

Wapello County 4-H Clover Corner



Hello Clover Kids!

2022-2023
Clover Kids
Sign –Up
Spots still open at
some schools.
Cost is **ONLY \$40!**

National 4-H
Week is
October 2-8

Please
participate in our
challenges
throughout the
week!

Clover Kids
starts in October...

Monday, October 3 Ottumwa Christian
Tuesday, October 4 James
Wednesday, October 5 Cardinal
Thursday, October 6 Eisenhower Group 1
Monday, October 10 Liberty
Tuesday, October 11 Douma
Wednesday, October 12 Eisenhower Group 2
Thursday, October 13 Wilson
Monday, October 17 Pickwick
Tuesday, October 18 Horace Mann Group 1
Wed. October 19 Horace Mann Group 2
Thursday, October 20 Seton
Thursday, October 27 Blakesburg

Feel free to contact
Mrs. Duff with any
questions!

lrduff@iastate.edu

641-777-5135



4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



We will be saying the 4-H Pledge at the Beginning of each Clover Kids Meeting – Starting in November if your child has it memorized they will receive a 4-H prize!



IOWA STATE UNIVERSITY
Extension and Outreach

Clover Corner Continued...

This month we at Clover Kids our lesson is
APPLE'LICIOUS

We will learn about the life cycle of the apple tree and the many uses of apples, that apples come in a variety of colors and tastes, and how they grow and change over time. **AT HOME** this month: Conduct your own apple taste test and discover your family's favorite apple, Make "Apple Smiles", read *An Apple's Life* by Nancy Dickmann to learn more about an apple tree's life cycle.



Enchanted Forest Committee will be selling cookies for our event soon. The Clover Kid who SELLS the most cookies will get to PIE MRS. DUFF in the face LIVE on Facebook and at their school during Clover Kids! This has been a huge motivator in past years. I will be mentioning this to them during our October and November lessons. Cookie Sheets COMING SOON!



Like and Follow our
Wapello County 4-H
Facebook Page!



SPEND SMART. EAT SMART.®



Apple Smiles

Serves **2** Cost/Serving **\$0.38**

Serving Size: 3 apple smiles

Apple Smiles

Serves: 2 Cost/Serving: \$0.38 Serving Size: 3 apple smiles

INGREDIENTS

- 1 medium apple
- 1 tablespoon peanut butter
- 2 tablespoons raisins

INSTRUCTIONS

- 1 Cut apple into quarters. Remove core. Cut quarters into 3 slices each.
- 2 Spread peanut butter on one side of each apple slice.
- 3 Place 3 or 4 raisins on top of peanut butter on one apple slice.
- 4 Top with another apple slice, peanut butter side down. Squeeze gently.

TIPS

Use mini marshmallows in place of the raisins.

Nutrition Facts

2 servings per recipe
Serving Size: 3 apple smiles

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrates 21g 8%

Dietary Fiber 3g 11%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 0mg 0%

Potassium 210mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.