4-H Enrollments for 2014-2015

It is already that time of year again for new enrollments and re-enrollments! To re-enroll please see page 3 for more information and tips. As a reminder members need to re-enroll on 4hOnline. Families, if you are recruiting new members you will need to fill out enrollment and health forms or may complete online, just let the Extension Office know of the new family. These can be found online at www.extension.iastate.edu/buchanan/4h

--> scroll down on the right hand side of the page
--> find NEW Members and there you’ll find the forms

These forms can also be picked up at our Extension Office.

If anyone needs help or assistance, contact the office and we will be happy to help! The 4hOnline database is something that families should start becoming more familiarized with because it will not only be for enrollments but for other uses throughout the year such as the state and county fair.

Membership fees are $30 per member. Members who enroll on or before the December 31, 2014 deadline will only pay $20. This is made possible by the Buchanan County Agriculture Extension Council.

Thanks!

Alexia Hamlett
Buchanan County | County Youth Coordinator
MISSION STATEMENT
4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL

EXTENSION CALENDAR OF EVENTS
Calendar includes all Buchanan County Events. In bold are 4-H events.

October 1—Fairbank Library Program, Fairbank Library, 1:45 pm-2:30 pm
October 3—Youth Yearly Completion Report from Leaders Deadline, Extension Office, 4:30 pm
October 4—Farmers Market, Independence, 8:00 am-12:00 pm
October 4—Community Tree Walk, Brandon 9:00 am

October 5-11—National 4-H Week
October 7—Educational Seminar hosted by Hiddun Hollows, Independence, 6:00 pm
October 9—Fair Board Meeting, Buchanan County Fairgrounds, 7:30 pm
October 11—Farmers Market, Independence, 8:00 am-12:00 pm
October 11—Community Tree Walk, Lamont, 9:00 am-10:00 am; Fairbank 11:00 am
October 13—Extension Council Meeting, Heartland Acres, 6:00 pm
October 13—Adventures in Nature: Leaf and Plant Expedition, Independence Library, 6:00 pm-6:45 pm
October 15—Women, Food and Agriculture Network, Heartland Acres Event Center, 8:30 am-3:00 pm
October 15—Roadside, Forest & Aquatic Pest Management CIC, Extension Office, 9:00 am-11:30 am
October 15—Fairbank Library Program, Fairbank Library, 1:45 pm-2:30 pm
October 18—Farmers Market, Independence, 8:00 am-12:00 pm

October 18—4-H Judges Training, Fort Dodge ICC East Campus, 9:15 am-3:30 pm
October 19—Youth County Council Meeting, Pizza Ranch in Independence, 3:30 pm-4:30 pm
October 23—Mosquito & Public Health Pest Management CIC, Extension Office, 9:00 am-11:30 am
October 24—Community Listening Session with John Paul Chaissen Cardenas, Waterloo Center for Arts, 1:30 pm-3:30 pm

October 26—Region 9 Fall Fest, Wolfe Farms in Hudson, 4:00 pm-6:00 pm
October 27—High Tunnel 101 Workshop, Event Center 9:00 am-4:00 pm

November 3—Treasurer Book Deadline, Extension Office 4:30 pm
November 5—Ornamental & Turf Applicators CIC, Extension Office, 1:30 pm-4:00 pm
November 8—4-H Awards Banquet, West Elementary School Independence, 6:00 pm
November 10—Adventures in Nature, Independence Library, 6:00 pm-6:45 pm
November 12—Commercial Ag Weed, Insect & Plant Disease CIC, Extension Office, 9:00 am-11:45 am
November 18—Fumigation CIC, Extension Office, 9:00 am-11:30 am
November 25—Youth Advisory Committee Meeting, Heartland Acres Theater, 6:00 pm
November 27-28—Extension Office Closed

December 13—County and State Beef Weigh-In, Winthrop Vet Clinic, 8:00 am-10:00 am
December 30—Mandatory Treasurer Training, Heartland Acres, 1:00 pm

Extension Opportunities
High Tunnel Workshop Information http://www.extension.iastate.edu/buchanan/news/high-tunnel-workshop
Women Caring For the Land: Free soil health conservation meeting at Heartland Acres, October 15, 8:30 am-3:00 pm  http://www.extension.iastate.edu/buchanan/news/women-landowners-invited-free-soil-health-conservation-meeting
4hOnline “How to” Re-enroll:

It is that time of year to start re-enrolling and recruiting new members!!!

