



# 4-H CLOVER CONNECTIONS

A 4-H Youth Development Newsletter

December 2009

What are you learning?

## Enter Ag Expo's Ag Photo Contest

### Rules and Regulations:

- All pictures must relate to Agriculture.
- Divisions will include: 4<sup>th</sup> – 6<sup>th</sup> and 7<sup>th</sup> – 12<sup>th</sup>
- Picture must be taken by individual listed on entry label.
- Photograph entered must have been taken during 2009 and in Louisiana.
- All entries must be 8" x 10" (color or black/white). **(No other size pictures will be accepted)**
- All 8"x 10" pictures must be mounted on a 10" x 12" thin art/mount board this will allow a 1" border. **(Please no foam core board)**
- Each photograph must include a one-line title mounted on thin art/
- mounted board below picture.
- One picture per category limit.
- DEADLINE: January 4.**

### Entry Categories:

- Farm Animals
- Horticulture/Plants/Crops
- Any Other Agriculture  
*(See Entry Label on back)*

## TREASURE BOX

### 4-H Cooks! Workshop

When: December 21

Time: 1:30–4:30 pm

Where: 4-H Office



It's the holidays and time to serve up some sweet treats!

We'll be working with candy melts to make some gourmet gifts, and baking mouth-watering gingerbread and a cookie quilt!

This will be our last workshop before the contest next month (see contest details on back).

Registration is required. Get your forms at your club meeting or at the 4-H Office.

## Teen Leadership Meeting!

If you are 13 or over and want to be a 4-H camp counselor, reading mentor, or a member of the state Executive Board, Set Board, Fashion Board, or Food and Fitness Board, **you need to be a 4-H Teen Leader!**

If you would like to be selected to attend teen leadership conferences, camps and events, **you need to be a 4-H Teen Leader!**

If you want like to take trips and meet other teens from all over the state, **you need to be a 4-H Teen Leader!**

If you want to get the most from your 4-H experience, **you need to be a 4-H Teen Leader!**

Meetings are every second Thursday of each month at 5:00 at the 4-H Office. Check out Dates & Deadlines (on back) for more 4-H Teen Leadership opportunities.



Check out the 4-H Clubhouse at: <http://www.lsuagcenter.com/en/4H/Kids/>



Karol Osborne  
Extension Agent  
114 N. Cedar  
Tallulah, LA 1282

Phone: 318.574.2465

Fax: 318.574.9509

E-mail:

kosborne@agcenter.lsu.edu

## Clover Clues!

### Ag Expo Photo Contest Entry Form

NAME

PARISH

GRADE

**DIVISION (Circle One)**

Farm Animals

Plants/Horticulture/Crops

Any Other Agriculture

# 4-H Cooks! Contest Set

**Start preparing now for the annual 4-H commodity cookery contest, Monday, January 18, at 10:00 am.**

### Contest Rules:

1. Select a favorite family recipe that meets the requirements listed.
2. Make a typed or handwritten copy of your **RECIPE**.
3. Prepare your dish at home the night before and save **ONE LARGE SERVING** to enter in the contest. (If entering one recipe in more than one division, you will need to bring a serving for each division in separate containers.)
4. Pack your entry in a plastic, covered, disposable container labeled with your name.
5. Bring your entry to the 4-H Office **COLD** and **ON ICE** in an *insulated*

ice chest.

### AWARDS:

- 1st, 2nd and 3rd place winners will receive medals in each category.
- Every contestant will receive a prize, ribbon and certificate for entering.
- 1st place winners will represent Madison Parish 4-H in the regional cook-off in February.

The Awards Program will be held after school at the 4-H office beginning at 5:00 pm.

### CONTEST DIVISIONS:

**Beef** – The dish must contain a minimum of one pound boneless beef **or** two pounds bone-in beef. All beef should be cooked until gray in

color, not pink, and juices run clear.

**Catfish** – Dish must contain a minimum of one cup (8 ounces) of catfish. Please use Louisiana Farm-raised Catfish if possible.

**Chicken** – Dish must contain a minimum of two (2) pounds bone-in or one (1) pound deboned chicken meat.

**Corn** – Dish must contain at least one cup (8 ounces) of corn product such as corn, corn meal, grits, or hominy corn. Product used may be fresh, frozen or canned.

**Egg** – Dish must utilize a minimum of four (4) eggs. This can be four whites, four yolks, or four whole eggs. No raw eggs will be allowed in final product. The recipe with four eggs must make only one standard size dish. For example, a recipe with four eggs that makes two pies of standard size will not qualify.

**Pecan** – Dish must contain at least one cup of pecans.

**Rice** – Dish must contain at least one cup of uncooked rice or two cups of cooked rice (white or brown rice). If contestant is using rice bran instead of rice, the recipe must contain at least ¼ cup of rice bran.

**Sweet Potato** – Dish must contain a minimum of one cup of fresh, canned, or frozen sweet potatoes.

## Dates & Deadlines:

**12/4/2009** Deadline: Fashion Camp registration

**12/10/2009** Teen Leadership Meeting/Mentor Training

**12/19/2009** Teen Leadership Exchange Trip w/ Tensas Parish

**12/21/2009** 4-H Cooks! Holiday Treats workshop

**1/4/2010** Deadline: Ag Expo's Ag Photo Contest entries due

**1/4/2010** December Shutterbug Entries Due

**1/18/2020** 4-H Cooks! Contest scheduled—10:00 am at 4-H Office

**2/1/2010** Deadline: Food & Fitness Camp registration

**2/1/2010** Deadline: Hornets vs. Pacers ticket sale

### A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating.