



4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>
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316 E. Oxford
Enid, OK 73701
(580) 237-1228

Jessica Nickels ~ jessica.nickels@okstate.edu
Rick Nelson ~ rick.nelson@okstate.edu

October 2023

FOOD, FUN, 4-H AT SCHOOL

Some students in Muskogee County are learning more than reading, writing and arithmetic – they’re also learning to cook and where their food comes from. The Food, Fun, 4-H program has been around for a few years and was originally designed to be implemented at home. This year’s program was piloted in 10 schools in the spring 2023 and focused on Oklahoma-grown commodities. New lessons are set to roll out in November 2023.

Leigh Cooper, a 4-H leader in Muskogee County and a teacher, said Food, Fun, 4-H at School has proven to be very popular with grade school students who participated in the after-school activity.

“The students not only learned some basic cooking skills, but they also gained a lot of information about where their food comes from,” Cooper said. “We had a theme each month that included beef, pork, chicken, wheat and corn, which are the top commodities produced in Oklahoma.”

The lessons are easily adaptable to be used in the classroom, in an after-school program or to meet the needs of the participants. Cooper enhanced the lessons by incorporating field trips that corresponded with each particular lesson.

When learning about beef, the students made beef stroganoff; pork included pigs in a blanket and hot ham and cheese sandwiches; store-bought rotisserie chickens were dissected into dark and light meat and made into quesadillas; students made butter out of cream in the dairy

lesson; making tortillas was the high point of the wheat lesson; and picking and eating fresh corn from the field was a fun activity for the corn lesson, along with making fresh corn salsa.

“It wasn’t all about cooking,” Cooper said. “We did field trips to learn more about where our food comes from.”

For the corn lesson, the students traveled to Shelby and Ross Producers in Webbers Falls where they learned corn grows on a stalk. The group also toured a dairy farm. They poured fresh cream into mason jars and shook, and shook and shook them to make butter, which they spread on toast.

“One of the coolest field trips was touring a meat processing plant where we got to see the whole process,” she said. “We watched a beef carcass being processed and learned how hamburger is made.”

Cooper said the purpose of Food, Fun, 4-H at School is to provide the students with opportunities to learn something new about the foods they are eating and preparing.

“They learned how to use a can opener and when we were making the hot ham and cheese sandwiches, they learned how to open a can of crescent rolls,” she said. “They’re learning basic life skills they’ll use from now on. The students were also taught about job opportunities while we were on the field trips to the dairy, corn field and processing plant.”

Cathy Allen, 4-H curriculum coordi-

nator at the state 4-H office at OSU, said Food, Fun, 4-H at School includes not only the fun recipes for the students to try, but it also features a physical activity, mindful minute and educational information about each month’s theme.

“Food, Fun, 4-H at School can be delivered in a multitude of ways, including the OSU Extension county educator going into the school, a 4-H volunteer or a teacher and county educator working together to present the program,” Allen said. “The recipes are easy and can be prepared using a microwave, electric skillet or a toaster oven. We also include a recipe that doesn’t require a heat source. These recipes are great for the students to take home and prepare with their families. It’s all about bringing the family together at the dinner table.”

The Food, Fun, 4-H at School program is funded by a Walmart Foundation Grant.

To learn how to bring Food, Fun, 4-H at School to your area, contact the county OSU Extension office, or contact Allen at 405-744-8892 or cathy.allen@okstate.edu.



DATES TO REMEMBER

Tulsa State Fair	Sept. 28-Oct. 8
County-wide Science Night	Oct. 4
National 4-H Week	Oct. 1-7
Dist. Fall Trap Shoot	Oct. 7
Achievement Reception	Oct. 8
Recycling Club	Oct. 10
W Action Leadership Conf.	Oct. 11-13
Sewing Club	Oct. 19
State Trap	Oct. 21
State Skeet	Oct. 22
PLO	Oct. 23
Cloverbuds	Oct. 25
Cooking club	Oct. 26
State .22 Rifle/.22 Pistol	Oct. 28
State Muzzle loaders	Oct. 29
ZZZ's Under the Seas	Nov. 3-4
Horse Science Academy	Nov. 11
State Archery	Nov. 11
State Sporting Clays	Nov. 12
4-H Has Talent	Nov. 18
PLO	Nov. 20
Holiday Goodies	Dec. 9
State Air Rifle	Dec. 9
Dist. Archery/Air Rifle	Dec. 16
Dress Revue/Impressive Dress	April 3



PLO meeting to be held on October 23 at 5:30

2023-24 COUNTY OFFICERS

- ◆ President— Summer Prince
- ◆ V. President— Bailey Nickels
- ◆ Secretary— Shelbi Prince
- ◆ Reporter—Joe Sharp
- ◆ Recreation Leader—Monte McReynolds
- ◆ Executive— Josiah Benson

COOKING CLUB

Cooking club will be held in the Extension Office October 26, at 4:30. Must sign up by October 19th.



