MILLARD COUNTY 4-H NEWSLETTER
September/October 2019

It’s Time to Register for 4-H!
Register and sign up for 4-H @ ut.4honline.com

Remember:
~ If you are new - set up a profile, a password will be sent to your email. Press “Login” at the bottom.
~ If you are returning: use family email. Try old password, if it doesn’t work, request a new one that will be sent to your email.
~ There are a lot of pages to scroll through and fill out. When you add a club, sign up for the ones you want to be part of this year.
~ There is a new training area for all adults this year. It will be required every few years so we can all learn about the 4-H program and learn how to keep our youth safe.
~ Please pay online if possible, your children are not enrolled until the money is in.

We are excited to have you join our 4-H team!
Questions: 864-1480 or 743-5412

Horse Club
Is headed to State Sept. 26 in Ogden!
Good Luck at State!

4-H Awards Night
Oct. 10, 2019
Armory - Fillmore
6:30 pm
RSVP by Sept. 26th

Adult Volunteers

-Portfolios &
-Extra Mile Awards
• Due September 26th by 4:00pm
• State Horse participants Oct. 3 by 3:00pm

MILLARD COUNTY EXTENSION WEB SITE
Keep connected and updated on activities, events, and information with 4-H through the Extension web site: extension.usu.edu/Millard
Check often to keep updated on any changes in date, time or place of clubs or events!!

Extension Information
Plants, Yard & Garden
Utah County Horticulture Assistants
801-851-8462
Or go to: Extension.usu.edu/yardandgarden

Canning
Extension.usu.edu/canning
https://nchfp.uga.edu/

Utah State University Extension
– Millard County would like to remind you to always can safely!
Local elevations are:
Delta — 4639 feet
Deseret — 4590 feet
Esk Dale — 4984 feet
Fillmore — 5134 feet
Gandy — 4951 feet
Garrison — 5276
Hinckley — 4603
Holden — 5102
Kanosh — 5020
Leamington — 4731
Lynndyl — 4787
Meadow — 4839
Oak City — 5111
Oasis — 4590
Scipio — 5315

Boiling-Water Canner Adjustment

<table>
<thead>
<tr>
<th>Altitude (ft.)</th>
<th>Add to Processing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,001-6,000</td>
<td>10 minutes</td>
</tr>
<tr>
<td>6,001-8,000</td>
<td>15 minutes</td>
</tr>
</tbody>
</table>

Pressure Canner Adjustment

<table>
<thead>
<tr>
<th>Altitude (ft.)</th>
<th>Weighted Gauge</th>
<th>Dial Gauge</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,001-6,000</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>6,001-8,000</td>
<td>15</td>
<td>14</td>
</tr>
</tbody>
</table>

It is recommended that your dial gauge be tested for accuracy once a year, weighted gauges do not require testing
USU Extension
83 So. Manzanita Ave.
Delta, UT 84624

Address Service Requested

Other Contact Information:
Phone: 435-743-5412 or 435-864-1480
Fax: 435-743-4221 or 435-864-1488
E-mail: millardextension@usu.edu

Check us out on the web:
http://extension.usu.edu/millard

Check us out on Facebook:
Millard County—Utah State University Extension

Utah State University Extension is an affirmative action/equal opportunity institution

Upcoming Events

September
- 1 Register for 2019-2020 4-H year
- 11 Fillmore Create Better Health Cooking Club
- 19 Delta Create Better Health Cooking Club
- 26 Portfolio’s Due
- 26 Extra Mile Due
- 26 4-H Horse State Event
- RSVP for Awards Night

October
- 3 Delta Jr. Teen Council
- 9 Delta Sewing Club
- 9 Fillmore Create Better Health Cooking Club
- 10 4-H Awards Night
- 14, 15, 16, 23, 24 Delta Tennis Club
- 17 Delta Create Better Health FS Cooking Club

Register today at: ut.4honline.com

Remember to call and sign up for Clubs that you would like to attend.
You must register for 4-H each year to be a member!

Call 435-864-1480 or 435-743-5412
Create Better Health Cooking Club
All Ages
Sept. 11 at 3:30
Peachy Yogurt Parfait
Oct. 9 at 3:30
Whole Wheat Pizza
Extension Office

Teen Council Corner
Teen Council is for youth 9th - 12th grade
Jr. Teen Council is for 6th - 8th grade

Teen Council Upcoming Dates:
Oct. 17 - 19 - TLT in Logan

Jr. Teen Council Upcoming Dates:
Oct. 3rd - Delta Middle School Lunchroom
Leader: Carolyn Taylor

Come Join the Team!
Together . . . We can do Anything!

