

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea 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*

National Bingo Day – Saturday, June 27th

Bingo is a very popular game for all ages! When the game reached North America in 1929, it became known as "beano" [because players would use beans to cover the numbers]. It was first played at a carnival near Atlanta, Georgia. New York toy salesman Edwin S. Lowe renamed it "bingo" after he overheard someone accidentally yell "bingo" instead of "beano."

*Please note there will not be a 4-H Friday published on Friday, July 3 due to the 4th of July Holiday and a Furlough Day. **Watch for the next issue on Friday, July 10.***

A few of our local 4-H clubs have played bingo games in a variety of formats during this time. In honor of **National Bingo Day**, let's have some fun and see if you can get 4-H bingo! **Cross off items as you complete them and if you get a 4-H bingo (straight line, diagonal, or 4 corners) have your parent or guardian take a picture or make a list of completed items and send it to penny.tank@wisc.edu by July 7.** All individuals that get bingo will go into a drawing for some 4-H prizes.

HEAD	HEART	HANDS	HEALTH
Make up a scavenger hunt for your family	Write a thank you note to a 4-H Volunteer	Try a recipe from a 4-H Friday	Find 5 different leaves on a nature hike
Research and learn 2 new things about one of your 4-H project areas	Volunteer to do some extra chores at home	Make a video of you doing a demonstration	Make a healthy snack
Start working on your 4-H record book	Reach out to someone you haven't talked to in a while; call, text, email, video call, etc.	Create a 4-H promotional poster to display this fall	Talk to your family about 3 safety rules in your house
Give everyone in your household a compliment	Use the 4-H lesson pattern to make cloth face coverings as a service project	Email Penny a photo of a 4-H project you have been working on while home	Pick 3 different exercises and see how many you can do in 1 minute (jumping jacks, sit ups, etc.)



Make a Terrarium

Supplies:

- Clean wide-mouthed jar
- Small gravel
- Potting soil
- Water
- Plant cutting
- Ruler
- Felt tip marker
- ¼ cup measuring cup



Directions:

1. Take the ruler and mark your jar with the felt tip marker at 1" and 4" from the bottom of the jar.
2. Put gravel into jar up to the first mark (1")
3. Put potting soil into jar over gravel, up to the 4" mark. Do not pack soil down.
4. Make a small hole in the soil with your finger. Put in plant cutting and press soil around it.
5. Water plant with ¼ cup water. Put lid on jar and place terrarium near a window.
6. Check terrarium every day. If it is foggy, take lid off until sides of jar are clear. Replace lid.
7. Explain that the terrarium is a self-contained ecosystem, with the evaporating water acting as "rain" to water their plants.

Reflection:

- Are there additional ways you could make a terrarium next time?
- Keep a journal every few days of how your plant is growing.

Source: *Cloverbuds Activities Packet, University of Minnesota Extension, MI-7575*



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Micro Stuffed Potatoes

Here is another recipe used in the 4-H foods project and one that does not require turning on the oven on a hot summer day!



Supplies:

- 1 potato
- 2 tablespoons sour cream or plain yogurt
- 2 tablespoons milk
- 1-2 teaspoons butter or margarine
- Dash of salt / Pinch of pepper
- 2 tablespoons grated cheddar cheese
- 2 teaspoons bacon bits
- 1 teaspoon chopped fresh chives, optional

Directions:

1. Scrub potato and prick with a fork several times to let built-up steam escape
2. Place potato on a paper towel in the center of the microwave.
3. Microwave on high power for 6-8 minutes. Turn and rotate potato halfway at midpoint of cooking time. To check if it's done, pinch it. It should feel softer than a raw potato.
4. Let the potato "stand" for 5 minutes. It continues to cook as it stands.
5. To stuff the potato:
 - a. Cut a lengthwise slit in the top and scoop the center out into a large mixing bowl.
 - b. Mash it using a fork.
 - c. Add sour cream or yogurt, milk, butter, salt, pepper, and chives.
 - d. Blend it with a spoon or use an electric mixer for a very smooth mixture.
 - e. Spoon mashed potatoes back into potato skins. Top with grated cheese and bacon bits.
6. Microwave on high power for 2 minutes to melt the cheese.

Reflection:

- What things did you do to make sure the potato was cooking evenly?
- What other ingredients could you use for toppings?

Source: *Six Easy Bites, 4-H Literature Level A, BU-07144*

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