



West Feliciana News



2nd Quarterly Highlight | April- June 2023



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.

Family & Consumer Sciences

Throughout the month of April, the kindergarteners at Bains Lower Elementary participated in a MyPlate Spin Zone Activity to review the MyPlate food groups while the Pre-K students learned the importance of breakfast through the OrganWise Guys “I Think I Forgot Something” book. The children continued to care for the 10 raised beds. In early May, they harvested their carrots. Working with the Play 60 Coach, Lanya Mayer, the LSU AgCenter Area Nutrition Agent prepared and made carrot fries in three air fryers for 350 children and staff. Thanks to the Feliciana Master Gardeners for supplementing the carrot harvest so that all the children and staff could sample the carrot fries.

Nine 4-H’ers participated in the last 4-H Cooking Club for the school year. They learned about physical activity, its benefits, being sedentary, and learned and practiced yoga poses. 10 Family Service Center family members and staff took part in “Stretching Your Food Dollars”. They learned tips on how they could enjoy

nutritious, balanced meals and snacks on a limited budget. The participants sampled national and store brands of various foods to see if they could taste any differences and if they could identify the national brand and store brands.

To celebrate Earth Day, the Area Nutrition Agent and State 4-H Wetlands Specialist worked together to provide Wetland Yoga for the kindergarteners at BLE. The Solitude Healthy Communities Coalition partnered with the West Feliciana Hospital to host “Together in Solitude,” a health and safety resource fair. Over 100 participated in the fair and received resources to improve their health. They participated in physical activity stretches, hospital services, youth activities, and even had the chance to sample a diabetic-friendly recipe. Special thanks to everyone who contributed to the success of the fair. Six Dining with Diabetes participants took part in the Reunion Class. They heard from local podiatrist, Dr. Alex Davis and Nurse Practitioner with The Daniel Clinic, Dewana Bobo. Participants

also prepared and sampled diabetic-friendly recipes. The Area Nutrition Agent participated in the Louisiana Healthcare Connections video series. She made five recipes for the two cooking video shoots. Stay tuned for the cooking videos.



4-H Youth Development

As always, we have been remarkably busy with our 4-H programs. April ended with our youth being at the 4-H State Shooting Sports Competition where our 4-H'ers competed in archery and shotgun competitions. We had several place in the top ten from the entire state and brought home four state championships! We are so proud of them. In May, our 4-H'ers participated in the Regional Culinary Arts Contest in Ponchatoula. We had dishes entered in several categories, and many of our contestants placed in

the top three. We rounded out May with our 4-H Fashion Show and fashion competition where youth showed off their sewing club projects. At the end of May, our 4th, 5th, and 6th graders attended 4-H Camp Grant Walker. We brought 30 campers, four camp counselors, and two adult volunteers to camp. While at camp, our youth were able to take part in educational tracks, make lots of new friends, and do many fun activities such as swimming, canoeing, arts & crafts. In June, our 8th -12th grade 4-H'ers had the opportunity to participate in 4-H University at LSU. We had eight attend and compete in various contests. Maddie Harvey placed third in 4-H Has Talent. Valarie Patin placed fifth in Fashion, and Caden Gates and Elaina Singleton placed sixth in Next 4-H Food Star. Valarie Patin and Emma Bush applied to be members of the State 4-H Wetland Ambassador Board and made it! We are thrilled they were chosen. Emma Bush is currently attending Marsh Maneuvers, the State 4-H Wetlands Camp. During the early summer months, seven 4-H'ers attended the District Horse Show where they competed in a variety of events from showmanship to performance events and speed events. In July, 4-H'ers will compete at the State 4-H Horse Show and preparation for the new school year will begin.



Horticulture/Ag & Natural Resources

This spring the Feliciana Master Gardeners hosted their annual Spring Garden Tour fundraiser in April. The Spring Garden Tour is a self-guided walking tour of private gardens in West Feliciana Parish. The tour was extremely successful with 198 attendees and raised over \$4,000 for school

gardens, community projects, and 4-H scholarships.

The West Feliciana Council on Aging received a beautification grant from Keep Louisiana Beautiful and the Master Gardeners helped design and install the flower beds at the Community Service Center building.

Sixty members of the Feliciana Forestry Association attended a Feral Hog Control Field Day at the Idlewild Research Station in Clinton. Feral hog control methods, turkey research, and NRCS hog trap rentals were discussed at the field day. Attendees looked at multiple hog trap options.

Our Horticulture Agent participated in the Solitude Health & Safety Resource Fair and provided horticulture information as well as an interactive kids activity at her booth. She also collaborated with the 4-H Agent to conduct a "How to Grow a Prize-Winning Pumpkin" Workshop for 4-H members participating in the Pumpkin Growing Contest.





Upcoming Events

July 14: Deadline to register for Stay Independent. The series is for adult age 60+ and will be held at

the East Feliciana Extension Office located at 4419 Idlewild Road, Clinton on August 9, 16, 23, & 30 from 10:00-11:30am and provides older adults with research-based nutrition and wellness information to help them reduce their nutritional risk and sarcopenia risk. Topics covered include: Three Meals a Day, Feast on Fruits & Vegetables, Power Up with Protein, Cooking for One or Two, Brain Health, and Exercise You Independence. There is a \$13 fee for the series (4 classes). Registration is only available online at the LSU AgCenter Store at <https://store.lsuagcenter.com/p-2571-stay-independent-august-9-16-23-30.aspx> For questions, contact Layne Langley at 225-683-3101 or 225-635-3614 or at lalangley@agcenter.lsu.edu

July 25: The Louisiana Grazing Land Conservation Initiative (GLCI), Southern University, and the Barthe Cattle Farm are hosting a pasture walk on July 25th from 5:00-7:30pm. This pasture walk will feature the Barthe's rotational grazing system, water systems, summer grazing, and more. To register use the following link: <https://www.louisianaglci.org/events-1/pasture-walk-at-barthe-brothers-2023?fbclid=IwAR3fUPZQKbrr-M24agu2wL0xyh3h7ZdUW6xS2QD-GQhIR7IYieQJbwO3xY7Q>

August (date TBD): The LSU AgCenter is hosting a Master Cattleman Program for area livestock and forage producers this fall in Amite, Louisiana. In 2004, the Louisiana Master Cattleman Program was developed to help beef cattle and forage producers enhance their production and profitability through a 10-week, educational curriculum-based program. Participants must complete 30 hours, which includes 10 three-hour blocks of instruction, to become a certified Louisiana Master Cattleman. To register for the class or for more information, contact Dr. Gary Hay at ghay@agcenter.lsu.edu.

More information about livestock activities and resources can be found at the LSU AgCenter website https://www.lsuagcenter.com/topics/livestock/beef_cattle or https://www.lsuagcenter.com/portals/our_offices/parishes/west%20felician/features/agriculture/livestock for information from West Feliciana Parish.