



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# 4-H Newsletter

**Clay County SD**

**December 2022**

## Flyers Try-It Day

Clay County Flyers will be hosting a “try-it” day December 4th at 12:30pm in the 4-H Center. Recommend this to anyone you know who has an interest in joining the Clay County shooting sports 4-H club!

### Extension Office Staff Contact Info.

Phone—605-677-7111

Raven—clay.county@sdsdstate.edu

Lauren—lauren.hollenbeck@sdsdstate.edu

## Parade of Lights

4-H and the Fair Board are participating in the parade of lights again this year. We invite any 4-Hers to join us downtown Thursday December 1st at 6pm and help hand out 4-H stickers and help promote 4-H! You can also see our Lucky Trailblazers 4-H club and their horses as well as our Dog Club with their doggies downtown! Our booth spot will be on Prospect Street by CorTrust Bank

## **UPCOMING DATES & DEADLINES- DECEMBER 2022**

Dec. 1 - Standstill Parade of Lights - Downtown Vermillion  
Dec. 3 - SS Annual Meeting - Pierre  
Dec. 4 - Shooting Sports Try-It Day; Clay Co. Flyers - 4-H Center  
Dec. 13 - Volunteer Training Tuesday - Zoom  
Dec. 17 - SS Coaches Training - Brookings – Rifle, Pistol, & Archery  
Dec. 17 - SS Coaches Training - Faulkton – Rifle, Pistol, Hunting & Archery  
Dec. 21 - Deadline to sign up for the 4-H Cupcake Challenge  
Dec. 21 - CWF Applications Due to the office  
Dec. 23-Jan. 2 - Office Closed over Christmas & New Year Holidays  
Dec. 31 - Re-Enrollments in 4HOnline are due!  
Jan. 3 - 4-H Cupcake Challenge - 4-H Center

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## **SD 4-H State Listservs**

The State 4-H office is now offering several Listservs that individuals can opt-in to receive State 4-H level informational on specific topics. Below in the newsletter is a document with for information and a list of the different lists offered. To opt-in for these email list go to—

[https://sdstate.questionpro.com/  
a/TakeSurvey?  
tt=FFw22eZ3E5A%3D](https://sdstate.questionpro.com/a/TakeSurvey?tt=FFw22eZ3E5A%3D)

## **Recognition Event Award Results**

[Click here for a link to the 2022 Recognition Event Results! It can also be out on our website.](#)

## **Pick-a-Chick**

The pick a chick program is back again this year! Clay County's pick a chick birds from last year were very competitive at the 2021 State Fair! Let the office know if you are interested in some chicks by January 6th. See the attached flyer for details.

## **2022 Citizenship Washington Focus Trip**

The 2023 CWF trip is scheduled for June 17– 24 2023. If you are interested in applying the application is on our website and is due by Wednesday December 21st by 5pm to Raven— no exceptions. Be sure to read the trip requirements before applying to make sure you can fulfill them all. You will also be required to present at next years Recognition Event, the CCYTF annual meeting and at a Leaders Association meeting. The trip is sponsored by CCYTF (Clay County Youth Trust Fund) and the Clay County 4-H Leaders Association. If there multiple applicants, interviews will be held. This is a week-long trip filled with quite a bit of sight seeing plus you will enjoy a behind-the-scenes look at our nations capital and the chance to meet members of Congress, exchange ideas, practice respect and form friendships with other youth from diverse backgrounds. Total trip cost is \$2,200 but, with the help from our generous sponsors the total trip cost for the participant is \$300.

## **Sioux Empire Livestock Show**

The 2023 Sioux Empire Livestock Show will be held January 24th—29th, 2023 on the WH Lyons Fairgrounds in Sioux Falls. The 4-H/FFA invitational calf show is Tuesday January 24th at 5pm with check-in from 1-3pm. The 4-H livestock judging contest is Sunday January 29th at 1pm with check-in from 12-12:45pm. Early entries will be accepted until January 6th for a \$10 fee. Late entries will be taken up until check-in for a \$20 fee. Both the Livestock judging contest and the Livestock Skillathon held at this event will count as the Youth Livestock Literacy requirement for 2023!

## **NEW Youth Livestock Literary Program**

The Youth Livestock Literacy (YLL) program is a way to enhance and expand the opportunities offered to our 4-H members to complete the YQCA requirement each year. A YLL or a YQCA certificate will be a requirement to show livestock at the county or state fair in 2023! (Horse, Companion Animal, and Dog are exempt) There are many events that may qualify; we will share them here in the newsletter. The YLL program will take effect for the upcoming 4-H year starting on October 1st, 2022. Please review the attached YLL Program information sheet for the list of items that qualify to meet the yearly YQCA requirement. Any member is eligible to complete one of the alternative events; however, the YQCA option is recommended for the member's first 4 years and may be required for some national level shows. To learn about Youth Livestock Literacy opportunities in your county and beyond, contact the Extension Office.

### **Upcoming YLL Events:**

Navigating Livestock Skillathon with Success & Livestock Skillathon	Turner County Courthouse Community Room	Dec. 22, 2022 at 10am-noon
Raising Poultry from Chicks to the Show Table & Poultry Skillathon	Turner County Courthouse Community Room	Dec. 22, 2022 at 12:30pm-2pm
Ears Up! Tips on Raising Rabbits & Rabbit Skillathon	Turner County Courthouse Community Room	Dec. 22, 2022 at 2:15pm-3:34pm
Livestock Skill-a-Thon	Sioux Empire Livestock Show, Sioux Falls	Jan. 28, 2023 at 8-noon
Livestock Judging	Sioux Empire Livestock Show, Sioux Falls	Jan. 29, 2023 at 1pm

- Registration for the events in Turner County is due by December 20th 2022. Email [deanna.gall@sdstate.edu](mailto:deanna.gall@sdstate.edu).

## **Western Legacy Scholarship**

On behalf of the Western Legacy Foundation, I would like to share that our scholarship applications are open for 20-2023 graduating seniors. We are passionate about providing \$50,000 in educational funds for the youth of our future! Scholarship applications are due December 18th 2022. [Click here for a link to the website](#). To download the fillable application.

## **NEW Youth Horse Literary Program**

The Youth Horse Literacy (YHL) program is a way to enhance the old Horse Safety Program. A YHL will be a requirement to show horse at the county or state shows in 2023! There are many events that may qualify; we will share them here in the newsletter. The YHL program will take effect for this 4-H year starting on October 1st, 2022. Look for information in the upcoming months!



## Farmers Union Photo Contest

Congratulations to Clay County 4-Her, member of the Clay County Flyers 4-H Club, Faith Kashas for being selected as the 4-H category winner of the South Dakota Farmers Union Photo Contest! Her image can be seen to the left. Way to go, Faith!

## New 4-H Year

The new 4-H year (2022-2023) begins October 1.

**Previous 4-Hers**—Members can start re-enrolling in 4-HOnline 2.0 any-time! Members do need to re-enroll every year. Returning members— please do not set up a new profile! Call the office if you need help! **Please use an email you regularly check as this is the email both the state and county office will send information. Re-Enroll by January 1st to stay on our email list.**

**Club leaders & Volunteers**— don't forget to re-enroll, too! You do not have to complete a new volunteer application but do need to pay the **\$10 fee by December 31 2022**. Checks payable to Clay County 4-H Leaders Association . You will not be approved until the office has received dues.

## 2022-23 Statewide Community Service Project Topic

### Paws for a Cause

The project topic that was selected by teen participants at the 2022 Teen Leadership Conference is Paws for a Cause: A Pet Supply Drive. This project empowers individuals across South Dakota to donate new, gently used, or homemade pet supplies to be distributed to local animal shelters and care facilities. It also gives 4-H members an opportunity to provide in-kind support of the project by volunteering their time at local pet shelters.



# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Standstill Parade of Lights 6pm Downtown Vermillion	2 <b>Office Closed</b> Flyers 4 - 8pm 4-H Center	3 Farmers Market in 4-H Center
4 Flyers Try-It Day 12:30pm 4-H Center	5	6 Dog 7-745pm 4-H Center	7	8 Dog 7-745pm 4-H Center	9 ESA Giving Tree in 4-H Center	10
11	12	13	14	15	16 <b>Office Closed</b>	17 Farmers Market in 4-H Center
18 Burbank Feeders 5pm in Kitchen	19 Lucky Trailblazers 6pm in Kitchen	20	21 Registration for Cupcake Challenge Due <u>CWF Applications Due</u>	22	23 <b>Office Closed</b>	24 
25 	26 <b>Office Closed</b>	27 <b>Office Closed</b> Meckling Live-stock 6pm in Kitchen	28 <b>Office Closed</b>	29 <b>Office Closed</b>	30 <b>Office Closed</b>	31 



# 4-H CUPCAKE CHALLENGE

January 3rd at 2:00 pm - Clay Co. 4-H Center

You've watched it on Food Network and cheered talented bakers as they decorate cupcakes in a short period of time. Now you have a chance to be crowned the Cupcake Challenge winner! Compete as an individual or a team. You will have 1 hour to decorate your pre-baked cupcakes. Once you register, you will receive a mystery theme that you will use to plan your decorations around.

CONTACT THE OFFICE TO SIGN UP AND TO SEE THE RULES & REGISTRATION AND SCORESHEET



Contact the 4-H Office by December 21st if you would like to participate!  
(605) 677-7111 or [clay.county@sdstate.edu](mailto:clay.county@sdstate.edu)

# Pick-A-Chick

## Are you interested in showing poultry?

**Who:** Anyone in 4-H, cloverbuds included!

**What:** Birds purchased for \$6 each

**When:** January 6—Office needs to know of interest  
Mid March—Chicks need to be picked up



We will continue our Pick-a-Chick program this year! Youth ages 5-18 are able to purchase exhibition type show Bantams (smaller than many farm chickens you may be familiar with) for \$6 per chick. Chickens do best in groups; it is recommended to get a minimum of 5, even if you do not plan to show all 5. Chicks will be picked out on a first-come first serve basis; no requests for specific chick breeds.

Chicks need to be paid for at pick-up in March. Please let the office know before **January 6** if you are interested in purchasing a bird. At that time we need to know how many birds you would like so we can send in an order. If you change your mind before March, there is no charge and the birds will find other homes, but it will be very hard to receive a bird in March if you were not on the initial interest list.

At first, chicks need to be kept in basements or garages in a box with a heat lamp until they feather out. If this is a concern for anyone, let us know and we will discuss what options would be best for you to care for a bird.

\*Again for 2023: Birds purchased through this program are for 4-H use and cannot be shown in open class at the South Dakota State Fair.

Do not hesitate to call or e-mail if you have any questions or concerns!



### Clay County

Phone: 605-677-7111  
Email: clay.county@sdstate.edu  
lauren.hollenbeck@sdstate.edu

### Union County

Phone: 605-356-2321  
Email: union.county@sdstate.edu  
lauren.hollenbeck@sdstate.edu





# ETHICS-SD

## Yankton

### About ETHICS SD

ETHICS SD is a program designed to teach 4-H'ers ages 8-18 (as of January 1st, 2023) about the history of trapping, ecology of fur bearers, proper harvest and processing techniques and outdoor skills. This program is a collaboration between GF&P, SD Trappers Association & South Dakota 4-H.

**\*\*Youth ages 8-13 must have a parent present**

**\*\*Participants must be at 5 out of the 7 sessions and complete a presentation to the group about an animal that will be assigned to them.**

**\*\*Open to the first 10 youth to sign up by January 6th**

**\*\*Classes will be held at the Yankton County Extension Office - 901 Whiting Dr., unless otherwise mentioned**

### Dates

9:00 a.m. -12:00 p.m.

Session 1: January 21st

Session 2: February 11th

Session 3: February 25th

Session 4: March 11th

Session 5: March 25th

Session 6: April 15th

Session 7: Tentative April 29th or May 6th



**CONTACT US**

605.665.3387

yankton.pa@sdstate.edu



# Citizenship Washington Focus (CWF)

## What is CWF?

CWF is a week-long 4-H citizenship program for 4-H'ers, thousands of which come to Washington D.C. each summer, to learn about the democratic process, their role as citizens, and experience our nation's capital. The CWF trip South Dakota Delegation is in Mid June.

## Who Can Participate?

4-H'ers ages 15-18, as of January 1 of the trip year are eligible to attend CWF. Contact the 4-H youth advisor for your county to determine other county-specific steps to apply for CWF. Counties give their selected CWF youth delegates initial instructions and forms in December to send to the State 4-H Office on/before January 17.

## What does CWF Cost?

The cost for the CWF trip varies from year to year but is approximately \$2,500 per youth delegate (transportation, lodging and most meals). Some leader associations provide scholarships. Youth delegates should plan to bring approximately \$300 in spending money.



## Typical CWF Itinerary

- Saturday: Leave South Dakota via coach bus
- Sunday: Arrive at Hyatt Regency Bethesda; social time and pin trades
- Monday: Tour Washington D.C. sights and workshops
- Tuesday: Arlington National Cemetery, town hall, workshops and states night out
- Wednesday: Capitol hill day
- Thursday: Delegation day; closing ceremonies and farewell dance
- Friday: Leave Maryland via coach bus
- Saturday: Arrive in South Dakota



## County Selection Process

CWF youth delegates are selected at a county level based on local policies and procedures. Delegates must be able to perform the following essential functions of the trip with or without reasonable accommodations:

- Age-appropriate social and intellectual skills to actively participate in all activities
- Physical stamina to walk long distances and endurance for participating in a 16-hour day
- The State 4-H Office and the National 4-H Council coordinate registration, transportation, lodging, some meals, activities and events for the South Dakota delegation.

South Dakota 4-H'ers wishing to participate in CWF need to contact their 4-H youth advisor to find out if their county has CWF delegate reservations. If yes, then youth and their families need to complete the application steps that the county and state 4-H offices require.



## Non-Refundable Payment Schedule

- December : The first payment is due to the State 4-H Office with the county's completed reservation form.
- January : CWF delegates' completed forms and the second payment is due.
- May: The final payment is due to the State 4-H Office.

2023 CWF Applications are due to the Clay County Extension Office by 5pm on Wednesday December 21st 2022. Contact the office for an application.



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# 4-H Youth Livestock Literacy

## Introduction

From clinics to competitions, the South Dakota 4-H program has a long history of promoting livestock education. Though youth are encouraged to maximize their livestock education by taking advantage of *many* learning opportunities, one Youth Livestock Literacy (YLL) certified event is required each program year for youth interested in exhibiting livestock in a county fair/achievement day or state fair. This YLL safety requirement mirrors South Dakota 4-H standards in other higher risk project areas. In the livestock project area, the primary safety concern is that youth understand the role they play in producing safe food for others to eat.

## Procedure [effective 2022-23 4-H program year]

Here is a handy checklist SD4-H livestock exhibitors will complete before the annual July 1 deadline:

- ☐ **Enroll** youth and projects in 4hOnline.
  - If applicable to your species, get animals tagged with 4-H **ear tags** and **DNA** pulled and submitted.
- ☐ Complete at least one **YLL** certified event. See menu of options on the next page.
  - If attending the event in your own 4-H county, be sure to sign in at registration.
  - If attending a YLL event out-of-county, you will provide attendance certificate to your home 4-H county's Extension Office.
  - If using YQCA Online as your YLL event, you will convey completion certificate to your home 4-H county's Extension Office.
- ☐ Complete the **Livestock Integrity Pledge**.
  - This usually occurs during in-person YLL events, so if you used an alternative option, you will need to provide this to your home 4-H county's Extension Office.

### Special Note for 4-H State Fair Exhibitors

Additional requirements apply to participate in the 4-H Division of State Fair. Some are species dependent. Look to the 4-H State Fair Book (usually available around April 1) for these additional guidelines.





# YLL Menu of Options

Choose one of these five educational options to meet the annual YLL requirement

1. Attend a 4-H YLL certified event in county\*; common examples include:

- In-person instructor-led YQCA^ (\$3)
  - Recommended for each exhibitor's first four years
- Species-specific clinic on vaccination, insemination, etc.
- Veterinarian clinic on animal health and nutrition

*\*The counties without a 4-H Youth Program Advisor have fewer YLL options.*

*^To make efficient use of one's time, youth who participate in certain national livestock shows (e.g., Ak-sar-ben) should choose a YQCA option.*

2. Attend a 4-H YLL event in another county

3. Complete YQCA^ Online training

- Cost is \$12 for this web-based training; available at [www.yqca.org](http://www.yqca.org)

4. Beef project youth may complete BQA and convey a current certificate to home 4-H county's Extension Office

- Certificate must be in the youth's name, not the family's name

5. Compete in the previous September's State 4-H Livestock Skill-a-Thon Contest or other approved Skill-a-Thon Contest (Jr & Sr eligible only)

To learn about Youth Livestock Literacy opportunities in your county and beyond, contact your local Extension Office. You may also have interest in learning about out-of-county YLL events by opting into the SD4-H Livestock Email Listserv; indicate interest to [sdsu.4h@sdsu.edu](mailto:sdsu.4h@sdsu.edu)



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Learn more at [extension.sdsu.edu](http://extension.sdsu.edu). © 2022, South Dakota Board of Regents.





# Give the gift of camp!

**Why:** to allow 'the gift of camp' and offer experiential gifts for youth

**What:** an option for loved ones to purchase gift cards towards camp for their campers

**When:** November 28<sup>th</sup> – December 15<sup>th</sup>

**How:**

1. Purchase a gift through the events tab at [extension.sdstate.edu](http://extension.sdstate.edu) during the time frame above
2. Purchasers receive a gift card with the info they fill out
3. Campers use unique one-time registration code when registering for camp to receive the discount

## Contact Information:

Katherine Jaeger  
Youth Outdoor Education FS  
[Katherine.Jaeger@sdstate.edu](mailto:Katherine.Jaeger@sdstate.edu)  
(605) 782-3290

OR

Your local 4-H YPA



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## SOUTH DAKOTA 4-H

# PAWS FOR A CAUSE

Pet Supply Donation and Volunteer Community Service Project



Let's '**paws**' for a **cause** by donating new, gently used, or homemade pet supplies to be distributed to local animal shelters and care facilities.

## MAKE YOUR PET SUPPLY DONATION HERE!

Interested in **volunteering** at a local animal shelter on behalf of 4-H? Contact our office to discuss options! Your service hours will go towards our overall statewide community service impacts.



**SOUTH DAKOTA STATE  
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### Contact:

Clay County Extension Office  
605-677-7111  
515 High Street Vermillion SD





Clay



SOUTH DAKOTA  
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# Clay County 4-H

## 2021-2022 County Impact Snapshot

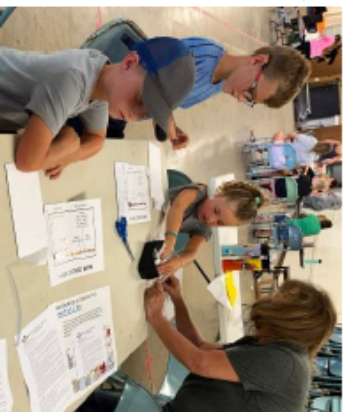
Of the seven adult readiness competencies, 4-H positive youth development programs build skills in four—social, life, workforce, and leadership. 4-H employees, volunteers, and peer mentors all contribute to this important work for our county. Enjoy the 2022 snapshot highlighting how Clay County 4-H develops youth who are ready for fun, ready for life, ready to work, ready to lead!