CLOVERBUDS

All cloverbuds are invited to come join the fun at the Extension Office October 25th at 4:30.



ACHIEVEMENT RECEPTION

**October 8, 2023
2:30 p.m.**

The Pavilion, Garfield County Fairgrounds
Please RSVP by October 3rd

Anyone that entered a record book or completed a Standard of Achievement form will be recognized



COUNTY-WIDE SCIENCE NIGHT

**October 4
6 p.m.**

Come learn about the sphero robots and meet others from the county.



HORSE SCIENCE ACADEMY

Kris Hiney will conduct a Horse Science Academy on November 11th. Cost is \$40 and includes lunch and supplies. Topics this year include fecal exams and strategic deworming, understanding the equine digestive tract, BCS and weight assessment, equine genetics.

Register at: https://secure.touchnet.com/C20271_ustores/web/product_detail.jsp?PRODUCTID=1918

OKLAHOMA 4-H STATE ROBOTICS EXPLORATION

Are you interested in Robotics? Would you like to learn more about starting a Robotics club? Join us for the Oklahoma 4-H State Robotics Exploration Day on Nov. 11 from 9am-4pm at the Endeavor Facility on the Oklahoma State University campus. In the morning, participants will have the opportunity to explore careers and different kinds of robotics programs available. Lunch will be provided. In the afternoon, participants will choose one hands-on breakout session to learn more about LEGO Robotics, Sphero BOLT Robots, or Tello Drones. Adult Certified Volunteers and Educators can also choose the Getting Started with Robotics option to learn more about how to start and manage a Robotics club. This event is open to 4-H Members and Certified Volunteers of all ages. All participants will need to register online and have a current health form uploaded to their ZSuite account or have one on file at the Extension Office.

REGISTER ON Z-SUITES BY OCT 27, 2023

\$10 Registration Fee to cover Lunch and Supplies - payable to Garfield County Extension Office.

Must have a certified volunteer attend with group.



