



# 4-H/ Family & Consumer Sciences

JEFFERSON DAVIS COUNTY

JULY/AUGUST 2020

Greetings from 4-H/ Family & Consumer Sciences Extension Agent, Latonya Ramsey. I bring greetings on behalf of Jefferson Davis County Extension Service!



**WE NEED YOUR HELP!** I'm looking for your insight. Take a moment to help us better serve you. Please complete this short survey online by using the link <http://bitly.ws/984X> or scan the QR code with your phone. We also have paper versions that can be mailed to you by contacting our office. Your responses will facilitate

our ability to better support you in virtual meetings, events, and will help the 4-H Office answer, "how can we participate in 4-H without in person meetings?" From zoom meetups, Facebook lives, and pre-recorded video programming, we want to continue 4-H anywhere and everywhere for 2020-2021.



Our routines have changed drastically over the last few months, but that doesn't mean 4-H meetings have to be cancelled! While in-person gatherings are not allowed, virtual meetings, through zoom or google hangout, offer a chance for us to 'see' each

club member, check in with everyone, and stay on top of activities and projects. New technology can be intimidating, but we are here to assist you. Choose your time and location and Latonya Ramsey, 4-H/ Family & Consumer Sciences Agent, will set everything up for you to join the call or virtual meeting. I would join should you need further assistance or guidance using the many tools virtual meetings offer. If you are a volunteer leader interested in leading a zoom/google hangout meeting or if you have any questions, email Latonya ([latonya.ramsey@msstate.edu](mailto:latonya.ramsey@msstate.edu)).



<https://www.facebook.com/JEFFERSON.DAVIS.4H/>

To keep up with 4-H/ FCS happenings, join our Facebook page Watch our weekly videos and send in photos of your completed project to get credit and be entered into monthly prize challenges.



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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director

# 4-H GRAB & GO KITS

Each week, bags will focus on a specific topic related to outdoor activities, gardening, cooking, physical activities, science projects, and arts/crafts.

**How does it work?** Every week beginning on Monday, August 10th a new activity bag/kit will be offered at the Jefferson Davis County Extension Office. All Jeff Davis County 4-H youth age 5-18 are welcome to grab a bag. Not a member of 4-H, contact us and we will get you registered for free. We will operate on a first come, first served basis. We will only have a limited supply! Please check our Facebook page and local newspaper to check out which projects will be offered each week.



<https://www.facebook.com/JEFFERSON.DAVIS.4H/>

**When can you pick-up?** Jeff Davis County Extension Office-- Monday-Friday 9:00AM-4:00PM. Bags will be located outside on a table in a large container. The bags contain the materials for youth to do each of the projects. We have included in the kit an information sheet that we request you return either by mail or drop in the box when you pick up a new kit, so we can track who is using the bags. Please use social distancing when picking up bags.

**After you complete the project:** Complete evaluation, take a picture of your project and send message to Jeff Davis County Cooperative Extension Service Facebook page, email, or text! We would love to share your talents and projects! For questions, please contact the office at 601-792-5121 or email: [latonya.ramsey@msstate.edu](mailto:latonya.ramsey@msstate.edu)

**Quarantine Letters for Hospice- while visitations, meetings, and gatherings are limited for all, there are ways to stay connected even as we isolate ourselves from each other. Letters and cards can be made to put smiles on their faces. These cards and more will be mailed to Volunteer for Seva Hospice in California. We know they will enjoy receiving these smiles!**



## GRAB &amp; GO KITS



## STATE FAIR 2020

### Family Recipes (inspired by the PBS series FAMILY INGREDIENTS)

Everyone grows up with fond memories of favorite family foods, that gives them comfort and that they continue to enjoy. Sometimes it's a delicious stew, a secret curry, or a special broth. Sometimes it's that special way your mom fixed up the macaroni and cheese from the box. Either way, they are the foods that say family, memory and love, and they are worthy of celebration! *SHARE THE BASICS OF THE FAMILY RECIPE THAT YOUU LOVE.* Include the following: On the front of the recipe card, the name and basic contents of the dish and how to prepare it should be displayed. On the back of the recipe card, you could tell where the recipe come from? What is special about the dish to you? What memory do you have associated with that recipe?

#### Supplies Needed:

- A sturdy, strong box (cardboard, metal or wood) or sturdy 2 or 3 ring binder.
- Recipes should be typed or written neatly on index cards for the recipe box.
- You can also use printable recipe cards found here: <http://homes-n-gardens.com/printables/recipe-cards/4x6/>.
- Download on heavyweight paper (such as card stock), print, and fill in the cards with your recipes.
- Handheld Single Hole Puncher
- Pen and/or Fine Point Markers
- Sheet Protectors and/or laminator machine
- Tab Dividers for each food category: Suggestions are beverages, breads, desserts, main dishes, salads, sandwiches, or vegetables



**GRAB & GO:** Materials will be provided in week one (AUGUST 10) 4-H grab and go kits to make your own recipe book. Your recipe collection can also be an entry into the 2020 4-H State Fair Exhibit. 1st year exhibitor must submit 14 typed recipes and 2-4 year exhibitor must submit typed 25 recipes. Deadline to submit your recipe book will be forthcoming.

NOTEWORTHY RECIPES: <https://www.tasteofhome.com/collection/4-h-recipes/>

FROM THE DESK OF THOMAS BREWER



Dear 4-H Livestock Exhibitor:

**Please note that plans for the 2020 MS State Fair are subject to change depending on the COVID-19 pandemic.**

Please be aware of the following deadlines if you plan on showing livestock through the Jefferson Davis County 4-H at the MS State Fair, S. E. District Livestock Show or the Dixie National Junior Round-up shows. Please call the Jefferson Davis County MSU-Extension Service Office in Prentiss on or before August 05, 2020. Call (601) 792-5121 to schedule an appointment to sign up for these livestock shows and complete the forms before the deadlines. Each 4-H livestock exhibitor will be required to complete a 4-H Livestock ethics training. The date for this training will be set after all livestock exhibitors confirm their intent to show in Jefferson Davis County.

There are a few rules I wanted to remind everyone about that are outlined below. For A. and B., these are updates to rules for the State Fair and Dixie National concerning eligibility of exhibitors and nominations of beef breeding animals with pending information.

- A. Only youth **physically** residing in Mississippi, ages 8 through 18, who are bona fide members of a 4-H club or FFA chapter within the state are eligible to show. Exhibitors must be at least 8 years old before January 1st of the current year and must not have passed his/her 18th birthday before January 1st of the current year. The only exception to the eligibility rule is for exhibitors who have not passed his/her 19th birthday before January 1st of the current year and are currently enrolled in high school are also eligible to show. Exhibitor's age is determined by the exhibitor's age on January 1st of the preceding calendar year in which the show is held (not necessarily age on show day.)
- B. **No registered beef breeding animals will be allowed to be entered/nominated without a name and date of birth.** All registered beef and dairy breeding animals with pending registration information after September 15 will not be allowed to show at the Mississippi State Fair unless extenuating circumstances are presented in writing to the Rules Committee within 5 days of the above deadline. Animal registration information will be verified electronically before the Mississippi State Fair. Updated registration information for each pending animal must be submitted to the supervising Extension Agent/FFA Advisor by September 15.

Please note that there is only one nomination period to enter market steers, market lambs, market hair sheep, and market goats. If you will be too young to show at the 2020 Mississippi State Fair and plan to show a market steer, market lamb, market hair sheep, or market goat at the 2021 Dixie National Junior Round-Up, those animals MUST be owned and nominated by September 1, 2020.