### WORKFORCE DEVELOPMENT

In July, we hosted a county wide project day titled “Come Create Day.” Clubs were responsible for putting together a project workshop in a project area that has been less interesting in the past. Four clubs and two community partners hosted workshops, and 20 youth participated.

As a result of the project day, youth were introduced to project areas that they had never tried before, they gained skills in a wider variety of areas, they worked with other caring adults, and project entries increased in the areas of electricity and child development.

A big thank you to Clay-Union Electric for facilitating two projects in the electricity area and to SD Farmers Union for helping fill in the gaps with extra games and activities.

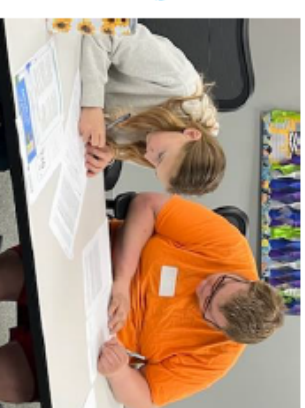


### LEADERSHIP DEVELOPMENT

Youth from both Clay and Union County had an opportunity to participate in a hands-on **Club Officer Training**, held in April at the Beresford Community Library.

Being a club officer means more responsibility and the knowledge to run a meeting. This workshop gathered 12 participants who learned about basic parliamentary procedures, meeting structure, and leadership within a club, then were split into groups based on the officer position they currently hold or one they would like to hold.

Through this training, youth were able to gain skills in the areas of leadership development and social skill development. Their confidence in their leadership skills within their club increased. Club leaders are already asking for this to become an annual event.





## BY THE NUMBERS Clay County 4-H

### Youth Reach

Mastery Members	12
Enrolled Members	116
Outreach Members	284
Total Membership	412
Available County Youth	2544
% of Youth Served	16%

### Volunteer Investment

Certified Volunteers	30
Short-term Helpers	33
Total Volunteers	63
Volunteer Hours	3438
ROI of Volunteer Time	\$63,465

### Program Benefits

- According to a recent survey from Tufts University, 4-H youth are...
- 4x more likely to be involved in community service
  - 5x more likely to graduate from college
  - 2x more likely to be civically active
  - Less likely to use drugs or alcohol

**Contact us anytime to learn more about Clay County 4-H!**

Visit: 515 High St. Vermillion  
Hours: Mon - Fri 8:00a – 5:00p  
Social: [FB] Clay County SD 4-H  
Email: [clay.county@sdstate.edu](mailto:clay.county@sdstate.edu)  
Call: 605-677-7111

## SOCIAL SKILL DEVELOPMENT

For youth who are interested in outdoor education and natural resources, the OWLS (Outdoor, Wilderness and Life Skills)

Program has been a great addition to South Dakota 4-H.

Caleb Reins, Trey Law, and Emmett Knutson were three Clay

County 4-H Members who

participated in the year-long

program, which engaged them in

a variety of activities to better

prepare them to be good stewards of the land.



This program met six times on zoom and took the youth on overnight camping trips to Oakwood Lakes, Lake Byron, and Big Sioux Rec Center, with a capstone experience in the Loess Hills. Youth learned about fire starting, knot tying, career options, backpacking, star gazing, rock climbing, outdoor cooking, leave no trace, survival essentials, and more.

Said Emmett Knutson of his experience "I learned that orienteering could help me if I get lost hiking or hunting," and he learned the importance of "keeping your tent shut to keep out bugs and spiders!"

## LIFE SKILL DEVELOPMENT

In 2022, Clay and Union County had 29 youth enrolled in the 4-H Horse project. 33 youth participated in the horse show in 2022.

Seeing this need, the leaders and volunteers involved in the horse project applied for and received a State 4-H Leaders Association Grant to put on a two-day **Trail and Ranch Riding workshop**. About 15 youth participated on each day of the workshop, increasing their skills in cooperation, teamwork, and their confidence.

