Development program designed the Food, Fun, 4-H program. This hands-on activity was so popular, it's back for another run this summer. The program also is operating in 55 classrooms across the state this school year.

The next summer Food, Fun, 4-H is slated to begin in May and will run through August and will focus on international cuisine.

Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University, said the initial goal was to engage 100 4-H members, but ended up with 727 families participating in the inaugural program.

"We were so excited to have so many families participate. During the time in which families were sheltering in place, our club members and other participants were engaged in fun, positive youth development," Allen said. "Our program engaged youth in third grade through seniors with monthly packets containing themed recipes, educational skills lessons, a family physical activity, dinner conversation starters, as well as fair entry ideas."

In addition to promoting kitchen and cooking skills, Food, Fun, 4-H also teaches youth how to be smart consumers through planning, time management and budgeting.

Oklahoma 4-H families who register for the program will receive a kitchen utensil kit related to that month's recipes, along with the recipes and other informational material. Youth must prepare at least two of the recipes in the packet and complete a post-lesson report. Participants also are asked to submit two photos – one of them preparing the dish and another of the family unit sharing the meal. This qualifies them to receive the next month's utensil kit.

Allen said there have been many requests from Extension educators in other states and the program is open to anyone to participate. Families who are not involved in 4-H are still eligible to participate and receive the monthly recipes, educational materials and family activities via email, but are not eligible for the kitchen utensil kit.

"One thing we learned through participants' feedback was they shared more meals together as a family. Food, Fun, 4-H brought families together over the dinner table where they were more actively involved in sharing conversation," Allen said.

This summer's program will be a great way for participants to learn more about the world. The

packets will contain information about a particular region. It's a great way to continue the educational process over the summer.

One family who participated in the initial Food, Fun, 4-H program, said they were thankful for having the opportunity to participate and loved seeing their children gain new culinary experience and skills.

"Programming in 4-H has focused on learning by doing for more than a century. Food, Fun, 4-H is just another way to honor the roots of the world's largest youth development program," Allen said.

Fun, Food, 4-H has been highlighted by the National 4-H Council and is sponsored by a Walmart Healthy Habits Grant.

Information will be released to county OSU Extension offices in mid-March. For more information about Food, Fun, 4-H, or to enroll in the summer program, contact Allen at 405-744-8892 or [cathy.allen@okstate.edu](mailto:cathy.allen@okstate.edu).



# Dates to Remember

<u>April</u>					
24	State 4-H Livestock Judging Contest	8	Alfalfa County Food Show down, Cupcake Wars, Vegetable Sculpting Contest	15	Tractor Training
24	State 4-H Meat Judging Contest	13	Registration Due for West District North Region Food Showdown	17	Tractor Training
24	Oklahoma 4-H Hike for Change	14	“What About 4-H Contest” submission deadline	21-23	Possible Dates for Summer Workshops
26	State 4-H Record Books DUE	27	West District North Region Food Showdown	30	County Record Books Due
28	Horse certification form DUE for the District & State Horse Show				
29	Alfalfa County Contest Day Registration DUE				
<u>May</u>		<u>June</u>		<u>July</u>	
5	Summer Workshop Idea Registration DUE	4	West District North Region Horse Show	12	4-H Picnic, Swimming, Officer Election & Roundup Orientation
		5	West District North Region Ranch Horse Show		
		5	Clover Equine Challenge		



## What About 4-H Contest



Youth can make 4-H promotional videos/clips. They can be entered as an individual or team. Teams can consist of up to 3 individuals. They can have entries in both of the following 2 categories.

- 30 second promotional clip to get you excited about joining 4-H or what it has to offer.
- One to three-minute video describing or showing a tutorial on any 4-H project or activity.

There are 3 age groups

- ♦ Junior
- ♦ Intermediate
- ♦ Senior

Entries must have a cover page stating names of individuals, club, age group and which category.

