



# West Feliciana News



1st Quarterly Highlight | January- March 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

All Pre-K and kindergarteners at Bains Lower Elementary took part in monthly nutrition and school garden classes. Pre-K youth are learning to be smart from the inside out through the OrganWise Guys curriculum. In January and February, youth learned how easy it can be to include physical activity in their daily routine and how to keep a healthy heart. In March, the children learned why it is important to consume dairy and dairy products in their meals. Kindergarteners learned what foods are whole grains and how to spot them. They learned why they should “make half their grains whole” January. In February, they learned about the Protein Food Group including animal and plant protein sources. During the Dairy Food Group lesson in March, the children learned which foods are included in that food group and how much dairy and dairy foods they should consume daily. The children also planted cucumber transplants. Special thanks to the Feliciana Master Gardeners for providing plants for the school garden.

During the 4-H Mini Farm, youth visited the nutrition table. They

spun the prize wheel and answered questions related to fruits and vegetables and were reminded why they should make half their plates fruits and vegetables.

4-H’ers enrolled in the 4-H Cooking Club met in January to learn ways to vary their proteins. The 4-H’ers learned they should keep meat and poultry portions small and lean and try to include seafood on their plates twice a week. The 4-H’ers assisted in making Thick Turkey Chili. In March, the club members met at the West Feliciana High School ProStart Lab. The 4-H’ers divided into teams and participated in a “chopped” type activity preparing and sampling a variety of “dump” cakes and fillings. Youth described their cakes in an informal presentation and then voted on their favorite.

In February and March, residents of both West Feliciana and East Feliciana Parishes participated in Small Changes, Healthy Habits. This 4-week series teaches participants how to make simple, healthy, long-term changes in both diet and physical activity. A highlight was participating in the grocery store tour at Sullivan’s Grocery Store in Clinton.

In March, a Dining with Diabetes series was held with participants from West Feliciana, East Feliciana, and East Baton Rouge Parishes. This five-part series helps adults at risk for type 2 diabetes, who are pre-diabetic or who have diabetes and their families/caregivers learn how to manage their condition through menu planning, carbohydrate counting, portion control, and label reading. Dewana Bobo with The Daniel Clinic partnered with the LSU AgCenter and led the first class. The fifth class, a reunion class, will be in May.

Next month, the LSU AgCenter and West Feliciana Hospital will be hosting a health and safety resource fair in Solitude. This event was originally scheduled for November but was postponed due to inclement weather.



### 4-H Youth Development

Late winter brought busy times to West Feliciana Parish 4-H'ers. January marked the start of our Livestock Show Season. We held our 4-H Mini Farm and Feliciana Livestock Show on January 18<sup>th</sup>-21<sup>st</sup>. The 4-H Mini Farm is an agricultural experience for youth that range in age from Head Start to Second Grade. Children from both East and West Feliciana Parishes were invited to visit the educational booths dealing with all aspects of agriculture, as well as getting to interact with the Livestock Exhibitors and their animals. Over 745 youth toured

the Mini Farm. For many, this was the first time getting to see animals such as beef cows, dairy cows, chickens, swine, rabbits, goats, and sheep. Our Feliciana Livestock Show had 99 exhibitors. They competed in Premier Exhibitor Tests, Showmanship, and their breed and/or meat classes for their animal. After parish, our 4-H'ers competed at the South-Central District Show and did very well! West Feliciana 4-H had the top Premier Exhibitors in several species. West Feliciana Parish 4-H'ers rounded out the livestock season competing at the State Livestock Show.

As the livestock season wrapped up, the 4-H Shooting Sports season began. Our 4-H'ers entered the EBR and Ascension District Invitational Shoots. West Feliciana 4-H'ers competed in Shotgun and Archery competitions. Our 4-H'ers also did quite well and got lots of practice in for future shoots. Our shooting sports participants went on to Regionals in mid-March and several 4-H'ers qualified for State in Archery in both 3D and Modified FITA events. The 4-H'ers brought home several top ten and first place wins as well!! Parker Major qualified for State in Shotgun! Also, our Rabbit Exhibitors finished their season with a fantastic showing at the State Rabbit Show. Abigail Little brought home the title of the Top Intermediate Premier Exhibitor in the State.



Our Sewing Club has been hard at work constructing their project items for this year's 4-H Fashion Show. During club meetings, 4-H'ers have been working on the youth wetlands lesson study. Recently, West Feliciana Parish 4-H, Feliciana Master Gardeners, and neighboring 4-H Agents taught the seventh graders at West Feliciana Middle School six youth wetlands lessons during Wetlands Day. Our Rabbit Club, Horse Club, and Cooking Club have been meeting as well.

We are now gearing up for our summer events. West Feliciana 4-H'ers are looking forward to summer camp at 4-H Camp Grant Walker, 4-H University, Horse Shows, Marsh Maneuvers, and many other fun events in our parish!



## Horticulture/Ag & Natural Resources

January and February are busy times of the year for extension agents and volunteers. In January, the Feliciana Master Gardeners participated in the 4-H Mini Farm by hosting a seed planting booth. They toured Cleggs Color Division in February and provided refreshments for the Annual Spring Horticulture Seminars.

The Spring Horticulture Seminars were held in Jackson, LA with 64 people attending the two-night event. Topics included: soil health, carnivorous plants, perennials, and landscape design.

The St. Francisville Farmers Market is gearing up for spring. Our Horticulture Agent is working with them on social media marketing and polishing up their bylaws. In March, sweet potato seed was delivered to sweet potato farmers and a new field corn variety trial was planted at Angola State Penitentiary.





Greensburg from 9am-noon. Pre-register at [www.LouisianaGLCI.org](http://www.LouisianaGLCI.org).

The LSU AgCenter is hosting the Northwest Beef and Forage Day on April 27, 2023 at the Hill Research Station in Homer, LA. Registration begins at 8:30am and ends at 2:00pm. For more information, contact [KMoore@agcenter.lsu.edu](mailto:KMoore@agcenter.lsu.edu).

The LSU AgCenter hosted a Beef Cattle & Forage Clinic in February in Slaughter, LA. Over 40 livestock producers from surrounding parishes learned about pasture weed control, forage varieties, and cattle market outlooks for 2023. This clinic also served as a private pesticide applicator re-certification meeting. An additional private pesticide applicator re-certification meeting was also held in March for eight producers from three parishes.

More information about livestock activities and resources can be found at the LSU AgCenter website [https://www.lsuagcenter.com/topics/livestock/beef\\_cattle](https://www.lsuagcenter.com/topics/livestock/beef_cattle) or [https://www.lsuagcenter.com/portals/our\\_offices/parishes/west%20felician/features/agriculture/livestock](https://www.lsuagcenter.com/portals/our_offices/parishes/west%20felician/features/agriculture/livestock) for information from West Feliciana parish.



#### Upcoming Events:

The Louisiana Grazing Land Conservation Initiative (GLCI) and Starkey Farmstead are holding a pasture walk on April 21, 2023, in