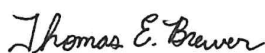
## 2020-2021 4-H/FFA Livestock Show Deadlines

	MS State Fair		District Shows / Dixie National Junior Round-Up	
	Ownership	Entry	Ownership	Entry
<b>Market Steers</b>	September 1	September 1	September 1	September 1
<b>Market Lambs</b>	September 1	September 1	September 1	September 1
<b>Market Goats</b>	September 1	September 1	September 1	September 1
<b>Market Hair Sheep</b>	September 1	September 1	September 1	September 1
<b>Commercial Beef Heifers</b>	September 1	September 1	December 1	December 1
<b>Commercial Meat Goat Does</b>	September 1	September 1	December 1	December 1
<b>Wether Dams</b>	September 1	September 1	December 1	December 1
<b>Commercial Gilts</b>	N/A	N/A	December 1	December 1
<b>Market Hogs</b>	September 1	September 1	December 1	December 1
<b>Beef Breeding</b>	September 1	September 1	December 1	December 1
<b>Dairy Cattle</b> (purebred and commercial heifers/cows)	September 1	September 1	December 1	December 1
<b>Dairy Goats</b>	September 1	September 1	December 1	December 1

### ► OFFICIAL HEALTH CERTIFICATE – REMINDER

An Official Health Certificate with each animal identified will be required on all livestock showing at the 2020 Mississippi State Fair. This includes all market animals, beef breeding cattle, commercial beef heifers, dairy cattle (purebred and commercial dairy heifers/cows), dairy goats, commercial breeding ewes, and commercial meat goat does.

Sincerely,



Thomas E. Brewer  
County Director/Agent  
Mississippi State University Extension Service  
Jefferson Davis County



## JEFFERSON DAVIS COUNTY HOMEMAKER VOLUNTEERS

### Comforts of Hot Tea

A soothing cup of hot tea is great for getting family or friends together to share in times of uncertainty. Time together can provide social and emotional benefits, and drinking unsweetened tea can provide several health benefits.

Regularly drinking tea may help reduce your risk for heart disease and protect teeth from tooth decay. Other potential benefits include supporting weight loss and reducing the risk of cancer. These health benefits are attributed to the variety of flavonoids in tea. Flavonoids are a variety of chemicals naturally found in plants that protect the body from inflammation and damage.



Tea comes from the *Camellia sinensis* plant. The processing methods determine the variety, flavor, and aroma of tea. Common varieties of tea include black, green, oolong, and white. A cup of tea has about half the caffeine of a cup of coffee, but the caffeine content ultimately depends on the type of tea and the brewing process.

Follow these simple steps to brew the perfect cup of tea. Use one tea bag or 1 to 2 teaspoons of loose tea for every cup of tea. If you're using loose tea, put the leaves in a tea strainer. Bring cold water to a boil. As soon as the water begins to boil, pour it over the tea. Brew times vary depending on the variety of tea. Brew black tea for four minutes, oolong tea for three minutes, green tea for two minutes, and white tea for one minute. Longer brew times will produce a stronger flavor than shorter brew times. Sip and savor the comfort of enjoying a warm cup of tea.

References: Linus Pauling Institute at Oregon State University. (n.d.) Flavonoids. Retrieved from <https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids>. Linus Pauling Institute at Oregon State University. (n.d.) Tea. Retrieved from <https://lpi.oregonstate.edu/mic/food-beverages/tea>

Can't find a can of your favorite Cream Soup in the store? No problem! This 5 ingredient mix is a perfect substitute and the ingredients may be easier to source.

### Soup or Sauce (SOS) Mix

#### Ingredients:

- 2 cups powdered non-fat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon (regular or low sodium)
- 2 Tbsp dried onion flakes
- 2 tsp Italian seasoning (optional)

#### Directions:

Combine all ingredients in a recloseable plastic bag, mixing well.

**Yield:** Equal to 9 (10.5 oz) cans of cream soup.

#### To Use:

Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Whisk until well blended. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

#### Storage:

Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.

