

St. Helena Extension Update

April 2025



Staff

Dr. Gary Hay, PC/ANR

Isabel Zebrick, NCH

Nicholas Muse, 4-H

Sharon Holden, Admin

Whitney Wallace, Forestry

Jessie Hoover, Horticulture



Websites

LSU AgCenter

https://www.lsuagcenter.com/portals/our_offices/parishes/st%20helenaparcels



Facebook

<https://www.facebook.com/StHelenaPEO>



Upcoming Events



Upcoming Extension Events

Master Cattleman Class

April 7 – June 9

St. Helena Early Learning Center Clean and Green Week

April 7 – April 11

St. Helena College and Career Academy Pocket Park Ribbon Cutting

April 10

Audubon Regional Library SNAP-Ed Nutrition Education Series

May 10 – August 16

Horse Clinic

April 26

St. Helena College and Career Academy Garden Showcase

April 28

4-H Summer Camp

July 21 – 24

ANR





St. Helena College and Career Academy

With Ms. Overton,

Agriculture & Sciences Instructor

- The AgriScience students at the St. Helena College & Career Academy are revitalizing their school garden with the assistance of our Agent, Nicholas Muse.
- The students planted broccoli, kale, mustard greens, collard greens, tomatoes, carrots, and squash.
- They prepared the beds and rows, collected pine needles to cover their newly planted vegetables, watered them, and brought out the chicken coops out of storage.









ANR



Attendees are certified as Master Cattlemen Upon Completion of Course

ANR

Master Cattlemen Series 10 Week Course

Topics:

- Animal Handling
- Nutrition
- Reproduction
- Breeding and Genetics
- Pasture Management
- Pasture Weed Control
- Economics
- Animal Health/Biosecurity
- Beef Quality Assurance
- End Product





ANR

St. Helena Forestry Forum – April 4, 2025

NCH



NCH

With InsideOut Ministries

- Our Nutrition and Community Health Agent **Isabel Zebrick** participated in the community give away event put together by InsideOut Ministries.
- She demonstrated a USDA SNAP-Education recipe, "Cajun Caviar" with samples and copies of the recipe to take home for those attending.
- In addition, she had Nutrition and Community Health program information available for community members.



4-H





4-H

With 4-H Sewing Club

- 4-H members used their sewing skills to make pillows and drawstring backpacks in their individual styles.
- Not only is it a practical skill to have, but they can also take home a unique, handmade creation of their design.



4-H

St. Helena 4-H Livestock



- ANR Agent, Nicholas Muse, worked closely this past spring to prepare our livestock club participants for their upcoming Livestock shows.
- These members participated in the St. Francisville Livestock Show, and the Southern University Livestock & Poultry Show.