Tennis Club
Dates: Oct. 14, 15, 16, 23, 24
Time: 2:45
Location: DHS Tennis courts

Bring a racquet if you have one! There are a couple to borrow, on a first come basis.

Come have fun!!

Sewing Club
Dates: Second Wednesday of each month!
Time: 3:15
Oct. 9, Nov. 13
Place: Extension Office in Delta
Cost: Bring your own supplies

You need an adult with you, call the office to make arrangements if you don’t have one. Parents will take turns coming up with the projects. Michelene Anderson will come up with the first project.

Come see what’s going on in East Millard 4-H!
Register and sign up at:
50 S. Main OR call 743-5412

Come see what’s going on in West Millard 4-H!
Register and sign up at:
ut.4honline.com
83 S. Manzanita Ave. Delta
864-1480

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

UTAH 4-H GROWS HERE

. . . with help from Adult Volunteers!
Create Better Health is a Free program to help individuals and families to eat well, prepare delicious food, and be active on a budget. If you would like to attend classes call 864-1484, 864-1480 or 743-5412 or please check out our county web page at: www.extension.usu.edu/millard. Create Better Health Millard County has a Facebook page with lots of healthy ideas and recipes for your family to try. Check out our Facebook page at: https://www.facebook.com/millardcountyextension/

FREE Classes:

- Delta Sands Apartment Complex - Thursday, September 5th at 4:00 PM: Food $ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/ Create a Fruity Dessert.

- Delta Sands Apartment Complex - Thursday, October 24th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/Create a Wrap.

- Fillmore’s Mt. Catherine Manor Complex - Wednesday, September 12th at 4:00 PM: Food $ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/Create a Fruity Dessert.

- Fillmore’s Mt. Catherine Manor Complex - Thursday, October 10th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/Create a Wrap.

- Kanosh Paiute Band Building - Tuesday, September 10th at 4:00 PM: Food $ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/Create a Fruity Dessert.

- Kanosh Paiute Band Building - Tuesday, October 8th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/Create a Wrap.

Pack With Ease

It’s that time of year again to start thinking about what you will pack in lunch boxes for you and your family. This can be especially challenging when packing for kids. Eat Well Utah and MyPlate are here to help! My advice is, don’t over think it. Simply focus on picking one food item from each food group and you’ll have all your bases covered.

- Fruits
  Any fruit will do. Berries, orange slices, and canned pears are my favorite. Plastic food containers and storage bags make it easy to pack fruit. Wash, peel, and chop fruits before you pack them so they are ready to eat right out of the lunch box.

- Vegetables
  Fresh vegetables work best for lunch boxes. Chop up a bunch of veggies at the beginning of the week. As you are packing, you’ll have a variety to choose from. Carrots, broccoli, cauliflower, bell peppers, cucumbers, and celery work well. Some might even like fresh mushrooms or snow peas. Use leafy green lettuce and spinach in sandwiches and wraps.

- Protein
  Many people think of meat and poultry when it comes to lunch boxes. These items can be a little trickier to pack or to reheat. However, there are many other sources of protein that are easy to pack. Try nuts, hard boiled eggs, hummus, peanut butter, jerky, and sunflower seeds.

- Grains
  Foods from the grain group are full of fiber and help provide a feeling of fullness. Crackers, bread, tortillas, and cereal are easy to pack. Granola, cornbread, and muffins can be made ahead of time and used throughout the week. Whatever you choose, opt for the whole grain version for maximum nutrient benefits.

- Dairy
  Cheese, yogurt, cottage cheese, milk, and pudding pack well in a lunch box. When possible, choose low-fat or non-fat options. Use an ice pack to keep these items cold until it is time to eat.

Sesame Chicken

Directions
Place sesame seeds in a microwave safe dish. Microwave on high for 1 minute at a time until seeds have started to brown and are slightly toasted. Set aside. In a small bowl, combine soy sauce, water, brown sugar, and ginger. Set aside. Heat oil in a large skillet. Add chicken; cook and stir for about 5 minutes. Add vegetables; stir fry for 3-5 minutes until vegetables are tender-crisp and the chicken is cooked through. Add sauce mixture. Stir to coat and cook an additional 5 minutes. Serve on top of brown rice. Sprinkle with green onions and sesame seeds.

Ingredients
- 1-2 Tbsp. sesame seeds
- 1 Tbsp. canola or olive oil
- 1 lb. boneless, skinless chicken breast, cut into strips
- 2 cups snow peas, trimmed
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 6 Tbsp. low-sodium soy sauce
- 4 Tbsp. water
- 1 Tbsp. packed brown sugar
- % tsp. ground ginger
- 4 green onions, sliced
- 2 cups brown rice, cooked

Source: BY EAT WELL UTAH ON AUGUST 10, 2018
Go to ChooseMyPlate.gov for more information. USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP.