

The Voice of 4-H

The Vernon County 4-H Family Newsletter



HAZEL S. DISPLAYS HER FANTASTIC SNAKE AT OUR RECENT FUR, FIN, FEATHER SHOW! FAMILIES WORKED TOGETHER TO COME UP WITH RECIPES IN OUR FOOD COOKING CHALLENGE. YOUTH LEARN HOW TO TIE FLIES FOR TROUT FISHING FROM COLLEGE VOLUNTEERS THROUGH OUR STREAM KIDS PROGRAM WITH TROUT UNLIMITED

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Hands for Larger Service

Emery Bork - 4-H Educator

One of the core pillars of 4-H is community service. Serving others generates empathy, compassion, and advocacy skills not only in our young people, but parents and volunteers. This past year, our Youth Leadership Project, made up of 7th-13th graders, set a challenge for clubs to either individually or together as a group, focus on intergenerational relationship building as a service project.

According to changingaging.org, "The familial changes occurring across the globe have disconnected both the young and older generations which have traditionally shown to be a beneficial bond across different spectrums. While elder family members have the ability to serve as a resource for wisdom, support, and advice based on their past life experiences, younger individuals have just as much to offer to them."

I want to take a moment to share a few stories that have been reported in from clubs embracing this challenge:

-**Vivian S. from Country Critters** heads to Creamery Creek every Wednesday to play guitar for residents for 45 minutes. She mentions that "From participating in this form of community service, I saw a boost in the overall morale of the residents. I have formed valued relationships with the elderly, learned more about what life is like in a nursing home."



-Lucky Clovers: This club did an amazing job and submitted over 10 reports of intergenerational relationship building. Members focused on shut-ins and elderly who live alone. Members sang, planted flowers, learned new language phrases, delivered May baskets, cards and valentines. Ellie T. reports that "her club grows in a social and emotional way by thinking about others in our community and how we can put a smile on their faces."

-Liberty Pole Boosters: Members focused on spending intentional time with grandparents. They learned skills and stories from them. Members reported building stronger connections and renewed relationships with grandparents.

-Mississippi Steamers: BINGO! This club organized a bingo night for Creamery Creek residents and during the game, connected with residents. Members also invited speakers to connect more with local history from the area.

There were many more reports, but these were some of the highlights. Again, the Youth Leadership Project thanks you for participating in this challenge and they are busy working on a new challenge for next year's series!



FAMILIES FROM ALL OVER THE STATE PARTICIPATED IN OUR FUR, FIN, FEATHER SHOW IN SPARTA. THERE WAS A POULTRY, SMALL PET, CAT, AND RABBIT SHOW SUPPORTED BY LA CROSSE, RICHLAND, MONROE AND VERNON COUNTIES. A HIGHLIGHT OF THE SHOW WERE THE FREE PET HISSING COCKROACHES!



4-H EDUCATOR, EMERY, RECEIVED AN ACHIEVEMENT IN SERVICE AWARD FROM THE WISCONSIN ASSN OF 4-H YOUTH DEVELOPMENT PROFESSIONALS. EMERY HAS BEEN IN HER POSITION WITH VERNON COUNTY 4-H FOR 5 YEARS, AND WILL BEGIN HER 6TH YEAR IN JUNE. EMERY WAS ALSO AWARDED A VIDEO PROGRAM AWARD AND A YOUTH IN LEADERSHIP AWARD FOR WORK WITH THE YOUTH LEADERSHIP PROJECT.

Photo Happenings



VERNON COUNTY 4-H WAS INVITED TO PARTICIPATE IN A UNIQUE OPPORTUNITY WITH TROUT UNLIMITED COLLEGE STUDENT MEMBERS. THEY WORKED TO PARTNER WITH US TO PROVIDE AN OUTREACH PROGRAM FOR K-6TH GRADERS. YOUTH GOT TO TIE FLIES, DO JAPANESE FISH PRINTS, CONDUCT A MACROINVERTIBRATE SAMPLING, LEARN HOW TO CAST A FLY FISHING ROD AND MORE! THERE WERE OVER 40 VERY EXCITED COLLEGE STUDENT VOLUNTEERS HELPING OUR YOUTH!