* Go to https://iowa.4honline.com (bookmark this page)

* Logged in before: Select “I have a Profile.” Enter family email address and password

* Forgot password: Select “I forgot my password” Check your email, you will have a password emailed to you—use that password on the login screen for 4-H Online (you will still need to choose a new password).

* Click “edit” next to name (under Member/Volunteer list).

* Verify or edit personal information. Don’t forget to add your email and cell number.

* Update Emergency Contact (someone other than yourself, if you cannot be reached).

* Update your additional information and health form.

* Click “Enroll for 2014-2015” to the 4-H member you are re-enrolling (bottom of page).

* Follow the steps to update all information as it is presented to you on the following screens, selecting “continue” until the process is complete (or until you have selected projects).

* When you are finished with all steps, select “Submit Enrollment”.

* Enrollment Fee: Remember Extension Council pays $10 of your $30 enrollment fee before December 31st. After this date you are responsible to pay the full $30. Clover Kids do not pay a fee.

A link will be up on www.extension.iastate.edu/buchanan/4h to access helpful tips and where to log-in. After you are on this page scroll down and to the right, you will find a re-enrollment help sheet. The website is still undergoing some work, we appreciate your patience. For questions contact the Extension Office at 319-334-7161 or ahamlett@iastate.edu.
4-H Banquet

The 4-H Awards Night Banquet date is set for Saturday, November 8th at the West Elementary School in Independence with the banquet meal beginning at 6:00 pm and ceremony at 6:30 pm. A BIG THANK YOU goes to the Wapsi Warriors club who are helping host this wonderful event to recognize youth and their accomplishments throughout the year. RSVP cards will be sent out to all families. These will be sent out in the next few weeks. Hope to see you there! **Address:** 1103 1st St W, Independence, IA 50644

National 4-H Week

National 4-H Week is October 5th-11th. During this week we ask that 4-H members and clubs help promote 4-H in their communities. This could be decorating a store front window to recruit new members, post flyers around school, a community service project, make clover-shaped cookies to deliver to shut-ins, decorate a bulletin board, all 4-H members wear a 4-H t-shirt on a Wednesday, or whatever comes to mind. Start thinking of ideas of what your club can do today! Forward your pictures to our office so that it can be shown as a success or impact story for our county. **#iam4H**

To show how clubs can celebrate, here is an example of what the Wapsi Warriors did!

Youth County Council

Members will be decorating a Christmas tree for the Depot in Independence. It is a fundraiser that the Tourism Bureau has done for years. At the last meeting, members decided the theme of the tree would be animal related. Anyone is welcome to contribute items to put on the tree. Stop by and drop them off or give to a YCC member to bring to the October meeting.

The members will be asking for donations to send soldier care packages as well as Adopt-A-Family for the winter season. They will need all donations before the December meeting. Please start thinking of items your family would like to help donate this year. A list will be up on the Extension website in October.
**County News**

**2015 County Fair**

Buchanan County Fair dates are set for **July 7th-11th**. All fairs base their dates around Labor Day. Due to this, all fairs are moving back one week. Fair Board wants to stay away from Delaware, Jones, and Bremer County Fairs this year, so that is the reasoning why Buchanan is moved up one week in July. You will find a tentative schedule that the Extension Staff put together on the Buchanan County webpage www.extension.iastate.edu/buchanan/4h . We realize that there is an overlap for those exhibitors who are affected. Staff, volunteers and livestock committees will be available to help where needed. Please contact the livestock superintendent ahead of time if you need assistance.

**Single Source Swine Opportunity from the Swine Committee**

The swine committee is looking into bringing back the **single source** part of the Swine Show. They feel this portion of the show offers a way for interested exhibitors to start off on a level playing field with other individuals that would show single source. All single source hogs will come from the same producer. Hogs will be randomized with the use of drawings and selection of the hogs would take place at the weigh-in. After weigh-in the exhibitor is held fully responsible for the hogs.

The committee wants to see if there is interest at this time and would like to know by **January 2nd** if you would like to take part in the **single source** portion of the Swine Show. A final price has not been set but families should be aware that a 45 pound feeder pig is worth around $80/pig. **That price is subject to change.** Please contact the Extension Office if you are interested. The office will take your name and number to inform the swine committee of interest.