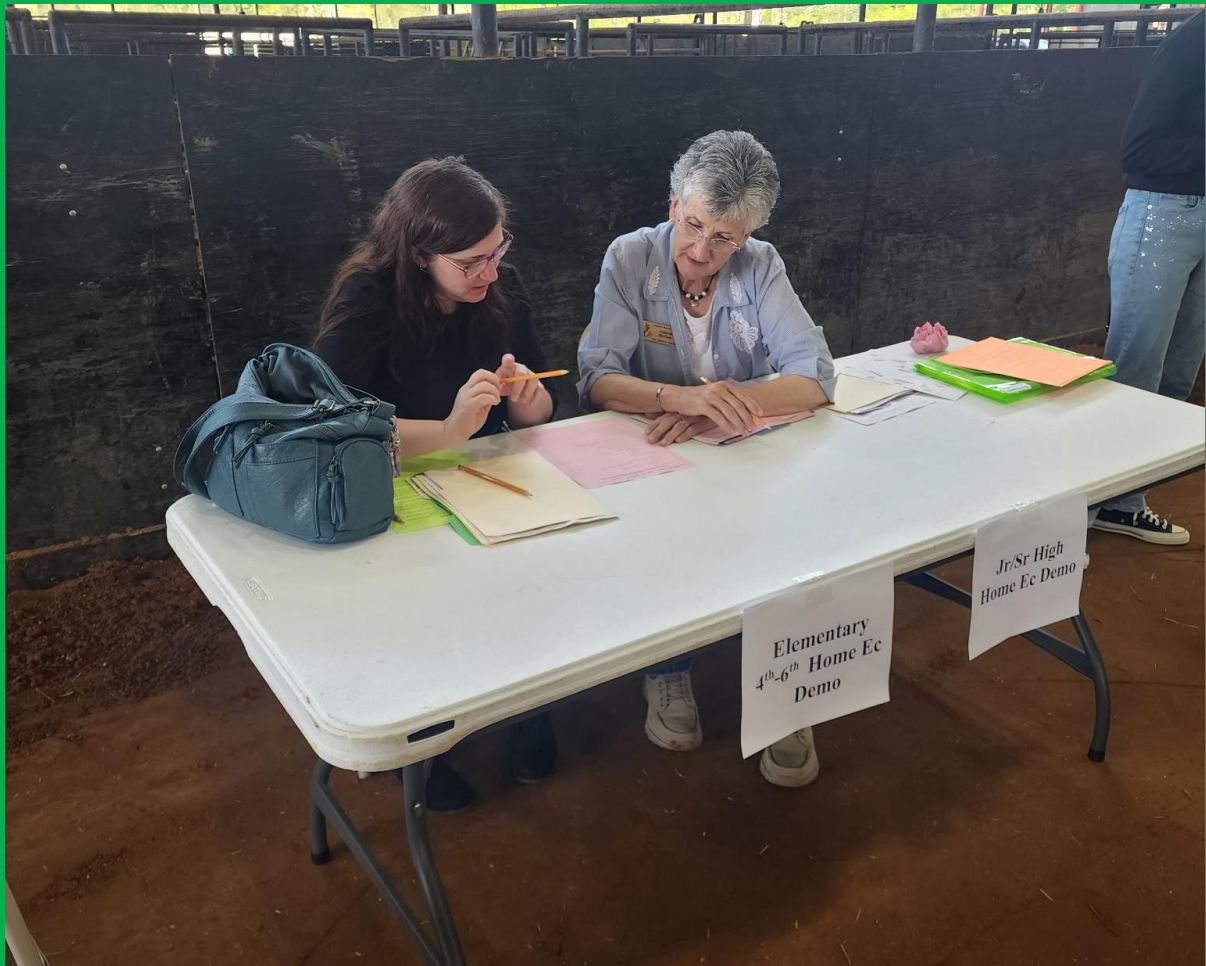
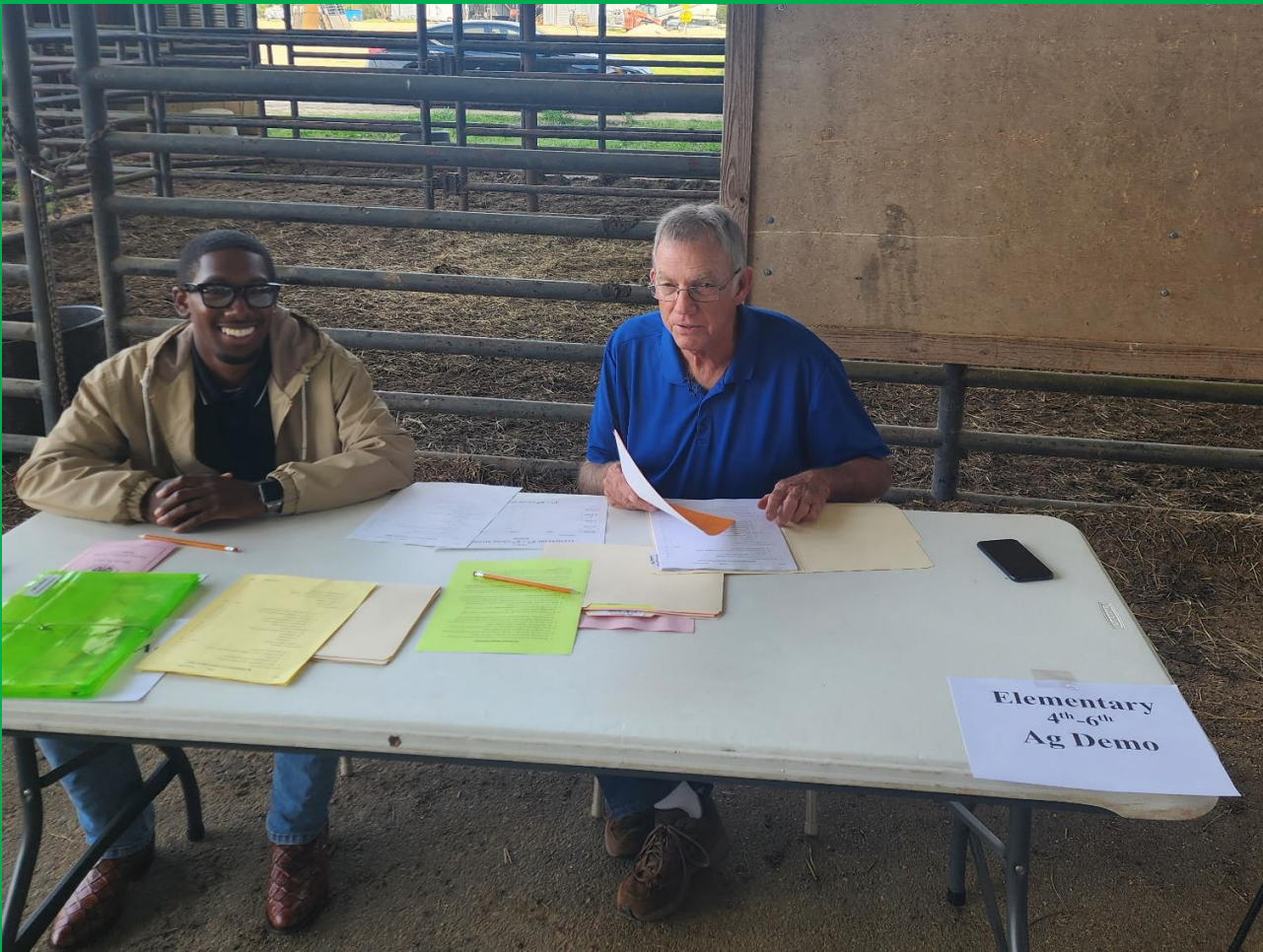


