

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](mailto: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*

## EASY EGG AND SAUSAGE CASSEROLE

What's better than cooking at home? Making meals that are both inspired and easy to make. This collection of recipes from the 4-H community\*\* hits those marks on every page. Featuring nearly 50 recipes from 4-H'ers, supporters, and 4-H alumni — including celebrity chef, author, and Tennessee 4-H alumna Carla Hall — the Fresh Chefs digital cookbook includes healthy everyday recipes and celebratory dishes for youth and families to enjoy.

\*\*To download a free digital copy of Fresh Chefs, go to this website:  
<https://4-h.org/parents/healthy-living/cookbook/>



UW-MADISON EXTENSION

### Ingredients:

- 1 pound sausage (chicken or pork)
- 1 cup cheddar cheese, shredded
- 2 slices whole wheat bread, cubed
- 6 eggs
- 1 cup milk
- ¼ teaspoon pepper
- ¼ teaspoon salt (optional)

### Cooking Instructions

1. Brown Sausage and drain. Toss with cheese and bread.
2. Pour into a greased shallow baking dish (7x11).
3. Beat eggs, milk, salt, and pepper. Pour over sausage mixture.
4. Refrigerate overnight or at least 6 hours.
5. Bake at 350 degrees for about 45 minutes.

Recipe submitted by: Tracey, age 13, 4-H member from Mississippi  
Preparation Time: 15 minutes      Cook Time: 45 minutes  
Serves 6

### Reflect:

- How could you adapt this recipe with a variety of ingredients?
- Can you figure out the nutritional elements of this recipe?



Carla Hall, Celebrity Chef, Author, and 4-H Healthy Habits Program Ambassador



## Summer Solstice

What is the importance of June 20<sup>th</sup>? Even though many of us think about summer starting earlier or when school gets out, June 20<sup>th</sup> is the longest day of the year and the official start of summer. It is also called the **summer solstice**.

**Astronomy** is the study of the sun, moon, stars, planets, comets, gas, galaxies, dust, and other non-Earthly bodies and phenomena. Or the study of the universe and its contents outside of Earth's atmosphere.

**If you have an interest in Astronomy, this could be a self-determined 4-H project!**

[https://ohio4h.org/sites/ohio4h/files/imce/books\\_resources/Curriculum/365-01-Astronomy.pdf](https://ohio4h.org/sites/ohio4h/files/imce/books_resources/Curriculum/365-01-Astronomy.pdf)

One place to get started is to check out the above linked handout from Ohio 4-H with some descriptions of astronomy terms like:

- ❖ **Seas and highlands on the moon**
- ❖ **Constellations**
- ❖ **Galaxy**
- ❖ **Milky Way**



And some great project ideas to get started, like:

- Draw a picture of the moon at each of its phases.
- Find at least 7 constellations and draw them.
- Choose a constellation and learn how it got its name.
- Create a model of the Solar System.
- Other ideas.....
- Make a matching game for a family member to complete with the names and photos of the constellations or planets.

*Adapted From: Ohio State University Extension, 4-H 365.01*

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<https://waupaca.extension.wisc.edu/>  
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## Tie Dye Coffee Filter Monsters



### Supplies:

- ✓ Coffee Filters
- ✓ Washable Markers
- ✓ Spray Bottle with Water
- ✓ Black Card Stock Paper or Construction Paper
- ✓ White Card Stock Paper or Construction Paper
- ✓ Other colored paper as desired
- ✓ Scissors and Glue

### Directions

1. To protect your surface, put your coffee filter on some newspaper or a paper plate and begin coloring it with the washable markers. You do not have to cover the whole filter as the colors will spread and blend together later.
2. This step can be messy so you will want to put your coffee filter on a plastic tray or on wax paper, etc. Spritz/spray the colored coffee filter with water. Be sure to use just enough water so the colors start to blend, the more water you use the longer it will take to dry.
3. Let the coffee filter dry completely.
4. While drying, cut different shapes out of the white and black paper for the monster's eyes, nose, mouth, teeth, horns, and/or hair. You can add more color if you wish by using different colored paper too.
5. After the coffee filter is completely dry, glue on the monster's face.

### Reflection:

- Discuss how each creation can be one of a kind and unique; how does this compare to things that make each of us unique?
- Write a story about your monster and share it with your family.

*Source: Adapted from: <https://abcsofliteracy.com/tie-dye-coffee-filter-monster/>*

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