

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at penny.tank@wisc.edu, with the subject line: 4-H Friday Photo and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter. We have some supplies at the Extension Office that could possibly be mailed to your home if needed. Email Penny to discuss. *Penny Tank, 4-H Program Educator*

Time to Garden?

Whatever size or style of vegetable garden you choose to plant, there are a number of responsibilities that come with a garden. Some garden knowledge is passed down from one generation to the next or your family may be choosing to try a garden for the first time. If you are in the vegetable or garden project it is important to understand all that is involved in getting those entries ready to be harvested for the fair!



Source: Gardening, National 4-H Curriculum, BU-07166
Life Skills: Making decisions, understanding responsibility

Questions to discuss and consider:

- What can you learn by growing a garden?
- What size of a garden is needed or wanted?
- How do/did you decide what to plant?
- Are there certain seeds or plants that should be planted closer together or further apart?
- Which vegetables grow on vines, underground, or above ground?
- What do you do for mulch or fertilizer?
- What tools and supplies are needed for a garden?
- How often does a garden have to be tended?
- Who will do the weeding and watering? How?
- How will you know if there is a plant disease in your garden? What will you do about it?
- What animals do you think may come into your garden?
- How can you keep animals out of the garden?
- How much time each day will you and your family devote to taking care of the garden?
- If you go away for a few days, who will take care of your garden?
- What will happen if you forget to weed or water your garden?
- What should you do if frost is predicted and your plants are growing?
- What are some safety ideas to think about when gardening?
- What will you do with the vegetables you harvest?

Reflection:

1. How did you feel when you talked about doing chores in the garden?
2. What happens when a person does not follow through with his/her responsibilities?
3. How will taking good care of the garden help you become more responsible?

Wind Whirlers

Enjoy these easy to make wind whirlers with supplies found at home! Be sure you have a larger open area to try flying them!

Supplies:

- ❖ Paper plates (two per person)
- ❖ Stapler
- ❖ Markers in assorted colors. Choose markers that won't run if the plates would get wet.



Directions:

- ✓ Decorate two paper plates with "extraterrestrial" designs such as flashes of light, swirls, shapes, etc. Spirals look great as spinning saucers whirl through the sky.
- ✓ Staple the two plates together, either back to back or front to front. Back to back whirlers dip and curve while front to front whirlers tend to fly faster and straighter.
- ✓ After you play for a while you may choose to try some modifications and see how the flight is affected. For example, cut a hole in the center or other ideas.
- ✓ You could choose a target for landing or a height goal, use your imagination.

Reflect:

- Did you notice the difference between plates stapled front to front or back to back?
- What happened when you made other adaptations?

Adapted from: The Outrageous Outdoor Games Book by Bob Gregson

Extension Waupaca County

<https://waupaca.extension.wisc.edu/>

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Veggie Pizza

Try out this great summer snack!

Ingredients:

- 2 packages (8 oz) refrigerated crescent rolls
- 2 cups reduced-fat sour cream
- 1 package (8 oz) reduced-fat cream cheese, softened
- 1 envelope ranch dip mix
- Chopped vegetables such as peppers, celery, broccoli, carrots, onions, etc.

Steps:

1. Preheat oven to 375 degrees F
2. Spray baking pan (11" x 14") with nonstick cooking spray.
3. Unroll crescent rolls and lay them in pan. Spread them out with your fingers so the bottom is completely covered.
4. Bake for 13 to 17 minutes or until crust is golden brown.
5. Remove from oven and cool completely.
6. Add sour cream, cream cheese, and ranch dip mix to mixing bowl. Mix until creamy.
7. Spread mixture over cooled crust.
8. Sprinkle chopped vegetables on top.
9. Cut into squares. Serve.
10. Yields: 12 servings

Source: 4-H Cooking 201, University of Illinois Extension, page 36



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