



Tangi - Clover



2022

November

- 1- **MANDATORY VALIDATION** for Beef & Dairy Commercial Heifers, Market Lambs, Commercial Ewes, Market Goats & Commercial Does - at your own farm (turn in hair samples and fees to 4-H Office); **Deadline** for animal information to be entered in **4-H Online is November 7** or animal will be ineligible to be shown
- 3- Shooting Sports Registration Forms and Fees due to 4-H office by 4:00 p.m. or turn in at your 1st practice
- 7- Sewing Club rescheduled meeting, 4pm-6pm, 4-H Amite Office
- 7- Possession date for Breeding Beef, Dairy, Goat, Sheep, and Exhibition Poultry also **Deadline** for animal information to be entered in **4-H Online** or animal will be ineligible to be shown
- 8- (4-H Office closed), Election Day
- 8-9- Challenge Camp (7th & 8th) Lion King Retreat, Amite, LA
- 10- 4-H Cloverbud Meeting 5:00pm, 4-H Office
- 14- Jr. Leader Meeting 5:00 p.m., 4-H Amite Office
- 14- Possession date for Miniature Beef Cattle & **Deadline** for animal information to be entered in 4-H Online 14- Deadline to register for Christmas Craft Camp, (Must register and pay \$10 fee (check/money order) to the 4-H office by 3:30)
- 16- Pecan Fundraiser pickups between 8am and 3:30pm at 4-H office, 305 East St., Amite, LA 985-748-9381 17- Deadline to register for Christmas Craft Camp, (\$10 fee (check/money order) must be paid to the 4-H office by 3:30 p.m.) 19- Christmas Ornament Craft Camp, \$10 per camper, email or call for registration forms, FCFS when payments received. 24-25- HAPPY THANKSGIVING!!!! Turkey Day!!! 4-H Office Closed for Holidays.

- 28- **MANDATORY VALIDATION** for Market Swine and Commercial Gilts (turn in hair samples and fees to 4-H Office); **DEADLINE** for animal information to be entered in **4-H Online is December 2** or animal will be ineligible to be shown 28- 4-H Sewing Club meeting at 4-H Office, Amite, 4:30pm, [moved to (Monday) November 28th, due to holidays] 29- Broiler Orders due to 4-H Office, order form included in this newsletter

- 30- Deadline to register online for Fashion Camp, (contact 4H office for more info or see Facebook post)

December

- 3- Jr. Ld. Day of Service Project CASA trip & Christmas party
- 5- Notify 4-H Office by 4pm of Talent Show entries (see rules attached)
- 6- Deadline for Adopt A Resident Christmas Gifts to be turned into 4-h office or turn in at Seafood Cookery
- 6- Seafood Cookery, **Wild Game & NEW *Louisiana Commodity Cookery**, (rice, sweet potato, pecan) Talent Show, and Livestock Show Posters Due, (see rules attached) at the Florida Parishes Arena Event Center 6pm 7- Possession date for Breeding Swine and **DEADLINE** for animal information to be entered in 4-H Fair Entry or animal will be ineligible to be shown at District and State Livestock Shows
- 8- 4-H Cloverbud (Christmas party) 5:00pm, 4-H Office
- 10- Commodity Ambassador Talks Contest 9am-2pm (contact 4H office for more info or see Facebook post) 10- State Dairy Judging Contest @ SERS (14-19)
- 16-18- Shooting Sports Camp, Camp Grant Walker, ages 9-13 (contact 4H office for more info or see Facebook post)
- 19- 4-H Sewing Club meeting at 4-H office, Amite, 4:30pm
- Dec 23 - January 2, 2022, 4-H Office Closed for Holidays.

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- 5- Broiler Chicks pickups @ 4-H office (Delivery updates by email) Exhibition birds & broilers must be entered into **Fair Entry** 6- 4-H Night with the Pelicans, see attached ordering information for more details
- 9- Jr. Leader Meeting, 5:00pm, 4-H Amite Office
- 12- 4-H Cloverbud Meeting 5:00pm, 4-H Amite Office
- 16- Martin Luther King Holiday (4-H Office closed)
- 20-22- Fashion Camp @ Camp Grant Walker (10-13yr old) Must register in 4-H online by January 30th
- 23- 4-H Sewing Club meeting at 4-H office, Amite, 4:30pm
- 28- Parish Livestock Show, Florida Parish Arena, 9am
- TBA- Look for Mardi Gras Mask Contest Info

TBA- - 4-H Honor Cord applications due for graduating seniors: Apply ONLINE ONLY, email or call for link to be sent to you
TBA- - Golden Clover Award applications due (formally Award of Excellence) for 4-H'ers 14 yrs old & younger TBA- - Emerald Achievement Award applications due (formally Key Club Award) for 4-H'ers 15 yrs old & older **February**
2-4- Southeast District Livestock Show, Covington, LA

9- 4-H Cloverbud Meeting 5:00pm, 4-H Amite Office
13- Jr. Leader Meeting 5:00 p.m., 4-H Amite Office
11-18- State Livestock Show, Gonzales, LA

2-15- Mardi Gras Masks due to 4-H office

21- Mardi Gras Holiday (4-H Office closed)
23- 4-H Sewing Club meeting at 4-H office, Amite, 4:30p
27- Beef & Sugar Cookery and Fashion Show, 6pm, Florida Parishes Arena Event Center in Amite, LA
2023 continued.

March

1- State Ambassador Contest, Alexandria, LA
TBA- Camp Grant Walker Summer Camp (4TH-6TH grades), Deposits Due
4- State Rabbit Show, Alexandria, LA, (email or call to get on mailout list if you are interested in showing rabbits) 9-
4-H Cloverbud Meeting 5:00pm, 4-H Amite Office
9-11- Jr. Leadership Conference, Camp Grant Walker

13- Jr. Leader Meeting 5:00 p.m., 4-H Amite Office
TBA- Youth Project books & portfolios due to 4-H office

11-19- Southern Regional Shooting Sports Match

20- Poultry & Egg Cookery, 6pm, at Ponchatoula Lions Club
27- 4-H Sewing Club meeting at 4-H office, Amite, 4:30pm
29- 4-H Fest, Florida Parish Arena, 9 am (contests and awards)
TBA- Co-Op Camp, Camp Grant Walker (8th-12th grades)

April

7- Easter Holiday, (4-H Office closed)
TBA- remaining balances due for Camp Grant Walker Summer Camp (4TH-6TH grades)

15-23- State Shooting Sports Match
24- 4-H Sewing Club meeting at 4-H office, Amite, 4:30pM

May

9- Southeast Culinary Arts Contest at the Ponchatoula Lions Club (open to all parish overall cookery winners) 29-
4-H Sewing Club meeting at 4-H office, Amite, 4:30pm

Celebrating Louisiana Food Commodities. The parish 4-H Commodity Ambassador Contests will be held all on one day this year from 9am until 2 pm on Saturday December 10th, at the Tangipahoa Parish 4-H office located at 305 East Oak St., Amite, LA. Commodity categories include Chicken, Turkey, Egg, Seafood, LA Crop, and Beef, Chicken, and Turkey BBQ Demonstration Contest , Age Divisions are Division I is 4th to 6th graders, Division II is 7th to 9th graders, and Division III is 10th to 12th graders. The rules for each category are extensive, so please call or email and we will get you the full rules for the category you are interested in demonstrating or speaking about.

4-H Louisiana Seafood Cookery to also be held at The Florida Parishes Arena Event Center, Tuesday, December 6th, 6pm

Divisions. :

1. Crab a. Examples: Crab Cakes, Crab Dip, Crab & Corn Bisque etc.
2. Crawfish
a. Examples: Crawfish Won-Tons, Crawfish Fettuccine, Crawfish Bread etc.
3. Shrimp
a. Examples: Shrimp Fettuccine, Bacon-Wrapped Shrimp, Coconut Shrimp etc.



4. Other Louisiana Seafood

- a. Must be listed on the Louisiana Seafood List on the next page.
- b. Examples: Alligator Sauce Piquante, Fish Tacos, Baked/BBQ Oysters, etc.

Rules:

5. The prepared dish must contain a minimum 1 cup of seafood.
 - a. The Seafood must be fresh, frozen, pasteurized, or dried.
 - i. Canned seafood is NOT acceptable.
 - ii. There can be NO raw seafood in the final dish.
 - iii. May contain a small amount of a second seafood but not more and ½ the amount of the primary seafood.
6. All seafood used in the contest must be listed on the Louisiana Seafood List on the next page.
7. A contestant may enter only one dish per division.
8. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
9. Contestants should bring at least one large serving of the dish.
10. Dishes must be transported cold to the contest. We will heat to sample.
11. Recipe must be on an 8 ½ x 11 size paper (preferably typed) and placed next to dish. Should include 4-H member name, school or club, grade and dish category.

Louisiana Seafood List, Seafood NOT Allowed: Surimi (an artificial crab made from fish), tilapia, salmon, cod, halibut, rainbow trout, and other non-Louisiana fish/seafood. *For more information visit LouisianaSeafood.com.*

Alligator	Freshwater catfish	Rock shrimp
Amberjack	Freshwater eels	Roughneck Shrimp (blood Shrimp)
Bearded brotula	Freshwater turtle	Royal red shrimp
Black Drum	Frog legs (bullfrog)	Saltwater catfish
Blackfin Tuna	Gamefish (bass, bream)	Saltwater eels
Blue Crab	Gaspargou	Sea bob (shrimp)
Blue fin tuna	Grouper	Sheep head
Blue runners	King Mackerel	Snappers
Bluefish	Little tunny (Bonita)	Southern king fish (channel mullet)
Bowfin (choupique)	Louisiana clams	Spanish mackerel
Brown shrimp	Louisiana hakes	Speckled trout
Buffalo fish	Louisiana stone crab	Squid
Butterfish	Mahi	Striped mullet
Carp	Oyster drills (conchs, Bigorneaux)	Sword fish
Chub mackerel	Oysters	Tilefish
Cobia (lemon fish)	Pink shrimp	Triggerfish
Crawfish	Pompano	Wahoo
Crevalle, jack	Progys	White shrimp
Croaker	Rays	Yellow fin tuna
Flounder	River shrimp	

Recipe Evaluation, Overall winning recipes should also be emailed to 4-H office for entry into regional cookery. Scoring: All contests will be scored using the same methods, scoring factors and values, but with criteria specific to each contest. Scoring factors and values will include: See Sample Recipe for formatting below.

The recipe should be placed next to the dish, Recipes will be scored according to the Recipe Evaluation, Recipes may be used in publicity and printed in publications. Note: Winning recipes may not be repeated in subsequent years by the same contestant. All overall winners will need to send/email a copy of your recipe to the 4-H office for the regional cookery. Recipe Guidelines for ALL COOKERIES Please follow these guidelines when writing your recipe for all of the cookeries. Recipe must be on an 8 ½ x 11 size paper (preferably typed) Must include, *Name of recipe, *List of Ingredients (listed in the order they are used in the instructions along with unabbreviated measurements/quantities to use in the recipe) Note other specifics below: (points will be deducted if recipe rules not followed).

* Measurements are given in common fractions (1/2, 3/4, 1 cup).

* No abbreviations are to be used (tablespoons, not tbsp.).

* No brand names are to be used (sweetened condensed milk, not Eagle Brand milk).

* Give clear instructions for every step in combining and cooking the ingredients in the order ingredient is used.

* Short, clear concise sentences using correct food preparation terms to describe combining and cooking process. * Size of pan must be stated on recipe.

* Temperature and cooking time must be stated on recipe.

Yield of servings and calories per serving, (if possible) must be stated on recipe.

Megan Roberts

Follow us on Facebook to

with all events

Dawn Culbreath keep up

and
Megan Roberts Associate Dawn

Culbreath Assistant announcements!! Extension Agent <https://www.facebook.com/> Extension Agent

TangipahoaParish4H mroberts@agcenter.lsu.edu tangipahoa@agcenter.lsu.edu dculbreath@agcenter.lsu.edu

LSU AgCenter Cooperative Extension Service, Office Hours 8am - 4pm

Tangipahoa Parish 4-H, P O Box 848 / 305 E Oak St.

Amite, LA 70422, (985) 748-9381 FAX (985) 748-3787

"It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to Discrimination on the grounds of race, color, national origin, gender, religion, age, or disability."

NEW this year

**4-H Louisiana Commodities Cookery to also be held at The Florida
Parishes Arena Event Center, Tuesday, December 6th, 6pm**

Divisions:

1. Pecan Rules and Regulations

a. Dish must contain a minimum 1 cup of pecans

b. Examples: Pecan Pie, Pecan Chicken Salad, Pecan Crusted Chicken & Waffles etc.

2. Rice

a. Dish must contain a minimum 1 cup of cooked rice.

i. Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1

cup of rice. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice.

ii. Example: Traditional Rice Krispie treats do not meet the contest requirements.

b. Examples: Stuffed Pepper Soup, Fried Rice, Rice Pudding, Jambalaya etc.

3. Sweet Potato

a. Dish must contain a minimum 1 cup of fresh, frozen, or canned sweet potatoes.

b. Examples: Hasselback Sweet Potatoes, Sweet Potato Fritters, Sweet Potato Bisque, etc. Rules:

4. The prepared dish must meet the requirements listed above.
5. A contestant may enter only one dish per division.
6. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
7. Contestants should bring at least one large serving of the dish.
8. Dishes must be transported cold to the contest.
9. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
10. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



NEW for this year

**4-H Wild Game Cookery to also be held at The Florida Parishes
Arena Event Center, Tuesday, December 6th, 6pm**

Rules and Regulations Divisions:

1. Deer (Venison)

- a. Includes: ground or whole cuts.
- b. Examples: Venison Tacos, Venison Stew, Venison Lasagna, etc.

2. Fowl

- a. Includes: duck, quail, geese, pheasant, dove, etc.

3. Other Game

- a. Includes: rabbit, hog, squirrel, bison, elk, caribou, etc.

Rules:

4. The prepared dish must contain a minimum of 1 pound of meat.

5. Contestants MUST identify the meat product used in the recipe.
6. A contestant may enter only one dish per division.
7. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
8. Contestants should bring at least one large serving of the dish.
9. Dishes must be transported cold to the contest.
10. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
 - a. Minimum internal temperatures of 160°F for wild game and 165°F internal temperature for wild fowl.
11. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



Talent Show: Dec 6th- 6:00 pm: Florida Parish Arena Event Center: There will be a talent show during the judging of the Seafood Cookery. Each club leader needs to let the 4-H office know what your club will be doing no later than December 5th by 4 pm. There may be 3 talent entries per club, with each talent entry lasting no more than 3 minutes (talent will be cut off if longer than 3 minutes). Please only age-appropriate performances. Points will be given in this order: 5 points for Club participation -- 15 points for 1st Place -- 10 points for 2nd Place -- 5 points for 3rd Place.

4-H Adopt-A-Resident for Christmas: We will again assist Evergreen Life Services with the 4-H Adopt-A-Resident Program. We have assigned a list of names of residents who may not receive gifts unless a 4-H club adopts them. Let us know if your club wishes to participate or not. Your leader will be emailed details about this community service project and all gifts will be due in the office by December 7th. All gifts must be in a gift bag, NOT gift wrapped, please. Call or email us by December 1st if you need gifts to be picked up. (NOTE: Residents are ADULTS, and you should mark your gift tag with your school and your assigned resident name which we will assign later.) You may bring / drop off your gift to the cookery on December 6th.

Southeast District Junior Livestock Show Poster Contest: Open to all 4-H members; Division 1 is 6th grade and younger, ~~Division II is 7th grade and older~~, ~~Poster dimensions must be 17 ½" X 22 ½" with a 1" border~~ around the perimeter of drawing. The poster will be the original work of the participant. The poster must be drawn/painted/sketched by the participant only. Pen and ink, pencils, paints, markers, colors, watercolors are all acceptable media. Only one entry per person. Place name, division, grade, address, parish and 4-H or FFA on back upper left hand corner. The theme for the 2023 poster contest will be "2023 Southeast District Jr. Livestock Show – 4-H/FFA A Field of Opportunities". A \$50.00 gift will be given to the first place winner in each division. 2nd place will receive a \$15.00 gift and 3rd place a \$10.00 gift. All entries are due to the 4-H office no later than **December 6, 2022.** (Posters will not be returned)

LSU AGCENTER BROILER CHICK ORDER! Chicks are .50 cents each.

RETURN TO 4-H OFFICE BY November 29th with check or money order payable to "Tangipahoa Parish 4H", 305 East Oak St., Amite, LA 70422(or use night drop box)

LSU BROILER CHICK ORDER FORM:

Student _____ School _____ Cell Phone: _____

Email _____ Home Phone: _____

Minimum order should be at least 10 for best results.

No late orders will be accepted.

I would like to order (how many) Broilers. Total Due: _____ Check _____ Paid Date: _____

ORDERS & PAYMENTS DUE BY November 29th. Pickup is Jan 6th, you will receive email with final pickup details. All broiler chicks for the LSU AgCenter State Livestock show must be ordered through our office.

Orders & Payments are DUE by November 29th. Broiler pickup is Jan 5th at the 4-H office in Amite, LA, you will receive an email with complete pickup details. All broiler chicks for the LSU AgCenter State Livestock show must be ordered through our office only.

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4-H & CLOVER'S ❖OKES OF THE MONTH

4-H: VWHAT IS A TURKEY'S FAVORITE DESSERT?

CLOVER: I HAVEN'T A CLUE.

4-H: PEACH GOBBLER!

4-H: VWHAT DID THE TURKEY SAY TO THE COMPUTER?

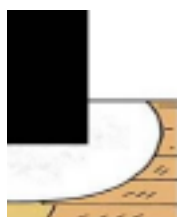
CLOVER: VWHAT?

4-H: ..GOOGLE. GOOGLE, GOOGLE."

4-H: VWHAT KIND OF MUSIC DID THE PILGRIMS
LISTEN TO AT THE FIRST THANKSGIVING FEAST?

CLOVER: VWHAT KIND?

4-H: PLYMOUTH ROCK!





COOL DISGUISE.
TOM, e.UT I DON'T
TUL.,K IT'il
WORK

C3:.,c. , .. •ffl:fb ◆

Crawfish etouffee is a traditional Louisiana dish. It is easy to fit tasty dishes into a healthy lifestyle with recipe modifications. This recipe lowers the amount of calories, total fat, saturated fat, cholesterol and sodium.

The flavor often is better if etouffee is made the day before and allowed to refrigerate in shallow containers. It also freezes well.

Directions:

1. Season crawfish tails with salt, black pepper



and

Ingredients: red pepper. Set it aside. 2 pounds peeled

crawfish tails (fat removed)*

2 teaspoons salt 2. Put oil in a heavy pot. Add onions, bell pepper, 1 /2 teaspoon black pepper garlic and celery. Cook until soft, stirring often. 1/4 to 1/2 teaspoon red pepper Add crawfish tails, and cook over medium heat

1/4 cup polyunsaturated oil (instead of butter) for 5 to 10 minutes, stirring often. Add 1 1/2 cups 1 cup chopped onion water,

bring to a boil and simmer for 15 minutes. 1 /2 cup chopped celery Stir occasionally.

1/4 cup chopped bell pepper 3. Dissolve cornstarch in remaining 1 /2 cup water; 2 cloves minced garlic add to mixture, stirring

until sauce is smooth. Add

2 tablespoons cornstarch 2 cups water green onions, parsley and Worcestershire sauce 2

tablespoons finely chopped green onions and and simmer 10 minutes. tops 4. Adjust liquid as necessary by adding more water 2

wait 10 minutes for 1 teaspoon low-sodium Worcestershire sauce

h? Substitute with shrimp (about 2 teaspoons of tomato paste will

rice as a whole grain option. the nutritional



DEADLINE to

order: FRIDAY, DEC. 9

Ordertickets online at

<https://pels.group/4HNight>

FRIDAY, JAN. 6 •

7:30PM





Ticket Prices -



Balcony Side \$25.00

Balcony End \$20.00

\$10.00 Fee for Car Parking

PELICANS

Lower End \$60.00

Enjoy a great night of basketball with 4-H and receive at-shirt to remember your night

vs . NETS

with the Pelicans! A portion of the ticket sale proceeds will benefit 4-H.

Poultry and Rabbit Club:

We are so excited to announce that we will be starting a Poultry and Rabbit Project Club for Tangipahoa Parish 4-H members!! Come join us to make some new friends and learn more about raising and showing your favorite feathered or furry friends! The club's first meeting will take place on Thursday, November 3rd at 4 pm at the 4-H Office at 305 East Oak St., Amite, LA.

The club is open to all registered 4-H members in 4th-12th grades. There will be a \$10 per family

club fee to cover the club meeting expenses and supplies. Please contact Amanda O'Neill at

farmschooling@gmail.com for more information.