COVID-19 Update

K-State Research and Extension administration extended our ban of in-person 4-H activities through July 4 in mid-April. We are very sad about the many experiences that youth would have participated in will not be happening for the most part. Some events are being transitioned into virtual events, so please keep an eye out on virtual learning opportunities youth might be interested in.

We need to stress the importance of checking your emails for 4-H updates and also our Facebook page for the most up-to-date information. This is our primary form of communication, but also please feel free to contact us at the office or by cell phone.

Canceled Events

Current list of events that have been canceled or postponed. If you have a questions about State events not listed, please contact us at the office.

- Small Animal Weigh-In: Postponed to June 4
- Discovery Days: Canceled (some classes held virtually)
- Day Camp: Canceled
- Wild Horse 4-H Camp: Canceled
- Heart of Kansas: Canceled
- Southwest Area Foods Day: Postponed to Fall
- District Horse Shows: Canceled

Correction from April’s Newsletter

Under the 2020 Premium Auction update, contained an error in the math from the example of Sold by the head, not by the pound. A 300 lb hog sold for $2.70 would sell for $310.00, a 300 lb hog sold for $2.50 would sell for $750. I apologize for any confusion this may have caused. -Elly
Meade County 4-H Connections

Happy Birthday 4-Her’s!

We want to take some time to bring back the Happy Birthday Section of the newsletter that has appeared off and on throughout the past. We hope you all have a very special day and Happy Birthday!

- Sarah Kastens – May 3
- Jamie Turner – May 4
- Kate Cunningham – May 10
- Bryce McDowell – May 10
- Liz Hawley – May 11
- Hayden Bachman – May 15
- Kenzleigh Hardaway – May 16
- Kellie Miller – May 25

Thank you David Clawson!

David entered the Meade County 4-H Program into a drawing, sponsored by Bayer Fund, called America’s Farmers Grow Communities last fall. He was selected as the winner for Meade County earlier this year to receive a donation of $2,500. David would like the money to help 4-H youth attend camps and other leadership events! Thank you David for thinking of 4-H members and helping reach opportunities outside of Meade County!

2020 Fair Book

Soon an updated version of the Fair Book will be posted on our webpage (https://www.meade.k-state.edu/4-h/fair.html). A limited amount of fair books will be printed and placed outside of the Extension Office in a box for pickup if you would like. Please call us before you come, as we do not know when the box will be filled.

4-H Youth Cookbook

A 4-H youth is helping put together a 4-H cookbook for 2020. Of any 4-Her’s have any recipes or helpful cooking hints that you would like to include on this book please email to Christine (cmcphete@ksu.edu). This project will look good on a Food and Nutrition KAP.

Everyone should be practicing your cooking, baking, cleaning skills, and trying new recipes. Remember the more unique, the more, nutritious, and more flavorful the higher the points towards the top ribbons!

This sour dough would not get disqualified at the State Fair. If you notice in the starter, it uses water. Friendship breads get disqualified because they use milk in the starter and staying out for days’ causes bacteria to grow. If you want to try an easy starter bread, give this starter bread a try! I do not use the flavorings (onion) in mine, because I use mine for toast in the morning! Since no preservative are added to this dough, this will spoil faster than store purchase breads. Happy Baking! – Christine

Sour Dough Bread

- 2 c. warm water
- 1 pkg. active dry yeast
- In a ceramic bowl, add warm water and yeast. Mix with wooden spoon until the yeast is dissolved. Stir in the flour and mix until smooth.

Pour the starter into a plastic container that is at least four times larger than the liquid amount of the starter (such as a 5-gallon ice cream container). This will allow room for the starter to expand.

Cover with a cloth napkin and hold in place with a rubber band. Set the starter in a warm spot for 5 days, stirring once a day. Refrigerate and use as needed, at least once a week. Replenish with equal amounts of water and flour.

San Francisco Sourdough Bread

- 4 1/4 c. bread flour
- 2 Tbsp. white sugar
- 5 1/2 tsp. salt
- 1 (253) oz. package active dry yeast
- 1 c. warm milk

In a large bowl, combine 1 c. flour, sugar, salt and dry yeast. Add milk and softened butter or margarine. Stir in starter. Mix in up to 3 1/2 c. flour gradually, you may need more depending on your climate.

Turn dough out onto a floured surface, and knead for 8 to 10 minutes. Place in a greased bowl, turn once to oil surface, and cover. Allow to rise for 1 hour, or until doubled in volume.

Punch down, and let rest 15 minutes. Shape into leaves. Place on a greased baking pan. Allow to rest for 1 hour, or until doubled.

Break egg wash over tops of leaves and sprinkle with chopped onions.

Bake at 375 degrees F for 30 minutes, or until done.

24 servings / 145 calories per serving
The Importance of Weighing Livestock – Average Daily Gain

Without an early weigh in, is your animal on target to make weight for fair?

The scales at the fairgrounds are available to weigh your animals on at any time! To open the scale box, take a screwdriver (or a quarter works well) to turn the screw. The scale also should be unplugged when not in use, so plug it in, and “tare” or zero the scale. (No electricity? Check the breaker box in the NW corner of the swine barn). Don’t forget to unplug the scale and close the box.

Be sure to record the weights for each animal in a notebook along with the date! Next time you weigh, average daily gain (ADG) can be figured. ADG is found by taking the current weight minus the last (or initial) weight to find pounds gained. Then take the pounds gained, divided by the number of days between weights to find ADG.

