



West Feliciana News



2nd Quarterly Highlight | April- June 2024



West Feliciana Parish

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West Feliciana Parish offers many opportunities for outdoor recreation such as photography, bird watching, hiking, canoeing, biking, hunting, and fishing. Cat Island National Wildlife Refuge with the National Champion Bald Cypress Tree is just one of the areas that attract nature lovers to the parish. Major employers in the parish are the River Bend Nuclear Power Plant and Louisiana State Penitentiary at Angola. West Feliciana is known for its excellent school system which consistently ranks in the top 5 in the state.

Nutrition & Community Health

In April, all seven kindergarten classes at Bains Lower Elementary learned how important breakfast is, especially with the summer months approaching. The eight Pre-K classes learned a similar message by listening to the OrganWise Guys book “I Think I Forgot Something.” In May, the children harvested carrots from their garden. Lanya Mayer, Play 60 Coach, prepared a unique seasoning and air fried the carrots making carrot fries for all the children to taste.

Our Nutrition & Community Health (NCH) Agent arranged for the 4-H Mission Nutrition Cooking Club to have their last project meeting at the high school ProStart Lab. The youth were thrilled to see the classroom and excited to cook in the lab. The 4-H’ers learned about the Louisiana Harvest of the Month- Catfish. They prepared Baja cream and fish tacos. Special thanks to Delanea Buffalo for allowing the 4-H’ers to use her lab.

During the Council on Aging Picnic, our NCH Agent demonstrated how to make a tasty diabetic-friendly

recipe that was a hit with the clients. She also led Fruits & Veggies: More Matters Game with the picnic participants.

This summer our NCH Agent will be delivering nutrition programs at the West Feliciana Parks & Rec Summer Camp. In June, she conducted a MyPlate Program. The campers enjoyed spinning the prize wheel and working as a team to answer questions related to the MyPlate. They also had fun participating in a MyPlate Physical Activity Relay. The campers liked making and tasting bean quesadillas.

Our NCH Agent continues working with the West Feliciana Parish Library to purchase items for the Library of Things- health expansion. They are also eager for the seed library including unique seeds to be made available to West Feliciana residents.

If you have not seen our Taste of Herbs & Spices at the West Feliciana Parish Library, make sure to stop by. We provide free spice/herb samples along with a factsheet on the herb/spice of the month.

Each month, we continue providing nutrition resources and recipes for the food boxes at the West Feliciana Food Pantry.



4-H Youth Development

In April, our youth participated at the 4-H State Shooting Sports competition in archery and shotgun. Several 4-H'ers placed in the top ten and brought home several state championships! We are so proud of them. Our 4-H'ers participated in the Regional Culinary Arts Contest in May Amite. Our parish entered dishes in several categories and many of our 4-H'ers placed in the top three. We hosted our Fashion Show in May where the youth showed off their sewing club projects. For the first time, West Feliciana Parish 4-H also hosted a Talent Show. We were excited to have six participants. The first week of June, our 4th, 5th, and 6th graders attended 4-H Camp Grant Walker. We brought 39 campers, five camp counselors, and three adult volunteers to camp. At camp, our youth were able to take part in educational tracks, make lots of new friends, and do many fun activities. In June, our 8th -12th grade 4-H'ers had the opportunity to attend 4-H University at LSU. Of the 15 students that attended, 14 competed in various contests while one took part in Clover College, which is an educational track for those not wanting to compete. Maddie Harvey placed second in 4-H Has Talent. In Fashion, Evleyn Pollet placed third, Valarie Patin placed fourth, Peyton Daniel placed eighth, and Colten Gates Blue Ribboned. Lillian

Record placed second in Personal Trainer. Emma Bush placed second in Tiger Tank. Caden Gates and Cade Bush placed second in Next 4-H Food Star. Taylor Triche placed sixth in STEM Illustrated Talk. William Bergeron placed tenth in Zero Turn Mower. Both Valarie Patin and Evelyn Pollet were selected to serve on the State Wetland Ambassador Board! Caden Gates and Peyton Daniel were selected to serve on the State Food and Fitness Board. We are so proud of these 4-H'ers. Valarie Patin will also be attending Marsh Maneuvers, the state 4-H Wetlands Camp. Seven of our 4-H'ers will be attending the District Horse Show where they will compete in a variety of events from showmanship, performance events, and speed events. In July, horse shows will continue, and we will prepare for the new school year.





Horticulture & Livestock/Forage

The Feliciana Forestry Association hosted a Field Day on May 3rd where 39 attendees learned about drones in forestry, seedling genetics, and fruit trees for wildlife. The Feliciana Master Gardeners have been busy working with the West Feliciana Parish Library on a landscape update and working on the Feliciana Wildflower Festival.

The Horticulture Agent is busy gearing up for a Master Gardener class in St. Francisville starting

August 1st. Twenty people have signed up to take the class. She is also collaborating with the 4-H Agent and NCH Agent to hold a school gardens teacher training in July.

The Louisiana Grazing Lands Conservation Initiative (GLCI), in addition to the LSU AgCenter and Louisiana Master Farmer Program, offered a Sheep Pasture Walk at the Dairy House Farm in Ethel on April 11th. Over 40 producers from several surrounding parishes heard information on raising sheep sustainably and improving soil health.



Upcoming ANR Educational Events:

7/19/2024 Livestock Economics Workshop, Alexandria, 9am-3pm
There is a registration fee of \$25 and pre-registration is requested. You may register at www.louisianaglci.org/events or by calling 318-608-9030.

8/20/2024 Master Cattleman Program, Idlewild Research Station, Clinton, LA 5:30pm-8:30pm
Classes 8/2/24-10/22/24 (class is currently full but you may join the waiting list at 225-683-3101)

9/6/2024 Louisiana Master Farmer Program Phase 1 Classroom Training, Hammond Research Station, Hammond, 9am-3pm (pre-register at https://www.lsuagcenter.com/topics/environment/conservation/master_farmer/phase1)

10/4/2024 Fencing Workshop by GLCI and LSU AgCenter, Idlewild Research Station, Clinton, LA 9am-12pm