

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](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*

## Making Leafy Bookmarks

This is a great time to find colorful leaves in your yard and make some bookmarks. You can even mail one as a gift to somebody you cannot see much during this time.



UW-MADISON EXTENSION

4-H Project Area: Exploring Your Environment, Art

Time: 20 minutes for bookmark (after the leaves are dried and pressed)

### Materials:

- ❖ Thin cardboard
- ❖ Construction paper
- ❖ Glue stick / scissors
- ❖ Dried leaves (that have been pressed between tissues in some heavy books)
- ❖ Clear contact paper
- ❖ Hole punch and string/yarn/ribbon (optional)



### Instructions:

1. Start out by collecting a variety of leaves from outside. Be sure you collect enough so you have some choices when you go to make your bookmarks.
2. Lay the leaves flat between some pieces of tissue and put in a heavy book until they are pressed and dry (this may take about 1 week or a little more depending on the leaves).
3. To make your bookmark – start by cutting out 2” x 6” pieces of cardboard
4. Glue construction paper (2” x 6”) to both sides.
5. Glue dried leaves to both sides of the bookmark
6. Cut eyes and noses from construction paper and glue to leaves creating faces (if desired)
7. When the glue is completely dry, cover both sides of the bookmark with clear contact paper and trim excess with scissors.
8. If you wish, you can use a hole punch and punch a hole in the top of the bookmark to decorate with a colorful piece of yarn, string, or ribbon.

### Reflect:

- *Would you do anything different?*
- *How challenging was it to get leaves, press, and dry them?*
- *What else could you use to make bookmarks?*

**Source:** Cloverbuds Activities Packet, University of Minnesota Extension Service

## Meat Loaf

Another fun fall recipe!

### Ingredients:

- ✓ 2 pounds ground beef\*
- ✓ 2 eggs
- ✓ 1 cup milk
- ✓ 1 cup dry bread crumbs
- ✓ 2 teaspoons salt
- ✓ ¼ cup chopped onion

*\*You may substitute 1 ½ pounds ground beef and ½ pound ground pork*



### Order of Work:

1. Preheat oven to 350 degrees F
2. Lightly coat loaf pan or baking dish with nonstick cooking spray.
3. Place meat in a large bowl. Use spoon to make a hole in center of meat.
4. Add eggs one at a time to small mixing bowl. Use whisk or fork to beat eggs.
5. Add milk, bread crumbs, salt, and onion to eggs. Mix well.
6. Pour ingredients into hollow of meat. Mix well.
7. Place mixture in pan or dish and shape mixture into a loaf.
8. Bake about 1 ½ to 2 hours depending upon thickness of loaf.
9. To test for doneness, insert cooking thermometer in center of loaf. Wait 15-20 seconds to read temperature. When done, internal temperature of meat loaf should be 160 degrees F.

**Nutrition Facts per Serving:** 290 calories, 14 g fat, 791 mg sodium, 12 g carbohydrate, 1 g fiber

**Source:** University of Illinois Extension, 4-H Cooking 201, page 60

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

## Zoo Snacks

Animal crackers, with a twist, make this tasty snack recipe! This recipe only uses the microwave, but remember to be careful because containers in the microwave can get very hot.

### Ingredients:

- ❖ 2 tablespoons margarine or butter
- ❖ 1 cup small teddy-bear-shaped cookies
- ❖ 1 cup small animal-shaped crackers
- ❖ ½ cup dry roasted peanuts
- ❖ ½ cup raisins
- ❖ 2 tablespoons granulated sugar
- ❖ ½ teaspoon ground cinnamon

### Order of Work:

1. Put margarine in a casserole dish and cover with waxed paper.
2. Microwave on high for 15 to 20 seconds, until margarine is melted.
3. Carefully remove waxed paper and add cookies, crackers, and peanuts. Toss until well-coated.
4. Microwave on high 1 minute; stir and microwave 1 minute longer.
5. Stir in raisins.
6. Mix together sugar and cinnamon, and sprinkle over cookie mixture.

**Source:** University of Illinois Extension, 4-H Cooking 101, page 39



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