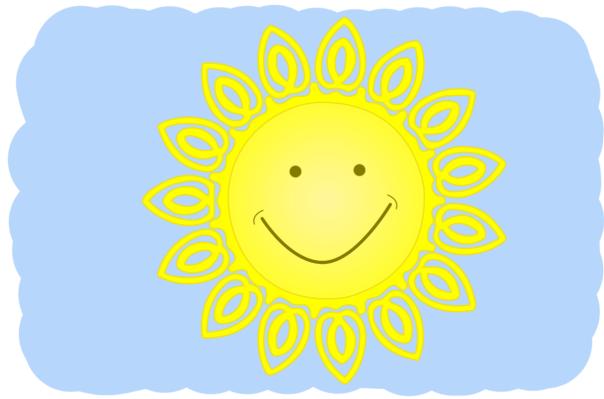


# Macon County 4-H

**April 2020**

Happy Spring Macon 4-H families! We sure miss all of your fun faces at club meetings. If you can't come visit us, then we will have to come visit you online! For the next couple of month, we will meet up on Zoom two times per week. Join us on Tuesdays and Thursdays at 4:00pm. We will have time to talk to each other, learn something new and think about ways that we can "pledge our hands to larger service". Please join us for:

## 4-H at 4:00!

(Instructions on how to join up and be ready on page 3)

**Egg Extravaganza – Making Easter Decorations****Tuesday April 7<sup>th</sup> at 4:00**

Let's make a fun craft to decorate for Easter and do an egg science experiment.

Materials List: 1-2 plastic eggs per kid, fun colored yarn, glue, 1 plastic spoon

**Bursting Buds and Seeds****Thursday April 9<sup>th</sup> at 4:00**

What are our trees and seeding doing right now? We will examine spring tree buds and seeds to see what important changes are happening right now.

Materials List: 1 – 10 to 12 inch tree limb cut off of a live tree; 3-5 seeds from a garden pack, your yard or sunflower seeds from the kitchen

**Visit a Goat Farm****Tuesday April 14<sup>th</sup> at 4:00**

Ms. Cindy Dietz (our Macon Mountain Goats 4-H Club leader) has baby goats. We will go visit her farm online, see her new baby goats and learn all about how to care for them.

**Contact Information**

828-349-2046

Tammara Talley

[tammara\\_cole@ncsu.edu](mailto:tammara_cole@ncsu.edu)

Carol Pitts

[carol\\_pitts@ncsu.edu](mailto:carol_pitts@ncsu.edu)

**Spring Smoothies****Thursday April 16<sup>th</sup> at 4:00**

Get ready to make fun spring smoothies with Ms. Carol. What could be better than a cool summer drink that is good for you to!

Materials List makes 2 – 1 cup servings:  $\frac{1}{2}$  cup of fruit (I will be using strawberries), 1 cup of low fat vanilla yogurt,  $\frac{1}{2}$  cup low fat milk, blender

**Plant a Garden in a Pot****Tuesday April 21<sup>st</sup> at 4:00**

Do you love to garden and grow your own food? Let's start with a lettuce garden that can be grown on your porch.

Materials Needed: A flower pot from around your house or from the store (you can even use recycled plastic food containers if you poke a few holes in the bottom), potting soil to fill up the container (or rich soil from your yard with all of the grass sifted out), a packet of lettuce or herb seed from the store. Call us one week ahead if you want us to mail you some lettuce seed.

**Making Butter****Thursday April 23<sup>rd</sup> at 4:00**

Our Budding Chefs have been trying to make butter for 2 months. Now let's just all make butter together. It is fun and an amazing science experiment. You will amaze your family when you serve them homemade butter.

Materials needed: 1 pint jar with a tight fitting lid, heavy whipping cream, a colander for rinsing and maybe some hot toast or biscuits to try out your homemade butter

**Butterflies****Tuesday April 28<sup>th</sup> at 4:00**

Spring is the time that butterflies return to our area. Let's learn a little bit about butterflies and make a butterfly feeder.

Materials needed: 1 - flat pie tin, plastic plant water saucer or heavy duty plastic plate that have a hole punched in it, yarn or string, 40 plastic pony beads (we have plenty to share – let us know a week in advance if you would like some)

**Easy Skillet Lasagna****Thursday April 30<sup>th</sup> at 4:00**

Let's make supper for our family. A great recipe is skillet lasagna. We will walk through all of the steps and you can be ready to cook a wonderful meal for your family

Materials needed to serve 6: spatula, liquid measuring cup, large skillet

½ pound of lean ground beef or ground turkey

8 ounces egg noodles, uncooked

12 ounces low fat cottage cheese

2 cups reduced fat mozzarella cheese, shredded

Non-stick cooking spray

1 (14.5 ounce) can of unsalted diced tomatoes, not drained

1 cup water

½ teaspoon parsley, oregano

1 tablespoon Italian seasoning

## **Instructions on how to join 4-H at 4:00:**

1. Email Tammara at [tammara\\_cole@ncsu.edu](mailto:tammara_cole@ncsu.edu) and let her know that you would like to join 4-H at 4:00.
2. I will send you a link for Zoom and easy instruction on how to upload Zoom
3. You will need to email and have your instructions at least two hours before the meeting you would like to join.
4. If you want to do the activity hands on as we do it, please have the *materials needed* items ready

# **4-H Updates**

## **4-H Market Lamb Orientation**

If you are interested in raising a 4-H Market Lamb, we will have an orientation on Thursday April 23<sup>rd</sup> at 6:00pm. This orientation will be online due to social distancing. Please call and sign up if you would like to participate. We will need your email address to add you to our meeting.

## **Attention Macon Mountain Goats!**

Please check out our club Facebook page next week (week of 4/13) as we will be having a virtual tour of my goat farm. We will be showing you the different breeds of goats and you can ask questions and interact with us! We will notify you a day ahead so you can plan on checking in...if you have anything you want to see just drop us a line in on Facebook and we will make sure to cover it. I have 6 baby goats; that hopefully, will do cute stuff to give us all a good chuckle.

## **EPICS Youth Council**

Our service project on April 9<sup>th</sup> has been postponed until this fall. We will meet online on Monday April 13<sup>th</sup> at 6:30. I will send you a link by email.

## **Bluebird Project**

Mr. George Kay, our local bluebird expert met with interested 4-Hers. They decorated and then installed six bluebird houses. Two bluebird houses are here at the Cooperative Extension Office and 4 are on the Greenway. We already have 2 nests here at office. One has 4 eggs! We will keep you updated on our newest family on the hill.



## 4-H Calendar - April 2020

		1	2	3	4
5	6	7 <b>4-H at 4:00</b> Egg Extravaganza	8	9 <b>4-H at 4:00</b> Bursting Buds and Seeds	10
12	13	14 EPICS 6:30 online	15 <b>4-H at 4:00</b> Visit a Goat Farm	16 <b>4-H at 4:00</b> Spring Smoothies	17
19	20	21 <b>4-H at 4:00</b> Plant a Garden in a Pot	22	23 <b>4-H at 4:00</b> Making Butter ----- Lamb Orientation 6:00 online	24
26	27	28 <b>4-H at 4:00</b> Butterflies	29	30 <b>4-H at 4:00</b> Skillet Lasagna	



*North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, US Department of Agriculture and local governments cooperating.*

*Persons with disabilities may request accommodations to participate by contacting the County Extension Director at (828) 349-2046 or fax (828)349-2405, or in person at the Macon County Extension Office at least 10 (ten) days prior to the event.*