

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 includes a variety of projects and skill levels. 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*

Roasted Summer Vegetables

Are you looking for another recipe to use with vegetables harvested from the garden or something you want to try from a Farmer's Market?



Ingredients:

- ❖ 2 medium tomatoes
- ❖ 1 medium onion
- ❖ 2 medium zucchini or yellow squash
- ❖ 1 green pepper
- ❖ 2 tablespoons oil
- ❖ 1 teaspoon dried oregano
- ❖ 1 teaspoon dried basil
- ❖ 2 cloves garlic, minced



Directions:

1. Preheat oven to 375 degrees F
2. Lightly coat 9" x 13" baking pan with nonstick cooking spray
3. Chop tomatoes. Slice remaining vegetables into even pieces.
4. Place vegetables in large mixing bowl.
5. Mix oil, herbs, and minced garlic in small mixing bowl.
6. Drizzle oil mixture over vegetables. Toss to coat vegetables with oil. Place in pan.
7. Bake uncovered for 30-40 minutes until the vegetables are tender. Stir occasionally.

Nutrition facts per serving: 107 calories, 7 g fat, 10 mg sodium, 10 g carbohydrate, 3 g fiber, 2 g protein, 38 mg calcium

Source: 4-H Cooking 201, University of Illinois Extension, page 34

September 11th

September 11th is Patriot Day and a National Day of Service and Remembrance. On this day Americans across the country are called to volunteer in their local communities in tribute to the individuals lost and injured in the attacks, first responders, and the many who have risen in service to defend freedom.

According to the nonprofit MyGoodDeed, the purpose of the September 11 National Day of Service and Remembrance is to transform the anniversary of 9/11 from a day of tragedy into a day of doing good.

Community Service is a big part of the 4-H program experience and teaches a number of life skills. Even though things need to be done in a little different way right now, there are still service projects that you and your family or club could carry out based on local needs. (Due to COVID-19 guidelines, please note that in person 4-H events with people outside your family unit need prior approval.) Some ideas include:

- ❖ Make face coverings for the Veteran's Home in King (or additional facilities that could use them) <https://4h.extension.wisc.edu/cloth-face-coverings/>
- ❖ Roadside clean up / yard clean up
- ❖ Contact a local nursing home to see what needs the residents may have that could be done while social distancing – writing letters or making simple room decorations, etc.
- ❖ Donate food or hygiene products to a food pantry
- ❖ Check with a local animal shelter to see if they could use handmade dog/cat toys or blankets



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Scarecrow Craft

The weather is beginning to feel like fall and here is a fun and simple craft project. Scarecrows are all unique and so you can make each one your own, just use your creativity.



Supplies:

- Popsicle sticks / craft sticks
- Glue (hot glue gun is preferred, be sure it is ok with your parent/guardian to use a hot glue gun)
- Craft Paint / paint brush
- Googly eyes
- Markers
- Hay, twine, or yarn
- Other embellishments of your choice to go on the hat

Directions:

1. Lay out the craft sticks to make a square
2. Glue the sticks together and glue one towards the top to make the bottom of the hat.
3. Paint the hat and let it dry
4. Add googly eyes or draw eyes, nose, and mouth
5. Glue the hay, twine, or yarn to the back of both ends of the hat
6. Add additional embellishments as you wish

Source: <https://www.dyncrafts.com/62502/kids/how-to-make-a-scarecrow-out-of-popsicle-sticks>

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