**Nutritional Facts:** Serving Size 1/3 cup, Servings Per Container 9. Calories: 100, Calories From Fat: 5, Sodium: 580 mg, Sugars: 9 g, Total Carbohydrate 15 g; Protein: 6g **Source:** Utah State Extension: [extension.usu.edu](http://extension.usu.edu)

### HEALTHY HOME SOLUTIONS

Many effective cleaning products get rid of dirt, grime, and germs. Although these products work when used properly, some of us feel the need to give our cleaners a "boost" by adding other ingredients to increase cleaning power. This can be a problem because mixing cleaners and chemicals often produces toxic fumes or vapors. Here is a list of chemicals you should not mix nor add to other products.

**Most importantly BLEACH should only be mixed with water.**

#### Do not mix:

Bleach + Ammonia = TOXIC Vapors

Bleach + Rubbing Alcohol = Chloroform (No need to create this!)

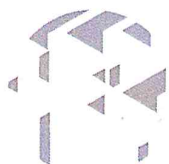
Bleach + Toilet Bowl Cleaners = TOXIC Fumes

Bleach + Vinegar = TOXIC Vapors

Hydrogen Peroxide + Vinegar = Corrosive Irritant

2 Different Types of Drain Cleaners = Explosive Chlorine Gas

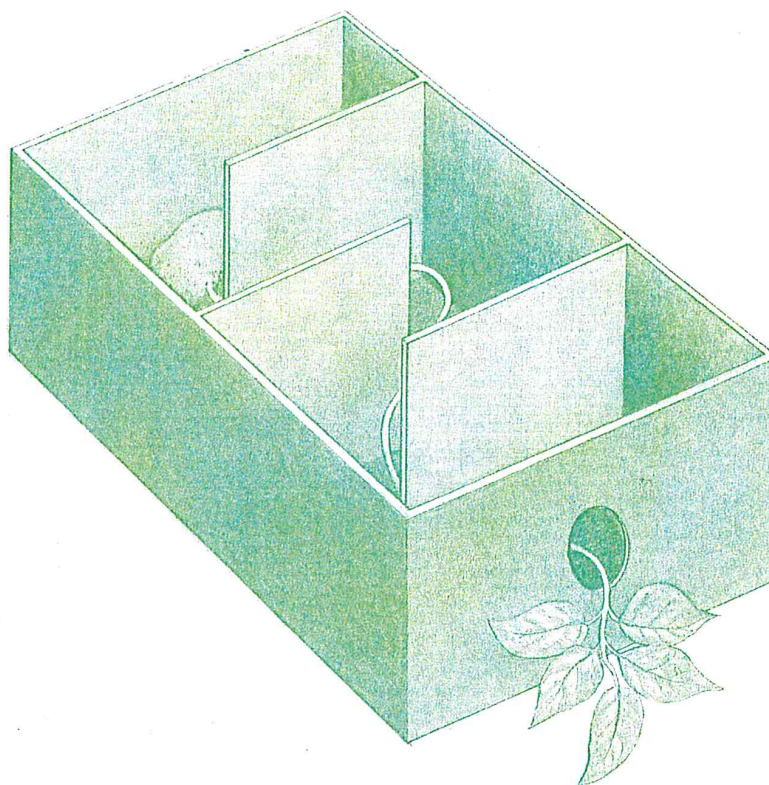
References: Clean & Happy Nest, Good Housekeeping, Reader's Digest



### Make a Potato Maze



1. Make a small hole in a short side of a long cardboard box.
2. With an adult's help, cut out several pieces of cardboard and stick them inside the box to make a maze like the one in the picture.
3. Put a sprouting potato at the end of the box opposite the hole and place the lid on the box.
4. Leave the box in a light place so that light can easily get into the box through the hole in the end.
5. After a few days, take the lid off the box. Has your potato found the pathway through the "maze" to reach the light?



### What Happens

The potato senses the light and grows toward it, even though it has to find its way through a maze first. Does your potato shoot eventually grow out of the hole in the side of the box?

To go deeper, find the full curriculum at [Shop4-H.org/AfterschoolAg](http://Shop4-H.org/AfterschoolAg)



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