Food Challenge Recipe Results

In April, we conducted the Family Food Challenge. Firstly, we wish to thank the Monroe Family for sharing this programming idea with us! If you have ideas for programs, please let us know! We had over 80 people participate. There were two categories for the challenge, youth/adult and youth only. Families were given mystery ingredients and were tasked to come up with healthy recipes that included all 5 food groups. Here are the winning recipes for the program--we encourage you to try them out!

Youth/Adult: Marla, Matt & Elliot S.

Menu:

- Arugula and roasted beet salad with goat cheese and blackberry balsamic dressing
- Venison tenderloin with blackberry balsamic reduction
- Sunchoke and garlic puree
- Millet Porridge with date caramel sauce, topped with blackberries



Salad: Ingredients: Arugula, Beets, Goat Cheese, Blackberry Balsamic Vinegar Sauce

- Rinse arugula, pat dry.
- Preheat oven to 400 degrees and line a baking sheet with parchment paper.
- Prep beets by cutting off tops and ends, wash. Cut in to same sized cubes for even roasting. Arrange beets on parchment paper. (can peel beet skin if preferred).
- Bake for a total of 20-30 minutes or to desired doneness (watch closely and check for doneness). Beets should be soft (not mushy), not too crunchy. Remove beets from oven and let cool.
- Plate arugula and sprinkle beets (desired amount varies per person). Put on desired amount of crumbled goat cheese or torn off from goat cheese log. Drizzle desired dressing (some type of vinaigrette). In this meal I used the blackberry balsamic reduction sauce. *Could just crush blackberries in balsamic vinegar and drizzle on top).

Venison: Ingredients: 1 -2lbs venison tenderloin, 2 tsps salt, 1-2 tsps black pepper

- Preheat grill, oven, or smoker oven to 400 degrees. (I used the oven)
- Venison tenderloin (1-2lbs): clean and pat it dry – Sprinkle salt and pepper (about 2 tsps of each). Let venison rest 30 mins before baking. Use glass baking dish.
- Roast tenderloin until it reaches an internal temperature of 145° F or preferred doneness. About 20 mins (I checked often.)
- Let tenderloin rest a few mins before slicing.

Blackberry balsamic vinegar reduction sauce: Ingredients: 1 cup balsamic vinegar, 1 cup fresh blackberries

- Place vinegar and blackberries in a small saucepan, gently crush some of the berries with your fingers, back of a spoon or masher. Bring to a boil, once boiling reduce heat to low.
- Allow glaze to gently simmer, stirring occasionally.
- When glaze has reduced by $\frac{1}{3}$ to $\frac{1}{2}$ and coats the back of a spoon, remove from heat and allow to cool slightly.
- Pour glaze through a fine mesh strainer to separate glaze from the berries. If preferred leave the berries in the sauce.
- Drizzle over venison and salad.



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Food Challenge Recipe Results, Ctd

Sunchoke and garlic puree: Ingredients: 7-8 Sunchoke, 1 Green garlic (or 1 clove of garlic), Salt and pepper to taste

- Preheat oven to 400 degrees.
- Wash the sunchoke and sprinkle with salt and pepper.
- Using a pan lined with parchment paper put the sunchoke and green garlic slices in a single layer. Place in oven to roast for about 20-30 minutes (until browned on the outside and fork tender).
- Mash the sunchoke and garlic using a food mill or handheld potato masher. If the skins are too thick and aren't breaking down in the mash, take them out, finely chop them, and then mix them back into the puree.
- Salt and pepper to taste.

Millet Porridge: Ingredients: 1 cup uncooked millet, 2 cups water, 2 cups dairy-free milk (unsweetened, preferably almond or coconut).

- Add millet to a large saucepan or pot with water and dairy-free milk. Stir. Bring to a low boil over medium heat, then reduce to a simmer and cover.
- Cook for about 20 minutes, stirring occasionally, until the millet is tender. There should still be enough liquid that it's soupy in texture — if not, add more dairy-free milk or water as needed.
- Use an immersion blender (optional to make it smooth / porridge like) to blend until smooth.
- Fold in about half of the faux caramel sauce (until your preferred sweetness taste). I did about 3/4 of the sauce.
- Serve warm with faux caramel sauce, topped with blackberries.

