

4-H BIZ Newsletter September 2020

Strive for Gold

Iowa State University Extension and Outreach Pocahontas County

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Website [ISU Extension and Outreach Pocahontas County](#)

BIZ MAILING – We will no longer mail the BIZ unless a family requests a paper copy. The BIZ is located online at <https://www.extension.iastate.edu/pocahontas/> and you may access it through your 4HOnline account. The BIZ is issued the first week of each month. If you would like to continue receiving a paper copy please call 712-335-3103 or email lzeman@iastate.edu and we will continue to mail you a copy.

2020-2021 County Council

All 9th -12th grade 4-H members are welcome and encouraged to join the Pocahontas County Council team. Members from last year please confirm with me that you want to stay on council this year. The youth council will help with awards day, plan service and social activities throughout the 4-H year, help with fair activities and other projects the group decides to do. The group meets about every other month. You do not have to interview or fill out an application, but you do need to call, email or stop in and let me know you are interested in joining the group no later than Sept. 30.

lzeman@iastate.edu or 712-335-3103

New 4-H Year Begins

The new 4-H year begins September 1. The 4HOnline data system we use for enrollment is getting updated so enrollment might not begin until around October 15. I will keep you posted as to when you may go in and re-enroll. Clubs will take attendance at each meeting, activity, or event.

PERSERVING FOOD 2021 – When you work on your summer canning for next year make sure you use the following publications! They are free and if you need a copy let me know and I will mail you one! Ball Blue Book will no longer be accepted after 2020!

<https://store.extension.iastate.edu/ProductList?Keyword=canning&S=0&A=0&F=5>

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IOWA STATE UNIVERSITY
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State Fair

The following 4-H'ers had exhibits advance to the Virtual State Fair. We are so proud of the quality of the 4-H exhibits this year and sorry they did not get showed off to the public.

Communication:

Joshua Hoffman – working exhibit
Melia Hoffman – working exhibit
Melody Kuhn – educational presentation
Noah Kuhn – educational presentation
Julia Kuhn – share the fun
Micah Kuhn – share the fun

Clothing

Ellie Melohn – clothing selection
Paige Melohn - \$15 Challenge

Static

Jacob Halder – chicken coop
Eli Stuchlik – watering can with chicks & hen and sunset photo
Ava Ford – sunflower photo
Ryan Panbecker – JD tractor photo
Nicole Panbecker – “P” art
Carter Schachtner Kramer – angel food cake
Zoe Kerns – community service face coverings
Luke Dornath – wood floating shelf
Landen Tate – wooden shelf using Lichtenburg

Livestock participants Iowa State Fair Special Addition

Isaac Hornor – swine
Madisen Hess – swine
Verdy Klocke - dog

Resources

ISU Extension and Outreach Pocahontas County – www.extension.iastate.edu/pocahontas
Pocahontas County 4-H - <https://www.extension.iastate.edu/pocahontas/4h>
Office Phone – 712-335-3103
4-H Online – <https://ia.4honline.com/Login.aspx?403D404F61372F5A767774496E6F3D>
Fair Entry – <http://www.fairentry.com>
Facebook - <https://www.facebook.com/ISUExtensionandOutreachPocahontasCounty>
Pocahontas County Fair Facebook <https://www.facebook.com/Pocahontas-Iowa-County-Fair-1505636526318770/>
State 4-H - <https://www.extension.iastate.edu/4h/>
4-H Volunteers - <https://www.extension.iastate.edu/4h/volunteer>
Lisa Zeman, CYC email – lzeman@iastate.edu
4-H Livestock - <https://www.extension.iastate.edu/4h/projects/livestock>



National 4-H Week

October 4-10, 2020 we celebrate National 4-H week. This year we will have prizes for the first (5) 4-H members that send me a picture of them wearing their 4-H t-shirt to school that week. Email your picture to lzeman@iastate.edu. We will have a 4-H find-out night as soon as the new 4HOnline system is ready to help youth with enrollment. We ask all 4-H members to invite a friend to join 4-H this year!

4-H Awards Day

Saturday, October 10, 2:00 p.m. at the Rialto Theatre in Pocahontas we will honor our 4-H members! All 4-H members including Clover Kids are invited to attend with their parent(s). This year we will not be able to invite all family members due to social distance guidelines of the theatre. We ask that you sit with your family instead of your club this year, but all will come to the front of the stage to receive your awards. County Council members will still be seated on the stage.

4-H Volunteers

The Pocahontas County 4-H program is run by adult volunteers that are willing to work with youth to reach their full potential through youth-adult partnerships and researched-based experiences. As we move into our new 4-H year we are always in need of caring adults to help with our program. If you are interested in volunteering in any capacity please contact the ISU Extension and Outreach Pocahontas County Office at 712-335-3103 or lzeman@iastate.edu.

UPCOMING EVENTS:

September 1	New 4-H Year Begins
October 10	4-H Awards Day
October 28	4-H Sewing Workshop (details will be in Oct. BIZ)
December 19	2021 Pocahontas County Fair Beef Weigh In (details in upcoming BIZ)



Home Food Preservation is not difficult. (FREE CLASSES SEE BELOW)

AMES, Iowa – Your spring gardens are flourishing with wonderful produce. Preserving your garden's summer bounty is a great way to enjoy home-grown produce year round – as long as you don't serve food borne illness, like botulism, with your home preserved foods, say nutrition and wellness specialists with Iowa State University Extension and Outreach.

“Home food preservation is not difficult, but it does require following specific directions exactly,” said Holly VanHeel, nutrition and wellness specialist. “Ignoring recommended procedures can result in home canned products that will make you, your family and friends very ill.”

To help Iowans safely preserve foods, ISU Extension and Outreach is hosting a virtual Food Preservation 101 course. Food Preservation 101 is a general overview that highlights the key information Iowans need to know to get started preserving food at home.

During this free, one-hour online course, nutrition and wellness specialists will:

- Discuss various food preservation techniques – pressure canning, hot water bath canning, dehydration and freezing;
- Provide science-based, reliable food preservation resources; and
- Answer general food preservation questions.

Food Preservation 101 will be hosted a few more times through September. These are free to Iowans across the state. To [register for Food Preservation 101](https://www.extension.iastate.edu/humansciences/preservation-101) go to <https://www.extension.iastate.edu/humansciences/preservation-101>.

The scheduled dates and times are:
Thursday, Sept. 10, 7-8 p.m.

These are free to Iowans across the state. To register for [Food Preservation 101](https://www.extension.iastate.edu/humansciences/preservation-101) go to <https://www.extension.iastate.edu/humansciences/preservation-101>.

We are also offering 2 **new** online food preservation classes, both free and 1 hour in length, for the fall:

Preserve the Taste of Summer Online: Totally Tomatoes

Thursday, October 8, 10am and 6pm
Monday, October 12, 10am and 7pm

Preserve the Taste of Summer Online: All About Apples

Thursday, October 22, 10am and 6pm
Wednesday, October 28, 10am and 7pm

The reservation link for these classes is:

<https://www.extension.iastate.edu/humansciences/events?filter=preserve+the+taste+of+summer>



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