SEWING CLUB

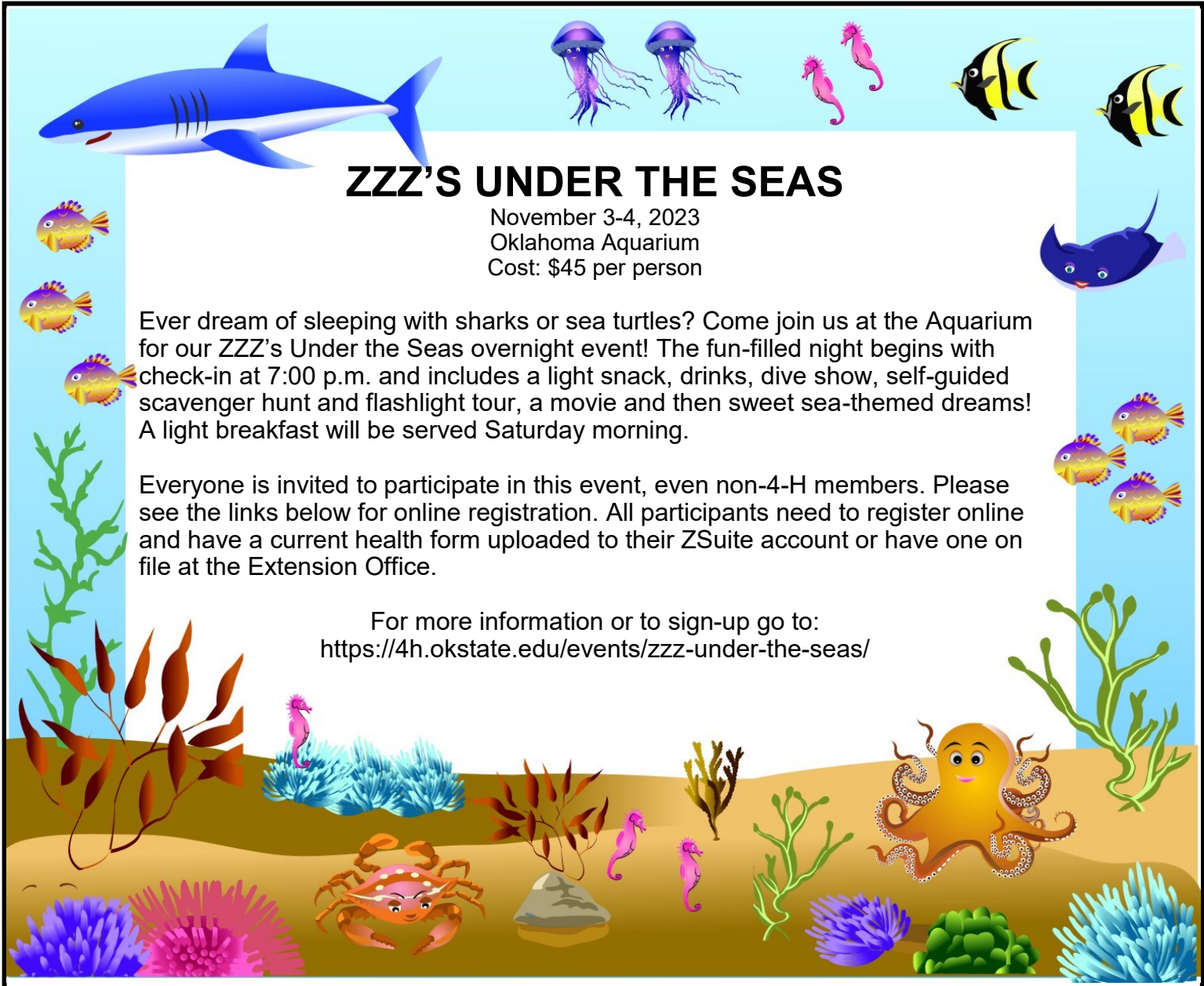
Sewing Club will be Thursday, October 19th, at 4:00. Call by October 12 to sign up. Must have basic sewing machine skills. We will be making a bowl cozy.

You will need:

- 1 fat quarter that is 100% cotton (piece of fabric 18" x 22")
- 100% cotton coordinating thread

Must be 100% cotton because the bowl cozy can be used in the microwave





ZZZ'S UNDER THE SEAS

November 3-4, 2023
Oklahoma Aquarium
Cost: \$45 per person

Ever dream of sleeping with sharks or sea turtles? Come join us at the Aquarium for our ZZZ's Under the Seas overnight event! The fun-filled night begins with check-in at 7:00 p.m. and includes a light snack, drinks, dive show, self-guided scavenger hunt and flashlight tour, a movie and then sweet sea-themed dreams! A light breakfast will be served Saturday morning.

Everyone is invited to participate in this event, even non-4-H members. Please see the links below for online registration. All participants need to register online and have a current health form uploaded to their ZSuite account or have one on file at the Extension Office.

For more information or to sign-up go to:
<https://4h.okstate.edu/events/z-z-z-under-the-seas/>

Be sure to 'like' and follow Garfield County 4-H to keep up on reminders and the latest in 4-H.



RECYCLING CLUB

Come join the fun at Recycling Club at the Extension office! The next class will be October 10th, at 4:30. Learn to recycle and make recycled crafts. If you have an empty washed out tin can please bring it with you, if not we will have some provided.

Call the Extension office to sign up, limited 15 spaces



“4-H HAS TALENT” CONTEST

November 18, 2023 @ 10:00 a.m.
Glenwood Elementary
(Entry form due November 3, 2023)

ENTRY FORM

NAME OR CLUB

Individual		JR.	SR.	Cloverbud
Groups	Small	Large		Cloverbud

TITLE OF FACT

MUSIC	NOVELTY	DRAMATIC
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SPECIAL EQUIPMENT NEEDS:

**REMEMBER ALL PARTICIPANTS MUST BE ENROLLED
30 DAYS BEFORE CONTEST.**

Junior 3rd – 7th grades

Senior is 8th – 12th grades

Small and Large Groups are divided into 4-H Age and Cloverbud Age



Garfield County OSU Extension Center
 Oklahoma State University
 316 E. Oxford
 Enid, Oklahoma 73701

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Jessica Nickels
 Extension Educator 4-H & Youth Development

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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Jessica Nickels, Extension Educator, 4-H) at (580-237-1228 or jessica.nickels@okstate.edu) at least two weeks prior to the event."



October