**Beef Weigh-In**

County and State Fair beef weigh-in will be on **December 13th at the Winthrop Vet Clinic from 8:00 am to 10:00 am**. Those that plan on showing at State Fair and Ak-Sar-Ben, please contact the Extension Office prior to the weigh-in, so that at weigh-in all materials needed are prepared. Something new this year is members who want to show at the State Fair will not have to drive to another location to get their beef weighed-in. A retinal image scanner was purchased for our county and we will be using it at our weigh-in. Prices will be different for county and state fair. Those who plan on just showing at the county fair will pay $3 per tag. For state fair members, they will pay for the $3 tag and a scanning fee for the state.

**Club Impact & Success Stories**

Thank you Samantha, Sarah, Jaimee, Isabella and Parker from the Town and Kountry Kids Club for helping with Farmers Market! They had lots of baked goods, snack mix and garden produce to offer—all donated by the 4-H families. A fun free craft for kids (and adults) was to make a butterfly cookie. It was a very successful day!

Clubs, if you want to share your events and activities with the Extension Office, please send them to Alexia at ahamlett@iastate.edu. It’s a great way to showcase your club and to let the state know what kind of impact you have on your communities.
**County News**

John Paul Chaisson Cardenas

The new Program Leader for 4-H Youth Development, John-Paul Chaisson Cardenas, would like to invite you to attend a listening session on **Friday, October 24**, at the Waterloo Center for the Arts, Schoitz Room located at 225 Commercial Street in Waterloo from 1:30 pm-3:30 pm. This is a community conversation. Extension is inviting partners interested in strengthening services to underrepresented and underserved youth in Region 9. Hope to see you there!

_Hiddun Hollow Stables Invitation to all 4-H and FFA Youth_

An educational seminar will be held on **Tuesday, October 7th at 6:00 pm**. This is a clinic that covers horsemanship and showmanship and will be featuring two speakers, Gary Hersom and Kris Klingaman. The location is **2142 220th Street, Independence**.

<table>
<thead>
<tr>
<th>Schedule of Events</th>
<th>Gary Hersom: Multiple judging card holder, judged world shows, judged All American Youth show this year with 1,000 youth. He also shows Palomino horses nationally and had 2012 Palomino halter horse of the nation.</th>
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<tbody>
<tr>
<td>6:00 pm-6:30 pm—Meal &amp; Registration</td>
<td><strong>Kris Klingaman:</strong> A professional judge 30 years, 4-H Horse Committee member in Black Hawk and Buchanan Counties—25 years, State 4-H Horse Committee 20 years and Co-Coach of Iowa FFA State Champion Horse Judging Team.</td>
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<td>6:30 pm—Strategies to deal with high feed costs and how to stretch your hay through winter</td>
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<tr>
<td>Horsemanship &amp; Showmanship Clinic</td>
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<tr>
<td><strong>RSVP to <a href="mailto:rbitterman@hotmail.com">rbitterman@hotmail.com</a> or call Steve at 319-440-1825</strong></td>
<td></td>
</tr>
<tr>
<td>Sponsored by B&amp;B Farm Store, Purina, Master Tool, Bill’s Pizza and Smokehouse, Spahn &amp; Rose Lumber, Signs &amp; More, Independence Plumbing &amp; Heating</td>
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</tr>
</tbody>
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**Independence Library Program**

The Independence Library is partnering with the Buchanan County ISU Extension and Outreach to put on programs once a month throughout the year. These program are open to children of all ages, but the activities are most suitable for those in grades K-3. The theme this year is “Adventures in Nature.” All programs will be held at the **Independence Library from 6:00 pm-6:45 pm**. No registration is required and no library card is necessary to attend. Each month there will be a different topic. Here are the dates below:

- **October 13th**—Leaf and Plant Expedition
- **November 10th**—Our Feathered Friends
- **December 13th**—Holiday Make and Take
- **January 12th**—Animal Trackers
- **February 9**—Health Hearty Snacks
- **March 9**—Eagles
- **April 13**—Earth Day
- **May 11**—Insect Inspection

For more information, please contact the library at 319-334-2470 or visit the library website [www.independence.lib.ia.us](http://www.independence.lib.ia.us).

_Buchanan County Extension 4-H Facebook Page—https://www.facebook.com/BuchananCountyISUExtension_  
_Buchanan County 4-H & FFA Horse & Pony Facebook Page—https://www.facebook.com/_

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Independence Farmers Market 8:00 am-Noon

Buchanan County Iowa State University Extension and Outreach is represented at the Independence Farmers Market every week from May to October. Independence Farmers Market is coming to a close but it is still going on now until October 18th, every Saturday. Make sure to stop by and support our local market!