Entries must be sent by email to Iridian: [Iridian.herrera@okstate.edu](mailto:Iridian.herrera@okstate.edu)

**Deadline is May 14th, 2021 by 4:30 p.m.**

# Summer Program Opportunities

These are some events we are thinking about for our summer programming. If you are interested please call our office at 580-596-3131. We need your response by May 5th, to plan accordingly!



- Great Salt Plains Crystal Dig/ Fishing



- Alabaster Caverns Cave Tour/ Day Hike

- Rocket Program



- Archery Introduction



## Alfalfa County Food Showdown, Cupcake Wars & Vegetable Sculpting Contest



The contests will be held on Saturday May 8, 2021 at the Alfalfa County Fairgrounds. The entries are due before April 30th! Please contact our office or your club leader for registration papers and rules for each contest. If you have any questions please call our office. Here is the schedule for the contests:

- Food Showdown - begins at 10:00 am
- Cupcake Wars - Check in at 12:30 pm, begins at 1:00 pm
- Vegetable Sculpting Check in at 2:45 pm, begins at 3:00 pm



## Summer Workshop Ideas

Workshops can be presented by youth or adults, individuals or groups!

Possible dates will be June 21-23

Would you like to present a Summer Workshop? Title “\_\_\_\_\_”

Name(s) \_\_\_\_\_

Club \_\_\_\_\_

Phone Number \_\_\_\_\_

Time Frame: \_\_\_\_\_ 15 minutes \_\_\_\_\_ 30 minutes \_\_\_\_\_ 1 hour

**DUE MAY 5TH!!**

Please send submissions to [Iridian.herrera@okstate.edu](mailto:Iridian.herrera@okstate.edu)



## County Record Books are Due June 30, 2021

We would like to encourage every 4-H member to create a record book. 4-H'ers do so much during the year with a little more time and effort all this work can be documented in your record book and medal's can be won. Don't forget the other special awards such as; First Year Member and 4-H Hall of Fame.

Deadline for County Books is **June 30, 2021.**

## 4-H Picnic, Swimming, Officer Election & Roundup Orientation

Alfalfa County 4-H is going to have a picnic on **July 12th** at **1:00 pm.** Lunch will be provided and will include hotdogs, fixings, chips drinks, and dessert. All you need to bring is an appetite! After lunch we will elect our County 4-H officers. Each club is allowed five voting delegates, 2 of which must either be a junior or senior 4-H member. For the voting process, junior members are 4-H'ers

who will be entering the 7<sup>th</sup> grade and down for the coming year. Senior members are 4-Her's who will be entering the 8<sup>th</sup> grade and up for the coming year. Officer applications are due in the Extension Office by 4:00 pm on June 30th. Applications will available on our web site soon. Immediately after our officer elections, there will be a 4-H Roundup Orientation for those attending 4-H

Roundup. Starting after officer elections we will have a swimming party (PENDING). All 4-H members and their families are welcome. The Alfalfa County 4-H is covering the cost to swim!



## Horse Shows



The West District North Region 4-H Horse and Ranch Horse Shows will be held Friday June 4th and 5th, 2021 at the Alfalfa County Fairgrounds located in Cherokee, Oklahoma. The State 4-H Horse Show will be held July 17-19, 2021 at the Grady County Fairgrounds located in Chickasaw, Oklahoma. To be eligible for either show youth must fill out a horse certification form and return it to the Alfalfa County Extension Office by **April 28, 2021.** Please call for the certification form, rules and entry packet. **Do not wait until the last minute to get your entries in.**

This year we will also be showcasing the Clover Equine Challenge horses and youth who obtained these, June 5th following the 4-H Ranch Horse Show



## West District North Region 4-H Contest Day Results



### Photography Category A:

- Rylee Sims - 2nd Place
- Garrett Sims - 3rd Place

### Photography Category C:

- Rylee Sims - 1st Place
- Mylee Sims - 1st Place

### Photography Category F:

- Garret Sims - 1st Place