4-H

Tangipahoa Parish

4-H Achievement Day

- ANR Agent, Nicholas Muse, and Dr. Gary Hay, Parish Chair, served as judges for the Agriculture Demonstration at the Tangipahoa Parish Achievement Day.
- NCH Agent, Isabel Zebrick, also served as a judge for the Home Economics Demonstration with a volunteer Master Gardener.





4-H

Washington Parish 4-H Achievement Day

- ANR Agent Nicholas Muse served as a judge for the Horticulture Demonstration at the Washington Parish Achievement Day.
- Dr. Gary Hay, Parish Chair, with admin Sharon Holden (not pictured), served as judges for the Speech Demonstration.
- NCH Agent Isabel Zebrick served as a judge for the Home Economics Demonstration with a volunteer.

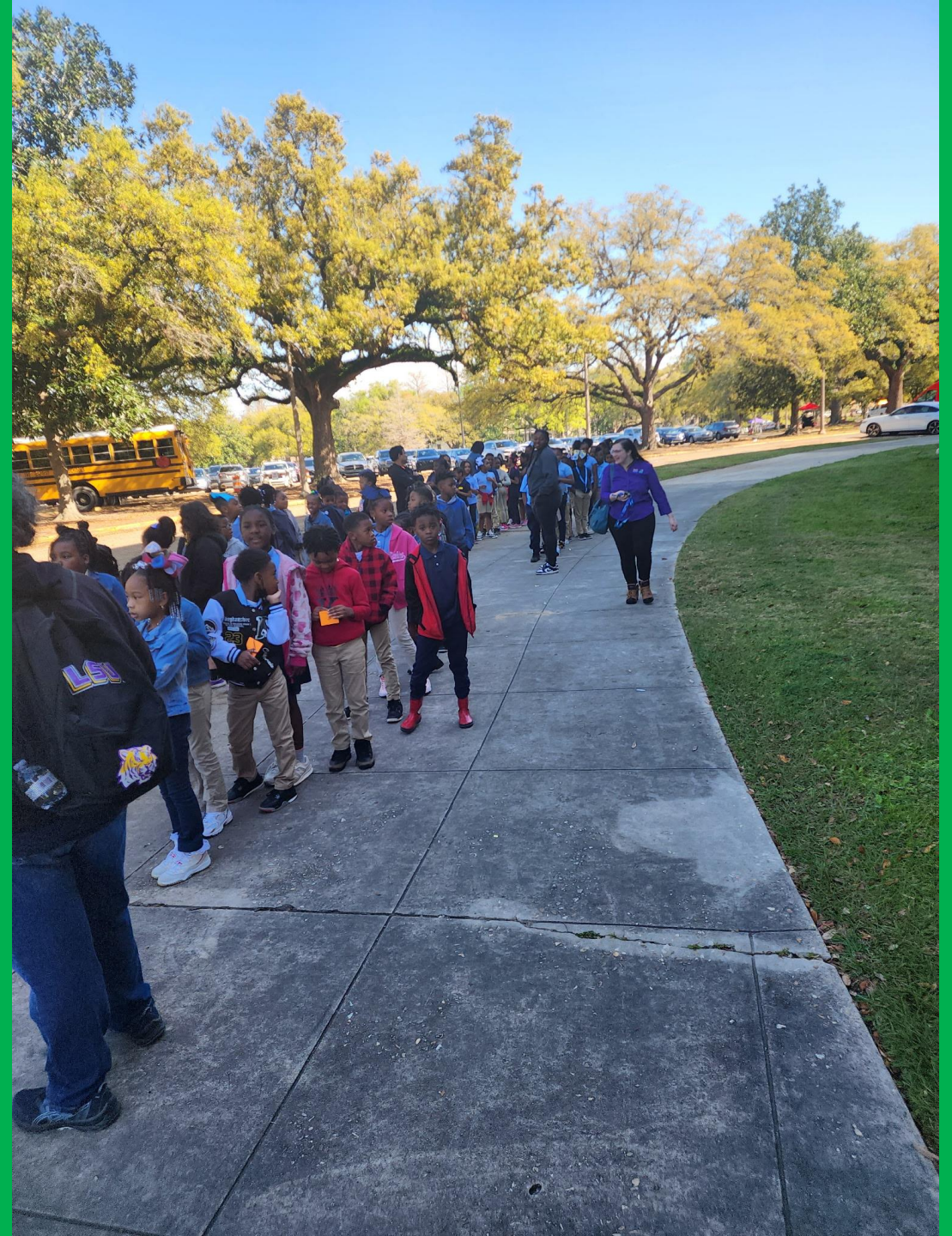


4-H

LSU AgMagic Day in Baton Rouge
With St. Helena Early Learning Center

- LSU AgMagic Day is an interactive event put on by the LSU AgCenter that introduces the world of Louisiana's agriculture to students through educational demonstrations, games, and fun activities.
- NCH Agent, Isabel Zebrick, chaperoned St. Helena Early Learning Center's 2nd graders, the 4-H "Cloverbuds" on the field trip to Baton Rouge.
- All agents from the St. Helena Parish AgCenter Extension Office attended.







Our Vision and Mission

St. Helena Parish

SU & LSU AgCenter

Extension Office

- **Empower** the community
- **Connect** them to resources
- **Provide** education and assistance
- **Foster** sustainable programming

...in St. Helena Parish!