

# April 2018

## Sawyer County 4-H Youth and Family Newsletter

### 4-H CALENDAR OF OPPORTUNITIES

#### Meeting place to be determined.

Cancellations may be made due to low enrollments for programs. Pre-register for meetings and activities by the deadline! All who register will be contacted if there is a cancellation. This calendar contains any revision of dates posted elsewhere. Meetings are cancelled if school is cancelled. All meetings are open to 4-H youth and adults.

Please contact the UWEX office for WisLine connection information and details for any meetings.

Visit our website [sawyer.uwex.edu](http://sawyer.uwex.edu) for current information and follow us on Facebook!

- Apr 2-15 Registration for WI 4-H and Youth Conference
- Apr 21 Swine, Sheep, and Goat weigh-in, Knuckey residence, 1:00pm
- Jun 22 pre-registration deadline for Youth Plant Science Day
- Jun 25-28 WI 4-H and Youth Conference at UW-Madison Campus, 4-H'ers in grades 7-10 are eligible to attend
- Jul 10 Youth Plant Science Day, Waushara Co. Fairgrounds, Wautoma
- Aug 7-8 Sawyer County Educational Fair
- Aug 23-26 Sawyer County Fair

Please submit articles to the UW-Extension support staff, Tanya Hofer for the May newsletter by April 25th

## Save the Dates/Reminders

### All about Wisconsin 4-H & Youth Conference! June 25-28, 2018 (Mon.-Thurs.)

Wisconsin 4-H & Youth Conference is a three and a half day Statewide Educational Experience. Youth from all over Wisconsin come to Madison, Wisconsin for educational seminars, assemblies, speakers, exploration, and fun on the UW-Madison campus! Youth Conference is made possible by contributions from our State Teams (Wisconsin Leadership Council, Drama Company, Art Team, and Communications team), 4-H staff from across the state, and a planning committee made up of staff, volunteers, and youth. Below you will find highlights of the different parts of Youth Conference that come together to make it a wonderful Educational Experience.

#### Seminars

Every year youth get to choose between a variety of seminars during four different times to participate in. Every seminar is focused on hands-on learning where you get to actively learn while participating. On Tuesday morning of conference, everyone participates in a community service project in different places across Madison. These include: getting to know the ins and outs of community radio, helping out at a local food pantry, visiting and talking with senior citizens, learning about and building a Little Free Library, and much more! The other three seminar slots are open for youth to explore a variety of topics.

Is there a subject that you are interested in but have never gotten the chance to learn about in school? Youth Conference is a great place to explore some of these topics! Examples of these are:

- STEM seminars with a variety of topics like robotics, space, entomology, medical careers, and more!
- Leadership seminars like Unleash Your Inner Leader and Keeping Up with Cloverbuds
- Healthy living seminars such as water sports with Hoofers, Yoga, and Run Smart, Live Smart!
- Art seminars with the Art Team, gardening specialists, and Drama Company

**And a variety of other seminars that you will love to learn from!**

#### Assemblies and Speakers

Every day at conference there is an assembly with a different "main attraction" where youth get the chance to sit back, learn about a variety of topics (including the State Teams), and have fun! Here's a quick overview of our assemblies and what to expect:

- **Monday Night:** Monday night is an introduction to Youth Conference and what to expect in the days ahead. Youth and adults get the chance to hear from a variety of people, capped off with a keynote speaker whose message is focused on our yearly theme to get the energy flowing!
- **Tuesday night:** Tuesday night is Drama Company night! Drama company arrives early at Youth Conference and takes that time to prepare a show just for you! These shows are fun, engaging, and focused on a topic that will teach you something without even realizing you are learning!
- **Wednesday night:** Talent show time! Wednesday highlights outstanding performers who have auditioned at conference. Experience the great talent of your fellow delegates as they showcase their skills in singing, dancing, playing an instrument, and much more!
- **Thursday morning:** Thursday is our closing ceremony. Hear all about what opportunities await you in 4-H and beyond from our WLC officers and close the night with an inspiring capnote speaker.

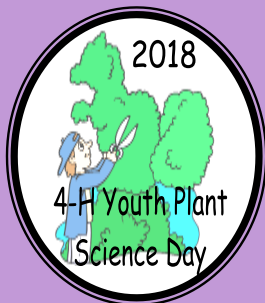
#### Exploration

Exploration is a huge part of Youth Conference! On Monday afternoon, you will have the option to explore Madison and the UW-Madison campus in a tour of your choice. You will also get the chance to explore the city in free time with your friends and an adult advisor. Not only do you get the chance to explore Madison, you get the opportunity to explore a variety of careers and potential majors. Youth Conference is a pre-college program and we offer a variety of seminars taught by UW Extension professionals and UW-Madison professors.

## Save the Dates/Reminders

**1985 — 2018**

***Thirty-four years of teaching  
youth about horticulture  
science!***



**Tuesday July 10, 2018**

**Waushara County Fairgrounds  
Wautoma, WI**

Registration 9:30 – 10:00 am

Contest & Workshops 10:00 am to  
2:00 pm

**Pre-Registration Deadline June 22<sup>rd</sup>**

Walk-ins are welcome but pre-registration  
is preferred for accurate counts for  
materials and lunch

### 2018 Youth Plant Science Day

***Calling all youth plant enthusiasts . . .***

Plant Science Day will increase and test your knowledge about plant science. You will also get a chance to meet other plant enthusiasts ages 8 and older.

**In the morning**, regular participants will:

Identify fruits, nuts, vegetables, trees, shrubs, flowers, and houseplants.

Judge and place classes of plants. (As done at local County Fairs.)

Test your knowledge with a written horticulture test.

*(3<sup>rd</sup> & 4<sup>th</sup> grade participants will have an age appropriate exam)*

**To prepare for the contest please visit <http://www.njha.org/>**

**and**

**<http://fyi.uwex.edu/wi4haganimalscience/plant-soil-science/>  
to learn more.**

**In the afternoon**, the following workshop will be offered:

1:00 p.m. — Plant Explore – N - More!!!

Put your knowledge to a practical test as you embark on a plant exploring interactive workshop!! Your knowledge will be used and you will learn in a hands-on fun experiential way!!

***Other Entry Categories:***

***(Additional contest requirements can be found  
online at <http://www.njha.org/>)***

**Photography:**

Digital - 5 Categories

Still Film - 4 Categories

**Poster Contest:** Standard Size 8½" x 11" size

Theme - Fruit Bowl

**Speaking, Writing, and Demonstrations:**

Speech - 7 to 10 Minutes in Length

Demonstration - 10 to 15 Minutes in Length

Writing - Informative, Creative and Poetry Categories

**Silk Floral Arrangement**

**Location/Registration:** Please google the address below for a map -

**Waushara County Fairgrounds**

**513 Fair Street**

**Wautoma, WI 54982**

Or call **UW-Extension 920-787-0416** for directions

Register with your County 4-H Youth Development Agent before June 22<sup>rd</sup>. A \$10.00 registration/lunch fee will be collected at the event. DO NOT send the fee with your registration.

**Please bring a clip board and a #2  
pencil!!**

## Club/Group/Project Connection

**On March 17th Sawyer County Youth** that are enrolled in this years MASC Beef Project spent a few hours learning techniques to help them get their cattle ready for the show and sale. Some of the topics covered were halter breaking, how to tie a slip knot, setting up your animal and how to properly lead your animal in the ring with the judge. The kids even partnered up and practiced leading each other around the ring. The biggest take away for the kids - always stay calm. Your animal can sense your demeanor and emotions, if you remain calm it helps them to feel comfortable which makes showing go much more smoothly; this applies to all of your animals. The kids also did a fun little exercise to learn about all the by-products that come from cows. It's amazing how many products we use every day come from cow by-products; examples would be chewing gum, shampoo, pasta and marshmallows!

Thanks kids for spending your Saturday morning with us & THANK YOU to the Winter Public Library for allowing us to host our event with you. We will post our next training date as soon as we have it set up.

If you have any questions on the project you can contact Kyle Kinsley at [715-563-0118](tel:715-563-0118) or Rhandi Ehn at 715-661-4005.

### Winter Evergreen News

For our March meeting our club toured Winter Woodworks, a wholesale wood operation that makes a variety of wooden items. Some of the items made there include birdfeeders, birdhouses, planter boxes and trellises. Jeff Anderson, the owner, talked about the different birdhouses he builds and told us some facts about the birds that will live in them. Afterwards, we returned to the Town Hall and put together some birdhouse kits that we had bought. The youth worked hard to put their houses together, and they turned out great!



**The Four Leaf Clover Club** met March 11 at the Sports Center for their monthly meeting. We did a quick meeting and then had a little skate party for members and their families. It was a great turn out though a few kids missed the photo.

Our next meeting is April 8th at the fair grounds. We are having a vet clinic with Dr. Abby for the horses that are in 4H.

## JUST FOR FUN

### Microgreens Are As Easy To Grow As They Are Nutritious

Cultivating Vegetable Seedlings is Quick And Simple

Vijai Pandian, UW-Extension, WisContext, <https://www.wiscontext.org>

Microgreens are simple and easy to grow indoors in winter. A greenhouse or special grow lights aren't necessary for growing these plants, though. Rather, a small space near a bright sunny window, a couple of shallow trays and potting mix is all that's needed.

Seedlings of a variety of vegetables, microgreens add unique flavor, texture, nutrition, and colors to salads and other dishes. A [2012 research study](#) found that vitamin and nutrient contents in sprouting greens like red cabbage, cilantro, amaranth and radish microgreens are so rich that they are [comparable to fully grown vegetables](#).

Microgreens are broadly grouped into fast-growing and slow-growing varieties. Fast growers take about 10-15 days to reach harvesting stage, while slow growers require about 16-25 days for harvesting. Common fast-growing greens include red cabbage, Chinese cabbage (Kogane), kale (Red Russian), kohlrabi (purple), mustard (Golden Frills, Garnet Giant, Scarlet Frills, Ruby Streaks), pak choi (Rosie), cress (Persian, Cressida), radish (Daikon), spinach and lettuces. Common slow-growing greens include amaranth (Garnet Red), arugula, carrot, chard (Rudy Red), mustard (Red Giant), pak choi (Red Pac), basil (Red Rubin, Lemon, Italian Large Leaf), cilantro and fennel (green).

Based on their growth rates, the seeding times of these varieties can be scheduled individually. Similarly, greens can be blended after harvest to desired flavor. Microgreens mixes can be used in a variety of cuisines and dishes.

To plant a microgreen garden, a shallow, flat plastic container or seed tray that has adequate drainage holes should be used. When reusing old flats, they should be disinfected with a combination of 10 percent bleach and water, and allowed to air dry for few hours.

A seed tray should be filled with moist potting mix (largely composed of peat) to about a half inch below the rim, or about 1.5 to 2 inches deep in a shallow plastic container. Seeds can be scattered densely or with a spacing of 0.25 to 0.5 inches apart, and covered lightly with potting mix. Using a spray bottle, the media should be moistened and covered with plastic wrap or a clear dome or to increase humidity around the seeds. Planted containers should be placed near a bright sunny window or set under fluorescent bulbs for 16 hours.

Once the seeds start to germinate, the dome or wrap should be removed. As the seedlings start to grow, it's best to check the soil moisture once a day. The bottom of flats should be watered, and seedlings can be misted with a spray bottle.

Microgreens can be harvested when they are 2 inches tall with a clean scissors to snip the base of stems. Lettuce and spinach can be allowed to re-sprout for a second harvest. Once harvested, greens can be refrigerated for 4-5 days in containers.

*Vijai Pandian is a horticultural agent and educator for the [University of Wisconsin-Extension Brown County](#).*

"Microgreens Are As Easy To Grow As They Are Nutritious"

was originally published on WisContext, which produced the article in a partnership between Wisconsin Public Radio, Wisconsin Public Television and Cooperative Extension.

## 4-H Volunteer Leaders 2017-2018

### Organizational Club/Group Leaders

Deb Henk - Stone Lake 4-H Club Co-Leader	howdeb92@gmail.com	715-865-2004
Crystal Hexum - 4-Leaf Clover Club Co-Leader	crystal.hexum@yahoo.com	715-699-2996
Lori Clifford – 4-Leaf Clover Club Co-Leader	klclifford04@Hotmail.com	715-699-2964
Donna Knuckey – 4-H Clubs, Inc. Treasurer	jdknuck@live.com	715-266-4402
Deb Steiner - Winter Evergreens Club Co-Leader, 4-H Clubs Inc. President	tdsteiner5@gmail.com	715-266-6417
Tina Coss - Winter Evergreens Club Co-Leader, 4-H Clubs Inc. Vice President	tina_coss@yahoo.com	715-266-8016
Rhandi Ehn - MASC Co-Group Leader	lynnr3684@gmail.com	715-661-4005
Pat Eaton - MASC Co-Group Leader	livinforfishing@yahoo.com	715-638-2520
Carrie Keenan – 4-H Clubs, Inc. Secretary	carriekeen4@gmail.com	715-634-0721

### Project Leaders

Shelley Bartz - Lego Project	Shelleysb4@gmail.com	715-634-5322
Angie DeLisle - Horse	ang-derek@cheqnet.net	715-205-5745
Deb Henk– Dairy	howdeb92@gmail.com	715-865-2004
Judah Keenan - Horse	carriekeen4@gmail.com	715-634-0721
Kyle Kinsley - MASC Beef	kkinsley.kk.21@gmail.com	715-563-0118
Donna Knuckey - Swine	jdknuck@live.com	715-266-4402
Jeremiah Knuckey - Swine	jdknuck@live.com	715-266-4402
Kena Melton - Horse	babykm85@yahoo.com	715-558-0476
Jeremy Melton - Horse	babykm85@yahoo.com	715-699-4997
Kathy Moe - Exploring Your Environment, Small Animals & Pets	kmoe@fs.fed.us	715-634-4897
Rachel Scott - Goats, Dogs	Rachelscottmt@gmail.com	715-943-2236
Joey Johnson - MASC	wenonah.johnson@gmail.com	715-558-3519

### Key/Resource Leaders

Bryan Bartz	Bryan54843@gmail.com	715-634-5322
Angela Kennell	creativechaos1@hotmail.com	715-634-7781

### Support Staff

Tanya Hofer

tanya.hofer@ces.uwex.edu

715-634-4806 ext 2300