

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*

Fruit Pizza

Here is a refreshing recipe for hot summer days from the 4-H Foods Literature, University of Illinois Extension, 4-H Cooking 201.



UW-MADISON EXTENSION

Crust Ingredients:

- ½ cup butter, softened
- ¾ cup white sugar
- 1 egg
- 1 ¼ cups all-purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ¼ teaspoon salt

Topping Ingredients:

- 1 (8-oz) package cream cheese, room temperature
- 1/3 cup sugar
- ½ teaspoon vanilla or other flavoring (almond, orange, or lemon)
- 1 tablespoon water
- ½ cup orange, peach, or apricot preserves
- Fresh Fruit drained: blueberries, banana slices, kiwi fruit slices
- seedless grapes, strawberry halves, mandarin orange sections

Order of work for crust

1. Preheat oven to 350 degrees F. Spray pizza pan with nonstick cooking spray.
2. In a large bowl, cream together the butter and sugar until smooth. Mix in egg. Blend until mixture is creamy.
3. Combine the flour, cream of tartar, baking soda, and salt in small mixing bowl; add to the creamed mixture and stir until just blended.
4. Press dough into pizza pan. Bake for 8 to 10 minutes, or until lightly browned. Cool

Order of work for topping

1. In a medium bowl, combine cream cheese, sugar, and vanilla or other flavoring.
2. Spread over cooled cookie crust. Arrange fruit over cream cheese mixture.
3. Make a glaze by heating preserves and water in a small saucepan over very low heat. Drizzle glaze over fruit. Refrigerate until ready to serve.

Yield: 12 servings

Reflect:

- Are there different ways to make fruit pizza?
- What other recipes would make a refreshing snack on hot summer days?

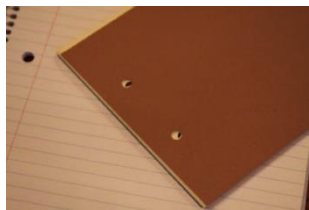


Make a Journal

Do you have a place to keep a record of your thoughts or activities? A journal could be used for a number of reasons. Here is one pattern for a simple journal.

Supplies:

- Heavy cardstock
- Computer paper (10 pieces)
- Hole punch
- Rubber band
- 1 twig
- Embellishments
- Scissors
- Ruler
- Pencil



Directions:

1. Cut 10 pieces of 8 ½ x 11 computer paper in half
2. Cut 1 piece of 8 ½ x 11 heavy cardstock in half
3. Your final papers should measure 8 ½ x 5 ½.
4. Punch 2 holes in one of the short sides of all your pages (this will be the top of your journal).
5. Make sure your holes line up when you stack your papers together.
6. Insert a rubber band from the bottom of the book up through one of the sets of holes.
7. Slip your twig in the rubber band (this keeps it from slipping out while you bring the other end of the rubber band up).
8. Now, thread the other end of the rubber band up through the second hole and loop it over the other end of the twig
9. Design and embellish the cover page of your new journal!



Source: <https://4-h.org/about/4-h-at-home/camp/arts-and-crafts/journal-making/>

Extension Waupaca County
<https://waupaca.extension.wisc.edu/>
715-258-6230

String Art

Here is a 4-H project idea that is part of Arts & Crafts/Visual Arts, String Art!

Supplies:

- Piece of wood or very thick cardboard or canvas
- Small nails
- Colored string or embroidery floss in desired colors
- Hammer and needle nose pliers (to hold the nails)
- Scissors and glue
- Printed string art pattern to lay on board, stencil to nail around the outside, or a pencil to sketch a pattern lightly
- Cloth or felt (optional if you wish to cover the board before starting your design)



Directions:

1. Pick a piece of wood or other material for your base. If you wish, you can cover it with fabric or felt but this is not necessary.
2. Decide on a design – there are a few ways you can do this – you can print a picture from the computer or use a stencil. Lightly tape the design to the base so it does not move around while you are adding nails.
3. Nail the nails through the paper to make the outline or outline the stencil with nails. You don't want the nails real far apart but you also don't want them too close that you can't string around them. Keep the nails about ¼ inch above the base.
4. Remove the stencil or pull the paper off over the top of the nails.
5. Now you can begin adding the string to your work. Start at one nail with the string or floss and tie a knot. Put a small dab of glue on the string to keep it in place.
6. Start to go around the nails in a variety of patterns to cover the whole design. You can do it in a random fashion or try to make a more symmetrical look.
7. Your pattern and string art can be as simple or complex as you wish.
8. When you are done, make one more knot on the last nail, put another dab of glue on the knot and cut off excess string.

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