

# Macon County Center North Carolina Cooperative Extension 193 Thomas Heights Rd Franklin, NC 28734 Macon County 4-H



Hello Summer!!

# May 2020

For the next couple of months, 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)

U	<b>berry Freezer Jam</b> ry season and want it to last all year. Let's pu	Thursday May 7 <sup>th</sup> at 4:00 some strawberries in the freezer for later.			
Materials List:	2 cups hulled strawberries	4 cups sugar			
	1 - 3oz. package ball liquid fruit pectin	2 tbsp lemon juice			
4 - 6 8oz jars can use plastic containers for the freezer					
Equipment: measuring spoons and cups, potato masher, bowl, small pot, wooden spoon, ladle, spatula					

canning funnel ( if you have one), hot pads

refrigerator biscuits

#### Handmaking Cards and Envelopes

## Tuesday May 12<sup>th</sup> at 4:00

Let's how to handmake fun cards and envelopes. Cards are so special to people as a wonderful gift, as a way to say thank you and make others feel special. Materials List: colored and decorative paper, scissors, ruler

#### Snack Pizzas

Thursday May 14<sup>th</sup> at 4:00

Recipe list (makes 4):

- 1 tsp. oregano
- 1/2 cup tomato sauce or pizza sauce and no oregano
- 16 slices of pepperoni or 1/2 cup diced ham
- 1/2 cup shredded mozzarella cheese

Equipment: measuring spoons and cups, baking sheet, hot pads, mixing bowl, spoon, timer, toaster oven or oven

## Contact Information Tammara Talley Carol Pitts

828-349-2046 <u>tammara\_cole@ncsu.edu</u> <u>carol\_pitts@ncsu.edu</u>



#### Chickens 101

#### Tuesday May 19<sup>th</sup> at 4:00

Thursday May 21<sup>st</sup> at 4:00

Tuesday May 26<sup>th</sup> at 4:00

Let's visit some young chickens and learn all about what they need to be healthy. We will talk about how to feed them, how much water they need, housing and how to keep them healthy. Get your questions ready.

#### Apple Pie Bites

Let's cook up something fun...

Ingredient List:

large crisp apple
tsp ground cinnamon
- 8oz can of crescent rolls

1/3 cup brown sugar3 Tbsp melted butter

Equipment: measuring spoons and cups, baking sheet, hot pads, mixing bowl, spoon, timer, toaster oven or oven

#### Sewing a felt pouch

We will sew a fun felt pouch that will not only be cute but super useful. Please email Tammara one week ahead if you would like to join us. We will mail you the materials you need for this project.

Taco Chicken Aluminum Foil Supper at 4:00

Thursday May 28<sup>th</sup>

It's time to use your advanced chef skills and make supper for your family. Ingredients for 1 foil pack (1 needed per person): <sup>1</sup>/<sub>4</sub> Sweet onion 1-3 to 5 oz chicken breast <sup>1</sup>/<sub>2</sub> tsp taco seasoning 1 Tbsp salsa grated cheddar cheese Aluminum Foil

Equipment: measuring spoons and cups, baking sheet, hot pads, mixing bowl, spoon, timer, toaster oven or oven

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

- 1. Email Tammara at 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 read

#### 4-H Market Lamb Club To Do List

- Make sure you have talked to Tammara or Joe
- Mail \$25 per youth to Macon County 4-H before May 15<sup>th</sup>
- If you did not attend the Orientation, please call Tammara before May 15<sup>th</sup>

# **Summer Activities**

#### **Summer Relief**

Unfortunately, we cannot currently have our typical Summer Relief activities. We are ready for summer fun though and will watch to see if we can include some Summer Relief events later in July and August. Below are summer activities that we hope you join.

# Cooking Up Confidence Online Camp

During the months of June and July, we will explore different kitchen skills, learn new recipes and more!

- Meet every Wednesday at 10:30
- Learn 9 new recipes
- Receive a 4-H activity book with our recipes, games and skills to practice
- Complete three chefs level to receive prizes
- Improve your 4-H cooking and nutrition knowledge
- Price: \$12.00

Ways To register:

- 1. We will post our registration form on our website: http://macon.ces.ncsu.edu/
- 2. Also look for a link on Facebook
- 3. If you would like to have the registration emailed to you, please call or email Carol at 349-2046 <u>carol\_pitts@ncsu.edu</u>

4. The \$12.00 fee can be paid by credit card during the registration process or by mailing a check to our office



# **4-H Summer Gardening**

Let's garden together. We are ready for fresh cucumbers and tomatoes that we grow in our own backyard. Sign up for a garden kit and be a part of our 4-H gardening project

- Free garden kit with plants, seeds and tools to make a great garden
- Join the biggest cabbage contest
- Prizes for the best garden, most produce and best gardener
- Online meetings to learn all about how to make your plants grown and to answer your garden questions

Ways To register:

- 1. We will post our registration form on our website: http://macon.ces.ncsu.edu/
- 2. Also look for a link on Facebook
- 3. If you would like to have the registration emailed to you, please call or email Tammara at 349-2046 tammara\_cole@ncsu.edu

# Presentations and District Activity Day

This summer's District Activity Day will be a little different. We will record your presentation and submit it online. We will work individually to practice your presentation and then to record it. Please let Tammara know your category and presentation title by Friday May 22<sup>nd</sup>.



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4-HI Calendar - May 2020	-	8	15 Registration fee for lambs due	22 Title and category of presntation due	29
		7 <b>4-H at 4:00</b> Strawberry Freezer Jam	14 <b>4-H at 4:00</b> Snack Pizzas	21 <b>4-H at 4:00</b> Apple Pie Bites	28 <b>4-H at 4:00</b> Alunimu Foil Chicken
		Q	13	20	27
4-H Cale		5	12 <b>4-H at 4:00</b> Handmade Cards and Envelopes	19 <b>4-H at 4:00</b> Chickens 101	26 <b>4-H at 4:00</b> Sew a Felt Pouch
		4	11 EPICS 6:30 online	18	25
		£	10	17	24

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 University use welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, US Department of Agriculture and veteran' s status. 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.