



October 4th - 10th

Let's Celebrate!

NATIONAL 4-H WEEK



BOOKMARK CONTEST

Hey 4-H'ers, get your creative juices flowing for the FIRST EVER 4-H Bookmark Designing Contest to celebrate National 4-H Week! Download the bookmark template from, <https://extension.unl.edu/statewide/harlan/4h/>. Create your masterpiece, drop it off at the Extension office, or scan, and email your finished product to Elena at elena.stout@unl.edu. Your design should incorporate 4-H. The top 3 designs will be used to create bookmarks that will be distributed throughout the community to promote the 4-H program. This contest is open to youth of all ages. The deadline to submit your design is **Friday, October 16th**. We can't wait to see your innovative designs!

4-H Pledge Yoga

Do you enjoy Yoga? How well do you know the 4-H Pledge? Do you enjoy a good laugh? Join, Elena on Facebook for a video of her doing some 4-H Yoga to help you learn and remember the 4-H pledge.

4-H Photo Scavenger Hunt



How to WIN!! Individuals must find and photograph listed items. Once an individual has found and photographed all listed items, those images must be email to Elena or Marcy for a prize! October 16 deadline.

elena.stout@unl.edu or marcy.dejonge@unl.edu

- Selfie of you wearing your club or 4-H t-shirt
- A project that you completed for 4-H this year
- A clover (*think outside the box*)
- Something that inspires you
- A 4-H Alumni
- Selfie with 4-H sign
- Something you would like to learn more about

KEEP CALM AND WEAR GREEN

Wear Green | **Take a Picture** | **Share on Social Media**



To Celebrate, all 4-H youth are asked to wear Green **Wednesday, October 7**
Post your photos to your social media and tag them **#4HGrown**.

Everyday, of 4-H week, there will be a trivia poll question posted on the Harlan County Extension Facebook page about 4-H lore or history. Each time an individual answers a question correctly, their name is entered in for a drawing. The Drawing will be conducted once all trivia polls are closed.



To request a FREE Brown Bag kit contact the Harlan County Extension office at 308-928-2119 by **October 16th**. Limit 1 kit per individual/child. We will get all the pieces and have the kit you select available for pickup by **October 23rd**.

Please pick up kits at the Harlan County Extension Office, Hoesch Library in Alma, CB Preston Library in Orleans, or the Oxford Public Library in Oxford.

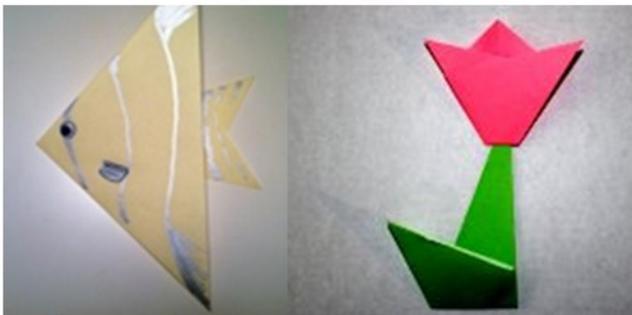
Wizard's Potion

Combine chemicals such as hydrogen peroxide and yeast to create an exothermic reaction! Caution: This experiment can get messy!



3 Origami Designs

Make 3 Origami designs and learn the origins of the paper folding process.



Dancing Ghost

Harness the power of static electricity to manipulate tissue paper ghosts!



Pony Bead Pumpkin

Create a Pony Bead Pumpkin! It doesn't have to be orange—it can be multiple colors! Learn about the life cycle of a pumpkin.





We are Celebrating **YOU & Your 4-H Achievements**

Sunday, October 25 @ 2:00pm

Orleans Ag Center

Hosted by Dry Ridge 4-H Club

We will enjoy Root Beer Floats provided by the Harlan County 4-H Council.

****NEW** Families, must reserve a table by Wednesday, October 21.**

Max of 8 people per family

Reservations MUST to be made by October 21 for those members that wish to attend the Achievement Banquet the afternoon of October 25.

**Please RSVP by October 21, 2020
to the Extension Office at 308-928-2119**

ENROLL in 4-H TODAY!!

4-H enrollment opens October 16



Enroll or Re-enroll for the upcoming 2020/2021 4-H year at <https://ne.4honline.com>
4-H is the nation's largest youth development organization, growing confident young people who are empowered for life today and prepared for career tomorrow.

*I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to Larger service, and
My HEALTH to better living,
For my club, my community, my country and my world.*



**MORE THAN
200
PROJECT
AREAS**

Peanut Butter Power-Up

Do your children seem to eat more fruits and vegetables when they can dip them in peanut butter? According to the National Peanut Board, 64% of children surveyed, reported they will eat more fruits and vegetables when their favorite peanut butter dip is available. As long as your child doesn't have a peanut allergy, peanut butter is a great way to help your children try new foods.

Peanut butter is packed with nutrition and is considered a "superfood" because it is packed with essential vitamins and minerals. According to the latest USDA nutrition data base an ounce (2 tablespoons) of peanut butter contains 7 grams of protein - more than any other nut. It also contains unsaturated fats, which is the type of fat we should eat more often. It also is a good source of niacin, manganese, vitamin E, magnesium, folate, copper, phosphorus, and fiber.