October Birthdays!!!

Savannah Behn  Alex Crow  Connor Davison  Adam Deaner  Carson Frye
Chase Fults  Alex Gentz  Harmony Hoveland  Courtney Kelly  Sidney Lamparter
Rylee Manus  Julie Priebe  Matthew Richards  Braden Scott  Josie Shannon
Madison Stanford  Nolan Svoboda  Jackson Willey

New Volunteer Training

Training dates and locations for New Volunteer Training for 2014-2015 Club Year are posted below as each Region identifies dates and locations. Starting times for all training vary.

Oct 18  Region 13  Altoona, Polk Co. Ext. office 9:00 am - 3:00 pm
Oct 18  Region 15  Washington, Washington Co. Ext. office 9:00 am - 3:00 pm
Oct 21  Region 14  Pella, Central College - Roe Ctr Rm 135, PART 1, 6:15 pm - 9:00 pm
Oct 23  Region 14  Pella, Central College - Roe Ctr Rm 135, PART 2, 6:15 pm - 9:00 pm
Nov 3  Region 5  Sioux City, Woodbury Co. Ext. office, PART 2, 5:00 pm - 8:00 pm
Nov 15  Region 3  Mason City, Cerro Gordo Ext. office 9:30 am - 3:30 pm
Nov 15  Region 7  Fort Dodge, Webster Co. Ext. office 9:00 am - 3:30 pm
Dec 6  Region 16  Muscatine, Muscatine Co. Ext. office, 9:30 am - 3:30 pm
Jan 10  Region 4  Location TBD
Jan 10  Region 6  Sac City, Sac County Ext. office, 8:30 am - 2:30 pm
Jan 17  Region 10  Monticello, Jones Co. Ext. office 9:00 am - 3:30 pm
Jan 24  Region 12  Carroll, Carroll Co. Ext. office 9:00 am - 3:00 pm
Feb 7  Region 8  Nevada, Story Co. Ext. office 9:00 am - 3:30 pm
Feb 7  Region 11  Dubuque, Dubuque Co. Ext. office 9:00 am - 3:00 pm
Feb 24  Region 19E  Bloomfield, Davis Co. Ext. office, PART 1, 6:00 pm - 9:00 pm
Feb 28  Reg 17 & 18  Atlantic, Cass Co. Community Center 9:00 am - 3:30 pm

To register use the link below and make sure to contact the Extension Office of which one you attend.

http://www.extension.iastate.edu/4h/page/training-registration-new-volunteers-fall-2012-winter-2013 OR

The Extension Office will need to know which one you will attend so that the materials for the training are prepared ahead of time.
Region News Update

Region 9 (Black Hawk, Bremer, Butler, Buchanan, Grundy, Tama) Events Reminder

Fall Fest

All 9th-12th graders in Buchanan County 4-H are welcome to attend the Region 9 Fall Fest on Sunday, October 26th at 4:00 pm. This is taking place in Hudson, at Diane Wolfe’s residence 8242 Zaneta Rd. There will be fun festivities happening that afternoon. Since the event is around Halloween activities include: costume contest, pumpkin carving contest, putting a scarecrow together contest, bobbing for apples, relay races, hay ride, a movie, prizes and more! Supper will be provided. Be sure to mark this on your calendar today! More details and information to come. Look for flyers!

FSQA—Mandatory Training and Testing

Like last year 4-H and FFA members will need to be FSQA certified to show at the county and state fairs. To refresh your memories FSQA stands for Food Safety Quality Assurance. Those that need to be certified include: market and breeding beef, swine, sheep and dairy (both dairy cattle and dairy goat), meat goat, rabbit and poultry. This is a great way to teach 4-H’ers and FFA members about record keeping, veterinarian and drug usage in project livestock, healthy production practices, care and handling, feed and feed additives, and biosecurity and ethics.

FSQA is mandatory for all 4th-12th graders showing those specific species above for county and state fairs. Youth will need to go through a training or take a test all at no cost. You need to check with the Extension Office to see if the member is certified or not for the new year. Youth who participate in the workshop will have to do this training once every year. 4th-6th graders have to attend the training but those in 7th-12th have the option of attending the training or take the test. Testing can be done either at the training dates at Hawkeye Community College Farm Lab or stop in at the Extension Office by making an appointment with Alexia. In order to attend a training, call or email the Extension Office so that we can sign you up for one of the dates below.

Training Dates and Location (Farm lab is located west of the main campus):

Hawkeye Community College
Saturday, March 28th, 9:00 am-10:30 am
Farm Lab
Monday, March 30th, 6:30 pm-8:00 pm
5503 Hammond Ave.
Saturday, April 11th, 9:00 am-10:30 am
Waterloo, IA 50701
Monday, April 13th, 6:30 pm-8:00 pm

Camps:

Intermediate Day Camp is set for January 4th for all 6th-8th graders at Maple Lanes in Waterloo. We will be bowling from 2:00 pm-4:00 pm. Cost to bowl for two hours is $10 per kid which includes the games and shoes. Kids are welcome to bring money for food and drinks. Will need to RSVP to Extension Office.

Jr Camp dates are set for June 19th-20th at Camp Eldora. More details to come!

State 4-H Conference dates are June 30th-July 2nd in Ames on Iowa State University Campus.
State 4-H News

Annual 4-H Volunteer Training: “The Heart of Belonging!”

- The Heart of Belonging is an inter-active, hands-on training that will help volunteers create a fun, safe, inclusive environment for all youth. “Belonging” is identified as a basic 4-H youth need and supportive, caring adults guide youth in creating an environment that is welcoming and engaging for all.
- During this training, 4-H leaders will learn how to guide youth in developing a list of club or group expectations that accommodates all members, learn how to support youth with special needs, and discover resources to help them in their role as caring adults. In addition, volunteers will learn new activities to take back to their clubs and groups to foster positive behavior and belonging.
- Marketing materials, lesson plan, handouts, and evaluation will be posted at [http://www.extension.iastate.edu/4h/volmgt](http://www.extension.iastate.edu/4h/volmgt). This new page has been created to host our volunteer training/management resources.

Additional resource pieces to help 4-H volunteers and staff support an inclusive environment are posted at [http://www.extension.iastate.edu/4h/volunteertraining](http://www.extension.iastate.edu/4h/volunteertraining) - scroll down to the bottom of that page.

4-H Judges Training Opportunities

4-H Exhibit Judges Information webpage - [http://www.extension.iastate.edu/4h/page/iowa-4-h-judges](http://www.extension.iastate.edu/4h/page/iowa-4-h-judges); also has information on becoming a judge. These are for anyone that is interested in judging at 4-H events.

Youth Poultry Workshop

Mark your calendars for an outstanding poultry educational workshop on **November 21-22, 2014, in Webster City, Iowa** (to be held in conjunction with the Master’s Cup Poultry Show.) ISU Block & Bridle Club will be hosting the following workshops: washing and show preparation of the birds, internal anatomy of poultry (dissection), egg quality lab, and Murray McMurray Hatchery Tour. This educational opportunity is open to all 4-H and FFA members who want to learn more about the poultry industry. Registration will be $10 per person (includes lunch and workshop fees). Registrations due by October 1, 2014 to Bart Pals 146 Brook Terrace Mason City, IA 50401. To find the registration form go to [www.mastercuppoultryshow.com](http://www.mastercuppoultryshow.com).

DuPont Pioneer Seed Grants 2014 and 2015

Great news! The Iowa 4-H Foundation was able to secure funding for the Iowa 4-H program to continue DuPont Pioneer Seed Grants for Fall 2014 and Spring 2015. The objective of these grants is to stimulate local 4-H clubs in Iowa to plan and carry out community improvement activities by providing “seed money” needed to make the projects successful. Awards are given from $50 to $500 per club project. For more information, check out: [http://www.extension.iastate.edu/4h/pioneergrants](http://www.extension.iastate.edu/4h/pioneergrants) or [https://www.iowa4hfoundation.org/en/recognition/grants/](https://www.iowa4hfoundation.org/en/recognition/grants/)

Buchanan County Extension 4-H Website: [www.extension.iastate.edu/buchanan/4h](http://www.extension.iastate.edu/buchanan/4h)
American Soybean Association $5,000 Scholarship

The 2015-16 Secure Optimal Yield (SOY) Scholarship is a $5,000 one-time scholarship award presented to a high school senior who is going to pursue agriculture as an area of study at any accredited college or university. The scholarship is managed by the American Soybean Association and is made possible through a grant by BASF Corporation. Candidates may apply online now through Nov. 20, 2014. Final selection will be made the first week of December during the ASA Board meeting. For more information and application go to http://soygrowers.com/award-programs/soy-scholarship/.

IACEC Invites 4-H’ers to Join Their Legislative Day

The Iowa Association of County Extension Councils (IACEC) has set its legislative day for Wednesday, February 25, 2015. Youth staff members planning 4-H excursions to the Capitol are invited to join in this event. IACEC will reimburse drivers with four or more participants in their vehicle $50 to help cover mileage expenses.

The day will start at the Wallace Building (just north of the Capitol) with registration at 9:30 a.m. Participants will be briefed on the issues important to ISU Extension & Outreach and will be coached on how to talk with their legislators about the issues. Following the brief training, the group will proceed to the Capitol to visit with their legislators. Attendees are typically done by noon, allowing time for county and regional staff to plan tours of the Capitol, meals with their legislators, and/or visits to the nearby Historical Building and Iowa Judicial Branch (Supreme Court) building for their groups. All attendees are encouraged to wear red to make a bigger impact for ISUEO around the Capitol rotunda.

More information and pre-registration instructions will be provided as the date is nearer. Meanwhile, youth staff members are encouraged to put this date on your calendar.

2014 National 4-H Week Toolkit & Logo

To download the 2014 National 4-H Week logo from the national website go to http://www.extension.iastate.edu/4h/volmgt. It is a pdf document and you should be able to go from there with no problem. Posters and flyers are available. Be sure to hang posters in the community and anywhere you can think of to show/tell people about the six million young people empowered by 4-H every day!

A 10-Minute Run Does Your Heart Good

A recent Iowa State University study, published in the Journal of the American College of Cardiology, found that running for just 5 or 10 minutes a day can reduce your risk of heart disease. “Most people say they don’t have time to exercise...but I think most everyone can find 5 to 10 minutes per day to run for the health benefits,” Lee said. For more about the study, watch the video at www.news.iastate.edu/news/2014/07/28/runningmortality.

Looking for other quick ways to get fit? Check out ISU Extension’s “Quick Fit,” a program of exercises you can complete in only 15 minutes a day, 5 days a week: store.extension.iastate.edu/Product/EDC247.
Kids Corner

Science of Sound: Making Shakers (Clover Kid Games & Activities)

What you need: plastic eggs or film containers, tape, marker to label eggs, rice, money, marbles, popcorn, paper clips, other items to put in eggs for shakers, and grab a friend!

What you do:

Make shakers using either plastic eggs or film tubes. Seal the shakers and label the bottom with a letter so you know which shaker has which item (or color code them). Items could include: rice, pennies, marbles, popcorn, paper clips, tissue scraps. Have your friend guess what is in the shakers. Make up shakers using 2 materials and have your friend try to guess.

What sense did you use to find out what was in the shaker? (Sound) and what parts of your body do you use for hearing? (ears) Have you ever wondered how your ears actually hear sound?

Healthy Food Corner

Want to try a new healthy snack as well as spending smart? Here is one for you to try out at home!

For more recipes http://www.extension.iastate.edu/foodsavings/

No Knead Whole Wheat Bread

Ingredients:

1 1/4 C (10 oz.) nonfat milk, lukewarm (100-110°F) 1 packet instant yeast (2 1/4 tsp)
1/4 C (2 oz.) orange or apple juice 2 C whole wheat flour
3 Tbsp. honey 1 1/4 C all purpose white flour
1 tsp salt

Instructions:

1. Grease the sides and bottom of an 8 1/2 x 4 1/2-inch loaf pan with nonstick spray or spread.
2. Combine the lukewarm nonfat milk, juice and honey in a large bowl.
3. Add remaining ingredients. Beat vigorously for 3 minutes. Dough will be very thick. Scoop the dough into prepared pan. Cover the pan with a clean towel. Let the dough rise in a warm place for 45-75 minutes, until almost double. Time varies according to room temperature.
4. When dough is almost doubled, preheat oven to 350°F.
5. Remove towel and bake bread for about 30 minutes. Dough will pull away from sides of pan when bread is done. Let bread cool 30 minutes before slicing.

Options:

Make 2 smaller loaves using half sized loaf pans. Bake for 23-27 minutes.

Make herb dinner rolls. Mix 4 teaspoons of dried herbs such as oregano, parsley, basil, rosemary, or thyme into the batter. Use muffin tins and bake 15 minutes.

Nutrition Facts

| Serving Size 1 Slice | Calories 110 | Calories from Fat 5%
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<tr>
<td>Amount Per Serving</td>
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Want to know more?

Find us at: extension.iastate.edu/4H/BUCHANAN
Wapsi Warriors Club #iam4H—Pre-Celebrating National 4-H Week