WAUPACA COUNTY 4-H FRIDAY! JUNE 12, 2020

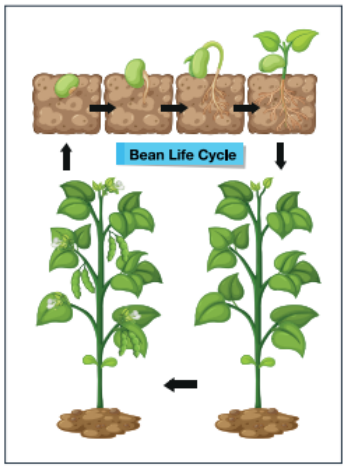
4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social 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*

Bean in a Bottle

Through this activity, kids will learn about the life cycle of a plant and discover what their plant needs to survive. They will also learn about innovative gardens that don't require going outside. This activity showcases how agriculture and science go hand-in-hand.

Source: National 4-H Council, 4-H Stem Lab
https://4-h.org/about/4-h-at-home/bean-in-a-bottle/

UW-MADISON EXTENSION



Supplies:
- 1 empty plastic bottle, with cap
- Scissors
- String
- Water
- Garden soil
- Bean seeds

Steps:
1. Cut the water bottle in half, horizontally.
2. Remove the bottle cap and assist kids with cutting a small hole in the bottle cap.
3. Cut a string that is about five inches long.
4. Poke the string through the hole in the cap and tie a knot on the inside of the cap. Screw the cap back onto the top section of the bottle.
5. Now, fill ¾ of the bottom section of the bottle with water.
6. Take the top half of the bottle and place it upside down, inside the bottom half of the bottle. The cap should not be touching the water.
7. Fill the top half of the bottle with soil. Press a bean seed into the soil and cover with about ½ inch of soil.
8. Place the Bean in a Bottle in a sunny location either inside or outside, and watch your bean grow! Don't forget to change out the water when it begins to color.

Reflect:
- How does agriculture relate to science and why is it important that these fields work together?
- How does the water get to your bean?
- How did your bean seed grow?

Explanation: *In the Bean in a Bottle activity, the string wicks water up into the soil to keep the plant moist. Water is made of cohesive and adhesive properties, which means that it "sticks" to itself and other special materials. This allows the water to be absorbed into the string; once the string has been completely soaked it will result in water droplets being left in the soil, where it can then be absorbed by the plant.*

Easy Vegetable Soup

When it gets hot in the summer, some people don't really plan to make soup, however, here is an easy recipe to try.

Ingredients:

- 1 pound ground beef
- 2 tablespoons dried minced onion
- 1 can (28 oz) condensed tomato soup
- 3 cups water
- 1 bag (16 oz) frozen mixed vegetables
- Salt and pepper to taste

Directions:

1. Place ground beef in skillet. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked. Remove skillet from heat.
2. Place colander over a glass or metal container to catch drippings. Pour cooked ground beef into the colander to drain.
3. Place meat in stockpot. Add onion, tomato soup, and water. Mix thoroughly and bring to a boil.
4. Add vegetables and reduce heat to simmer. Add salt and pepper, to taste. Simmer for 20 minutes, or until vegetables are tender.

Yield: 8 servings

Source: 4-H Cooking 201; University of Illinois Extension, page 58

Extension Waupaca County
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Origami

Do you know why paper folding is called **Origami**? It is two combined Japanese words, "ori" meaning folding and "gami" meaning paper.

New Mexico University shared some videos for youth in grades 3-12 to learn about origami.

https://www.youtube.com/playlist?list=PL88jbC2GiaFWuK8G4Cxi-SbCKICF1QdWo

If you are able to, go to the above link to see step by step directions for the following:

- Intro to folding
- How to make a house
- How to make a piano
- How to make a crane
- How to make a clover

(If you are not able to view the videos, contact Penny at penny.tank@wisc.edu and we can mail you directions along with some origami paper.)

Supplies:

- Square pieces of foldable paper, variety of colors

Some of the folds you will learn about are the:

- Hat fold
- Mountain fold
- Small triangular fold
- Hotdog fold
- Square fold
- Window fold

Source: *New Mexico State University*