



West Feliciana News



1st Quarterly Highlight | January- March 2022



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

In January, our nutrition agent began serving as the Project Leader for the 4-H Cooking Club. During the first session, the 4-H'ers received an overview of the MyPlate and its five food groups. 15 4-H'ers learned the proper way to measure liquid and dry ingredients. They worked in teams to measure a variety of ingredients. In February, 13 youth participated in Tools of the Trade & Lingo to learn cooking terms and equipment. They also learned how to keep their kitchen safe while cooking. The session in March focused on food safety including correct ways to thaw meat. The 12 4-H'ers also received knife skills tips and practiced cutting and chopping. Each session wrapped up with hands-on food prep and tasting.

During the 4-H Mini Farm, our nutrition agent hosted a table on the Dairy Food Group for some 540 youth. The table included non-dairy sources of calcium. Youth participated in yoga for a bone-strengthening activity.

All kindergarteners and first graders at Bains Lower Elementary (approximately 350 youth) took part in monthly nutrition and school garden classes. Youth learned why they should “make

half their grains whole” in January. In February, they learned about the Dairy and Protein Foods groups including how milk gets from the farm to the fridge, plant and animal protein sources, and why foods from this group are important to consume. In March, the students learned about snacking and what Go, Slow, and Whoa snacks are. Planting of seed potatoes, squash, cucumbers, and tomatoes also took place this quarter. Youth harvested and sampled radish. Special thanks to Ins & Outs for providing plants for the school garden.

Also in January, two reunion classes for the Break Up with Salt series was held with four attending. In January and February five took part in the Dining with Diabetes 4-week series. The COA clients wrapped up their Break Up with Salt series. Nine attended the third session and four attended the fourth session.

A Family & Consumer Sciences Advisory Leadership Council Meeting was held with some great discussion on possible nutrition topics, nutrition needs of the parish, and places to advertise being identified. A Healthy Communities Coalition Meeting was held to begin planning a Solitude fair/festival.



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 Parish Livestock Show on January 13-15th. The 4-H Mini Farm is an agricultural experience for youth ranging from Head Start to Second Grade. 540 youth from both East and West Feliciana Parishes attended the Mini Farm. They visited several booths that dealt with all aspects of agriculture, as well as, getting to interact with the Livestock Exhibitors and their animals. For many, this is the first time they get to see animals such as beef cows, dairy cows, chickens, swine, rabbits, goats, and sheep. 89 exhibitors competed in the Parish Livestock Show. 4-H'ers also competed in Premier Exhibitor, Showmanship, and their respective breed and/or meat classes for their animal. After the parish show, our exhibitors competed at the South Central District Show and did very well! West Feliciana had the top Premier Exhibitors in several species. Our 4-H'ers rounded out the livestock season with the State Livestock Show. Congratulations to Emma Bush for her State Mini Bull Supreme Title! Our Rabbit Exhibitors ended their season at the State Rabbit Show where they took home many awards.

As the livestock season wrapped up, 4-H Shooting Sports began. Our 4-H'ers started with the EBR and Ascension District Invitational shoots. West Feliciana 4-H'ers competed in Shotgun and Archery competitions. They put in lots of hours on the range, and it showed at the different shoots. Our shooting sports participants

competed at Regionals the last week of March where ten 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!! Special recognition goes to Trey McClure who qualified for State in Shotgun!

Our Sewing Club has been working hard on their project items for the upcoming Fashion Show. 4-H Club meetings this quarter have not only been educational but also fun. The 4-H'ers participated in "Dancing Popcorn" and "Roller Coasting into Physics" experiments. Next month, 4-H'ers will have a CSI scenario where they get to extract strawberry DNA from frozen strawberries. Our Rabbit Club, Horse Club, and Cooking Club have been meeting and learning about their projects and honing in on their skills. We were excited for the return of the Culinary Arts Contest, an event we haven't held since 2019.

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





Horticulture/Ag & Natural Resources

Spring is the busiest time of the year for a County Agent and this spring is no exception. In January, the Feliciana Master Gardeners participated in the 4-H Mini Farm and helped the youth make “living necklaces” with sunflower seeds. In February, 11 people attended a crape myrtle pruning demonstration at the Idlewild Research Station in Clinton. Our Horticulture Agent attended a fruit pruning training at Clemson University. She is excited to share what she learned with the community. In March 15 people were re-certified with their private pesticide applicator card in Slaughter and 148 people attended the Annual Feliciana Forestry Association Meeting to learn about selling carbon credits. The Feliciana Master Gardener class began in March with 22 students enrolled. The students look forward to promoting their class project this spring- community wide pollinator plantings. Spring is also a busy time of year for livestock and forage producers who have calves on the ground and are getting pastures prepared for spring and summer grazing. The LSU AgCenter has also been busy

offering several educational trainings and events across the state. Four Private Pesticide Applicator Re-Certification Meetings were held in West Feliciana and surrounding parishes with over 60 producers attending. Beef cattle producers from across the Southeast and Southwest Regions attended the Acadiana Beef Cattle Producers Field Day on March 12th in Jeanerette, LA. Over 50 producers participated in demonstrations including pasture weed control, fertilizer updates, and beef cattle market updates.