The Peanut Institute reports that to be called peanut butter, both traditional and "natural" types must contain a minimum of 90% peanuts, with no artificial sweeteners, colors, or preservatives. Commercial peanut butters are blended or homogenized for convenience and for creaminess. "Natural" peanut butters can separate, requiring stirring and are not as smooth in texture.

If you or your children get fidgety or fussy in the afternoon with dinner still hours away, try offering a snack that includes peanut butter. Spread it on whole grain crackers or bread, make a dip for fruits and veggies, or a peanut butter-banana tortilla rollup. A nutrient dense snack like one of these will keep you feeling full longer and give you an energy boost to get through the rest of the day.

POWER PEANUT BUTTER DIP

Ingredients:

1/2 cup yogurt, non-fat plain
1/2 teaspoon vanilla
1/3 cup peanut butter
Sprinkles (optional)

Preparation:

1. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.
2. Chill dip in refrigerator until ready to serve.
3. Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices.

Each serving has 96 calories, 7 g Fat, 5 g Carbohydrate, 5g Protein, .8 g Fiber, 84mg sodium.

Getting Creative with Zucchini

Written by Natalie Sehi, MS, RD, Associate Extension Educator

While the summer is starting to come to an end, summer squash is still in full production! If you or someone you know has grown zucchini or yellow summer squash in their garden, you know what I am talking about. I've been lucky enough to have an abundance of zucchini and summer squash, which means it is time to try out new recipes! Zucchini, especially, can be used in a wide variety of recipes.

The list of recipes that use zucchini keeps going on and on... zucchini bread, zucchini muffins, quiche with zucchini, zucchini patties, zucchini salsa, and adding zucchini to many other staple recipes including stir-fry and marinara sauce.

The texture and taste of zucchini makes it a good fit for all types of recipes, and it increases the nutritional value!

Did you know...

- * Zucchini is low in calories and is high in vitamin C and vitamin B6.
- * The darker the squash, the more nutrients it contains. Most of the nutrients are in the skin of the squash so you can get additional nutritional benefits by not peeling it.
- * Zucchini is easy to store. You can freeze shredded zucchini in freezer bags to use at a later time.

If you are looking for a new way to use your summer squash, try this Summer Vegetable Salsa. This recipe is a great go-to snack for warm summer days and a good appetizer to bring to game days as football season is gearing up!

Summer Vegetable Salsa

Ingredients:

1 medium zucchini or yellow squash, diced
1 medium white onion, diced
3 Roma tomatoes, diced
1 jalapeno pepper (optional), diced*
4 tsp. minced garlic
1/2 cup fresh cilantro, chopped
1/2 tsp. salt
1/4 cup lime juice



Directions:

1. In a medium bowl, combine all of the ingredients. Mix gently.
2. Chill in the refrigerator for at least 30 minutes before serving.
3. Serve with corn chips, whole wheat pita chips, chicken or fish.

**Use caution when dicing the jalapeno pepper. It is recommended to wear latex gloves when handling jalapeno peppers, as the jalapeno juices can burn the skin.*

Nutrition Information per Serving: Calories 25, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate



Countdown to the Thanksgiving Holiday

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey? A few simple steps will not only ease your holiday fears, but will ensure a delicious and safe meal for you, your family and your friends.

Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy? If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. **Do not buy a pre-stuffed fresh turkey.**

WHAT SIZE TURKEY TO PURCHASE

Type of Turkey	Pounds to Buy
Whole bird	1 pound per person
Boneless breast of turkey	1/2 pound per person
Breast of turkey	3/4 pound per person
Prestuffed frozen turkey	1 1/4 pounds per person -- keep frozen until ready to cook

Preparation

Day Before Thanksgiving - Make sure you have all the ingredients you need to prepare your holiday meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey and a food thermometer. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. This may also be done on Thanksgiving Day.

Thanksgiving Day - If you choose to stuff your turkey, stuff loosely. The stuffing

should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325 °F. These times are approximate. Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh, wing and the thickest part of the breast. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish. When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.

Thawing

Place frozen bird in original wrapper in the refrigerator (40 °F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days. If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water. Cook immediately after thawing.

THAWING TIME IN THE REFRIGERATOR

Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

THAWING TIME IN COLD WATER

Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Storing Leftovers

Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hrs of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.

Timetables for Turkey Roasting (325 °F oven temperature)

COOKING TIME - UNSTUFFED TURKEY	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours
COOKING TIME - STUFFED TURKEY	
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

HARLAN COUNTY EXTENSION NEWSLETTER

Calendar of Events

- October 3: Russell Covey Memorial Scholarship Event @ 9am in Ragan
- October 4 - 10: National 4-H Week
- October 16: Brown Bag deadline to request kit.
- October 25: 4-H Achievement Banquet @ 2:00pm - Ag Center, Orleans



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The Harlan County Extension Office will be closed
October 12 in observation of Columbus Day

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EXTENSION