Are you on track? Figuring the ADG approximately every 30 days, you can calculate if your animal will make weight by county fair. By taking the ADG times the number of days till fair, and adding that number to the current weight. Adjust feeding as necessary if your animal is not gaining enough or gaining too quickly. Remember that during the heat of summer, the ADG will typically slow down. ADG can quickly change depending on feed, environmental factors, genetics and more. That is why it is important to figure ADG on a regular basis. It is recommended that in July you weigh every two weeks or weekly depending on the situation.

We fully hope to be able to have the county fair as scheduled, but know that other options are being considered, should we not be able to have the fair as scheduled. Weight limits have not been adjusted at this time. So please self-monitor your animals!

Bucket Calf Deadline Extended

The bucket calf tagging deadline of June 1st has been extended to meet the June 4th deadline set for all species.
Thinking ahead: Marketing Your Animals for Meat

If you plan to keep your animals past the fair and market them as a meat product, please remember now is the time to book your appointments with butchers! It can be hard to get an appointment as the fair gets closer, and the COVID19 pandemic seems to also be increasing appointments.

Quality Counts: July 10 & 11

Youth planning to exhibit livestock (Beef, Bucket Calf, Goat, Sheep, Swine) animals at the county fair will need to participate in a Quality Meeting. We realize the value of these meetings happen with face to face trainings. Due to the ban of in-person meetings thru July 4th, Quality Counts has been scheduled on July 10th from 3:30 – 5:00 PM and July 11th from 2:00-3:30 PM. Youth may attend either session. Those not able to take the local training will need to complete a YQCA training. The YQCA training is also required for anyone showing at the Kansas State Fair or Junior Livestock Show. (www.yqca.org)

Fair Auction Eligibility Form

Due July 15

Those wishing to sell an animal or cake/pie in the auctions at the County Fair will need to submit a completed Auction Eligibility Form. The forms have been updated online and can be found at https://www.meade.k-state.edu/4-h/2020%20FORM.pdf Youth who do not turn in a completed form are ineligible to sell items. The requirements have not been adjusted at this time due to COVID19. If youth find themselves short on requirements, we encourage you reach out to either Christine or Elly so we can be aware and recommend changes to the Fair Board if necessary. So far, there will still be options to fit in some alternatives after July 4th but before July 15th.

District & State Fair Horse Show

The 2020 SW District Horse Show schedule for June 27th has been canceled. Those exhibitors looking to showing at the Kansas State Fair in September will need to keep a close eye on their email for more details. The 2020 KSF Horse Show will be a non-qualifier show (but youth must compete in at least one class at the county fair). Youth will still need to be pass the level 1 certification by the specified deadline. Testing has moved to an online version and riding exams will be via technology. Locally we will sign off on a list of exhibitors that have entered in the State Fair that have met the qualifications.

It is highly recommended that youth keep in mind, the state fair is NOT the county fair. Judging is much stricter and a higher quality is expected. For example, youth may be pulled off the rail in middle of a pleasure class, those exhibitors that can’t complete a trail obstacle (or specified part of a pattern class) will be dismissed from the class immediately. Please take this into consideration as you enter for 2020 State Fair.

Save the Date

Kansas Livestock Sweepstakes

August 23-23, 2020
Blue and Gold Pick up Postponed

In response to the COVID-19 threat, Blue and Gold deliveries will be postponed until social distancing mandates are lifted. They will notify us as soon as possible to prepare for delivery.

Please contact those you sold product to confirm if they still would like their order. We will hold onto checks until a delivery date is established.

4-H at Home from National 4-H

4-H at Home provides critical learning resources for kids and teens while they’re home from school during the COVID-19. Explore www.4-h.org/about/4-h-at-home to receive hands-on, educational activities, including the latest 4-H at Home Activity Guide to help inspire young people to do, learn, and grow. (No purchase necessary!)

Featured activities include a Virtual 4-H Space Camp, Everyday Healthy Habits, Cloth Face Covering Activity Plan, and the Daily Spark. Daily Spark is a place where you can explore video series with topics including animal science, communication and expressive arts, environmental science and healthy living.

Furthermore, 4-H at Home is also highlighting social media posts from other intuitions that are available to everyone. Don’t forget the #4HatHome if you are participating!

Tractor Safety

Kansas Hazardous Operational Training, better known as Tractor Safety, is offered each year to youth 14 & 15 years old. This training is required by law, to operate certain equipment on farming operations. If you are planning to work this summer in agriculture, we encourage you to take this training. This year, a self-study course is being offered to participants. Later in May or Early June – we plan to host a zoom a training to go over other materials. Youth will also have to complete a test a home along with instruction from someone (likely your employer) on equipment. Once the testing and operator certification is complete and turned in, youth will be issued their certificate of completion to be given to the employer for their file.

30/30 Challenges

30 minutes for 30 days 4-H virtual, 4-H project challenge! Check out this site! It has amazing ideas and resources to get you going. If you have any questions, contact Christine at 620-629-5973.

https://www.geary.k-state.edu/4-h/resources.html
As a reminder, 4-H events (meetings, workshops, project meetings, etc) that are conducted by Extension employees or 4-H volunteers from now till July 4th must be cancelled, postponed, or held via Zoom or other distance technology.

### Monthly Club Meetings

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