Faux Caramel Sauce: Ingredients: 1 cup pitted dates, 2/3 cup, vanilla unsweetened plant-based milk (almond and oat work well, but use any)

Pinch of salt, optional

- Soak the dates in hot water to cover for 30 to 60 minutes, then drain well.
- Combine in a blender with the nondairy milk and blend until very smooth. If it seems like the sauce will be difficult to pour out of the blender, add just a touch more nondairy milk and blend again. On the other hand, if the sauce seems thin (it should have body, though it won't be as dense or sticky as sugar-based caramel sauce), add a couple more soaked dates.

Youth Only: Mason, Griffin, Connor, Ethan M.

Menu:

- Beet & Sunchoke Chips w Dip
- Pan Fried Scallops w/ Sauteed Arugula, Date & Sunchoke Salad w/ Lemon Garlic Olive Oil
- Lemon Millet Date Balls



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Food Challenge Recipe Results, Ctd

Beet & Sunchoke Chips w Dip: 1 Beet, 4 medium Sunchoke, ½ c Sour Cream, 1 Green Garlic, ½ a Lemon, Salt, Pepper, 3 Tbsp Olive Oil

Instructions:

- Peel one full beet and thinly slice, wash and then thinly slice 4 medium sized sunchoke
- Preheat air fryer to 330 degrees
- Put sliced sunchoke in a bowl and add 1½ tablespoons of olive oil. Toss until fully coated. Repeat with beets.
- Spread sunchoke and beets on a baking sheet, season both beets and sunchoke with salt.
- Cook for 15-20 min moving them every 3-5 min. If you notice that your sunchoke or Beets are done faster then stated remove them from the air fryer.
- While cooking make dip, add ½ cup of sour cream to a bowl, add a pinch of salt and dash of pepper.
- Then cut a lemon in half and squeeze half of the juice into the bowl. Finely cut 1 green garlic all the way down to the root.
- Add green garlic to sauce and stir.
- Plate and enjoy

Pan Fried Scallops w a Sauteed Arugula, Date & Sunchoke Salad w Lemon Garlic Olive Oil: Ingredients: 3 scallops, 2 cups of Arugula, 2 medium Sunchoke, 1 Date, ⅓ cup of Olive Oil, 1 Green Garlic, Salt, Pepper, 1 Lemon (Juice & Zest)

- Create salad by washing and dicing sunchoke
- Then chop the date and put it aside.
- In a pan put olive oil, salt, pepper, and diced sunchoke. Cook on high heat until it turns golden brown.
- Now add chopped date into the pan and cook until softened. Once the date and sunchoke are cooked add the arugula and a little more olive oil.
- Once the arugula turns a slightly darker color and softens, put it on a plate.
- Now that the salad is done, work on the dressing: Dice green garlic and set aside, add 1 tablespoon of lemon juice, 1 teaspoon of lemon zest, a pinch of salt, dash of pepper and diced green garlic to a bowl. Mix. Now add 3 tablespoons of olive oil and stir.
- Once your dressing is finished take out and wash scallops. Then add olive oil, scallops, salt and pepper to a pan. Cook scallops on high, checking the bottoms and flipping when needed. Do this until each side is golden brown.
- Put salad on your plate then scallops and then finally drizzle the dressing on top and Enjoy.

Lemon Millet Date Balls: Ingredients: 1 cup of Millet, 12 Dates , 1½ cups of Flour, 1 Lemon

- Cook millet. (Boil water and millet with a ratio of 1 cup millet to 2 cups water) Once millet and water reaches a boil turn to low, cover, and simmer for 18-20 min. Once millet absorbs all the water fluff with a fork and take off heat. Let sit for 10 min.
- While millet is simmering zest one full lemon.
- After sitting, add 12 dates, 1 cup of cooked millet, 1 cup flour, lemon zest, and half of a lemon juiced to a food processor. 6. Blend until fully combined and smooth. 7. Take this mixture and roll it into balls. 8. Coat with flour and refrigerate for 2 hours. Enjoy!

Updates: What you need to know

Beef, Sheep, Swine Tags & YQCA:

All youth that are planning on exhibiting beef, sheep, and swine should have picked up their tags on May 6th. If you missed that pick up window, you will need to contact Lloyd Hardy: 608-606-1301

YQCA classes are required EACH year. Youth may take the classes online for a \$13 fee or in person from our 4-H Educator, Emery Bork for \$3. Dates will be Monday, July 10th at 4:45 PM and Thursday August 10th at 6:00 PM. Registration and online classes all take place at:
<https://yqcaprogram.org/>

Eligibility to Exhibit At Fair: This is your **annual reminder** about the rules surrounding being able to exhibit your projects at fair. While fair is an important, mostly referred to as "the cherry on top" event, it isn't the foundation of 4-H. Club and project leaders, and the county educator work to provide learning opportunities and skills building all year round to help shape and form our youth into successful adults.

June 1 Deadline: Make sure to have all of your projects selected in 4HOnline by June 1st if you plan on showing them at the fair. If you are not registered in these projects, you may not exhibit them according to DATCP.

Beef:



Please place Visual Tag in Steers Right Ear as shown in picture and RFID disc tag in Left ear also shown. Pictures of **complete head of steer** is required **with tags in the ear** along **with Full body picture of the steer**. Please make sure we can clearly see the steer so we can identify it come September fair. Pictures can be forwarded via email or hard copies can be sent Via Mail.

Email: vernoncountybeef@gmail.com

Mail: Tyler Fortun -E6938 Us Hwy 14/61-Westby WI 54667

Please indicate whose steer the picture is for when sent in as well.

Sheep:



Please send two pictures ,one of head and side view. We are not worried about seeing the numbers on the tags, but ask to write scrapie tag and RFID tag number in email for each sheep when emailing the pictures.

The email address for the sheep is vernoncountysheep@gmail.com

Swine:



Take one head picture of *each* hog with the tag showing as being in place in the *left* ear. Take one side shot picture of *each* hog. That would then be **two** pictures per hog to be submitted.

Photo's are to be submitted via email to vernonswine@gmail.com

Clearly note exhibitor name and the ear tag number (s) in the body of the email.

Information Example:
Exhibitor Ron Smith
Hog #1 VE 101

Again, if you have any questions or concerns with this new procedure please contact
Lloyd Hardy, Meat Animal Sale Committee President at 608-606-1301.

Eligibility to Exhibit At Fair, Ctd: Fair provides an opportunity for the youth to show what they have been working hard on, all year. This being said, 4-H has an attendance rule concerning eligibility to exhibit. If you would like to request a full copy of the policy, please email: emery.bork@wisc.edu. Main highlights include:

- Returning youth must attend 50% of the meetings held from October to June. New families must attend 50% of meetings held from when they joined until June. If joining in June or thereafter, they cannot exhibit at fair that year.
- Youth have opportunities to make up two missed meetings by attending other 4-H programming either in-person or virtually.
- If returning families have not registered on 4HOnline by June 1st they are not able to exhibit at fair.



Updates: What you need to know, ctd

Fair Food Stand Sign Up Process

The food stand at the fair is one of the main ways 4H makes money. This money is used in programming and supporting your youth. All families are required to sign up for a food stand shift, regardless the age of their children or volunteer status. Shifts will NOT be assigned this year. Individuals have the ability to sign up for a shift based on your schedule. When you sign up and complete a shift, you will earn money for your club. Each shift is worth a certain amount depending on need/availability. **Each family is required to have at least one adult sign up, and if the youth is 12 or older, those youth are required to sign up.** Clubs will have the ability to sign up on a schedule based on who won the Youth Leadership Project Challenges. You will sign up online, but can also call our office to sign up as well. The link will be released to clubs via emails.

Call our office if you have questions. Also, each family is required to bring **TWO** 9 inch two crusted pie. This is new this year.

Here are the winning clubs and dates that the food stand sign up will be released to them:

1st Place: Lucky Clovers: July 3
2nd Place: Liberty Pole Boosters: July 7
3rd Place: Mississippi Steamers: July 10
4th Place: Country Critters: July 14
5th Place: Seas Branch Smithies: July 17
6th: Retreat Ramblers: July 21
7th: Davis Diggers: July 24
8th: Nerison :July 28
9-10th: Hillsboro Hotshots & Springville Superstars:
August 1
11 & No Place: Library Lenders, Enterprise Eagles &
Riverside Badgers: August 4
All shifts must be filled by August 9th

Why 2 pies?

Last year, pie seemed irresistible. In fact, I made multiple trips to Walmart, Quillins, and even the nearby Amish bakeries to buy up all of their pies so that we could stay stocked. This year, we are asking each family to provide 2 pies, and we are recommending that you turn it into a club project in the summer. Have members bring in fruit, and work together to make pastry dough and freeze the pies to bake right before fair. We are also asking that you try two different flavors if you're able. Remember, it has to have two crusts--we can't accept cream pies, pies with a crumble top, etc. It is a food insurance liability. There were quite a few of those last year, so we shared them with our volunteer crew, and I may have "borrowed" more than my fair share.

County-wide Project Updates & Opportunities

Dog Project: Registration night is scheduled for May 23rd, from 5:30-6:15 PM at the Hansen Arena at the Vernon County Fairgrounds. Please head to our website to download the form and review rules. If you do not have internet access, call our office to request a paper copy. Dog project training will be held on Tuesdays, starting June 6th at the Vernon County Fairgrounds and will continue through the end of August, weather permitting. There will be no class on July 4th. Advanced agility will begin at 5:00 PM and beginner agility and dog obedience will begin at 6 PM.



Upcoming Countywide Programming and Countywide Project Updates

Mountain Biking Clinic: Learn mountain biking basics and join other teams interested in this sport! We're so excited to connect our youth this this group!

ART CONTEST

Open to all ages
Visit our website to learn more!



Wisconsin Celebrates
POLLINATOR WEEK
UW-MADISON DIVISION OF EXTENSION
HORTICULTURE PROGRAM





VTAC & 4-H Present

MOUNTAIN BIKING CLINIC

June 14th - 5:30 PM - Sidie Hollow
Bring your bike, helmet, waterbottle.
Open to ages 9 and up!
Register here:
<https://forms.gle/wSbLdLFf7PA1hGVR7>



VTAC: VERNON TRAILS AREA COMPOSITE MOUNTAIN BIKE TEAM--A YOUTH TEAM OPEN TO MIDDLE AND HIGH SCHOOL RIDERS!



Art Contest:

WI 4-H and our 4-H Teen Pollinator Ignite Project have teamed up with our friends at the WI Extension Horticulture Program to raise pollinator awareness through a Design a Butterfly contest. It is open to all ages. The artwork and entry forms are due by June 30th. The entry form can be found at:
<https://hort.extension.wisc.edu/files/2023/04/2023-Design-a-Butterfly-Entry-Form.pdf?fbclid=IwAR26kXyp3E6aN1XpRm8BUXLwJQffs-3JIUBy0CjuaCucuDMNVV8wLtRm7xw>

Also, make sure to mark your calendar for Pollinator Month in June. The horticulture program has some great things planned:
<https://hort.extension.wisc.edu/pollinator-week/?fbclid=IwAR0BSkfGTjHU90mNw4pV-hrLICNHkTvh21LYJIMfVpCUmrAqXWN4Pm8I1B4>



Be on the watch for more information on an educational online session being offered with our 4-H teens.

Upcoming Countywide Programming and Countywide Project Updates, ctd

Baking Class: Join Wisconsin 4-H and Wisconsin Beef Council on Monday, May 22nd to celebrate World Baking Day for a hands-on baking program! Youth in grades 3 and up can join us to learn and make Beef Jerky Cookies.

While the cookies are baking, you will learn a little bit about the beef industry including what part of the animal jerky is made from!

Registration is open now in 4HOnline, with limited space.


Foods Project:

We are excited to announce our 2nd Foods Revue and Tasting Event, slated for July 8th, location TBA. The purpose of this event is to encourage the creative, design, and cooking skills of our 4-H youth. Youth may choose to enter a variety of different classes that focus on presentation, style, and sharing a dish they made to earn feedback. Registration form and rules can be found on our website or at the online registration form.




Fairy Garden and Houseplant Workshops

Saturday, May 27th




Fairy Garden/Houseplant Session 1: Cloverbuds
10:00-10:45 AM

In order to suit everyone's interests, please pre-purchase your fairy garden statues and planting containers prior to coming to the workshop. The greenhouse will provide one little fairy per each youth and they do have larger ones for sale. The class will cover adding soil and planning out the garden/learning about your potted houseplant.



Fairy Garden Session 2: 3-13th Grade
12:00-12:45 PM

As noted in the Cloverbud section, please bring your pre-purchased items and containers for the workshop. This class takes a deeper dive into planning out your fairy garden, soils, and what foliage to use.



Potted Houseplant Session 3: 3-13th Grade
2:00-2:45 PM


Please come with your pre-purchased container. Get a tour of the houseplant section of the greenhouse and learn all about the different varieties of plants that thrive in your home and how to take care of them.

Additional Information & Costs

These workshops are held in conjunction with Thoreau's Garden, which hosts a lovely greenhouse in downtown Viroqua. The cost for the class and soil for your pre-purchased pot is \$10.00, and only includes 1 pot fill for Sessions 2 & 3, and both pot fills for Session 1. During the classes, youth/adults will choose plants to fill their containers. The total cost of the plants and any additional figurines will be charged at the checkout counter, along with the \$10 course fee. So keep this in mind as you work with your youth to plant their fairy gardens/select a house plant. The greenhouse is located at 520 E Terhune Str, Viroqua, WI & classes are limited to 10 participants each.

Requests for accommodations need to be communicated to the Extension Office. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

To Register:



<https://forms.gle/GYg97zZxtPfsQJvX7>




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Do You Need to Contact Us?: Just a gentle reminder that Miranda and myself are in the office from 8:30 AM -4:30 PM, M-F most days. If we both are out of the office, leaving a voicemail or sending an email is the best way to reach us, as we do not have additional staff to cover. Please **DO NOT CONTACT ME ON MY PERSONAL FACEBOOK** with 4-H questions. I've been getting a ton of messages late at night or on the weekends, and this is not an official means of communication and very disruptive of personal time with my family. Please use my email or call. I will get back to you as quickly as I can, but also understand that I am out of the office doing programming, attending conferences, meeting with potential partners, or using PTO.

Additional UW-Madison Division of Extension Office Staff

SHEENA COOK-FUGLSANG

FoodWise Nutrition Coordinator, Vernon,
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Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so 10 days before the program activity so that proper arrangements can be made.

Dairy Project

It is already that time of year again for dairy judging! I am looking forward to another season of workouts and this year the 4-H Area Animal Science Days(AASD) will be on Friday June 16th in Mineral Point, WI. All youth ages 9-19 are invited to be part of the Vernon County Dairy Judging Team!

Dairy Judging workouts are open to all dairy youth who want to learn what dairy judging is all about and fine tune their judging skills and oral reasons. In order to participate in the contest on June 16th you must be in 4-H. I would like to know who is interested in attending workouts only and who is interested/able to attend the contest June 16th. We have to pay for each participant to be entered in the contest so I need to know by Sunday May 21st if you are planning on going and also if a van rental is needed depending who attends. It will be an all day event but we should return back home by 4:30 p.m. I am still awaiting final details from 4-H.

The workout schedule is as follows and they last about an hour. Remember anyone can attend workouts and we would like to see you there!

Saturday June 3rd, 10:00 a.m. at Rob and Gail Klinkner Farm. Holsteins and Jerseys. S7304A State Highway 82 Viroqua, WI 54665

Wednesday June 7th, 7:30 p.m. Peterson Jerseys- Alana Peterson S3667 Peterson Lane Viroqua, WI 54665

Wednesday June 14th, 7:30 p.m Lang-Haven Guernseys. W3411 Fennigkoh Rd West Salem, WI 54669

Again, I am looking forward to another season of dairy judging and lets represent Vernon County well at workouts as well as the contest! Please reach out to me with any questions. Coach Ashley Olson at 608-385-2607. Feel free to text or call!