The group also hosted a **Horse Judging Contest/Workshop** for the first time. Youth increase their knowledge of horses and strengthen decision making skills by placing classes of horses based on their appearance and function.

The workshops paid off with much success at the county show and the State Horse Show. Several youth earned high honors, including a 5<sup>th</sup> place single horse pleasure driving, and 3<sup>rd</sup> place Pole Bending.



*Clay County 4-H would like to thank Commissioners Travis Mockler, Richard Hammond, Michael Manning, Phyllis Packard, and Betty Smith for their continued support!*



# SD State 4-H Listservs

## Introduction

Specialization is increasing among 4-H youth. As specialization increases, access to personally tailored communications gains importance. This document provides a list of available email listservs. Sign up for all you want!

## A Few Notes

- These listservs only capture SD State 4-H topics of interest. The county 4-H office remains the primary communicator for local 4-H activities.
- Listservs are designed to share information; they are not a place for discussion or reply.
- Listservs are defined as an opt-in “extra” communication service provided by SD4-H. There are no guarantees as to timing, regularity, or formatting.
- Your email address will not be shared beyond SD4-H. It will not be viewable to others.

## Procedure to Sign Up

A list of currently available listservs is provided on the reverse side. If you see one (or several) SD State 4-H listservs that interest you. You can sign up at the following link:

<https://sdstate.questionpro.com/SD4H-StatewideListserv>

## Procedure to Withdraw

To leave a listserv, send an email with the memo line of “leave listserv” to

[sdsu.4h@sdstate.edu](mailto:sdsu.4h@sdstate.edu).

\*Email listservs are the best option we have available at this time.

Should laws become more pliable in the future, we would replace these with a 4-H app system.



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# SD State 4-H Listservs

## Available Listserv Options as of October 1, 2022:

- **Everything Friday**
  - *Published Fridays.* The state 4-H office publishes a Friday Message (FM) for county 4-H professionals that has both internal and external announcements. Those who sign up for this listserv will receive all the external/public items. Be warned, it is a lot!
- **Dog Project Education**
  - *Published as needed.* All public communications from the state dog project education committee. Note, these will be mostly educational resources, not event or competition announcements.
- **4-H True Leaders**
  - *Published as information/resources are available.* 4-H is developing true leaders of tomorrow. This Listserv will connect you to programs, resources and events that will help young people in developing their leadership skills. Topics will include the State 4-H Ambassador Program, Teen Leadership Conference, national 4-H trips and more.
- **Civic Education and Community Service**
  - *Published as information/resources are available:* Does government, citizenship, or civics interest you? Sign-up for this Listserv to receive information and resources about our South Dakota 4-H Civic Education and community service efforts. This will include details about our 4-H Capitol Day, South Dakota 4-H Legislature Program, statewide community service project, cultural education, and more.
- **Alumni Connection**
  - *Published twice yearly or as information/resources are available.* Discover opportunities for you as a 4-H alumni to support current education programs, connect with other alumni, and learn about South Dakota 4-H events.
- **Volunteer Training and Resources**
  - *Published quarterly or as information/resources are available.* Learn about opportunities for you as a volunteer to help 4-H members find success. This listserve will feature upcoming volunteer training opportunities and highlight available resources out there for you as volunteers to use when working with youth.
- **Rodeo**
  - *Published as information/resources are available.*
- **Shooting Sports**
  - *Published as information/resources are available.*
- **Livestock**
  - *Published as information/resources are available.* Updates on events and deadlines concerning state and county livestock events. Keep up to date on Youth Livestock Literacy Events.







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# 2023 EGG DESIGN Submission Call

Presented by  
America's Egg Farmers

**For over 40 years**, the First Lady of the United States is presented with a beautifully decorated Commemorative Easter Egg by America's egg farmers to celebrate Easter. To mark the 2022 Easter season, all 40 eggs presented to past First Ladies were displayed in a special exhibit.

During the 2023 Easter season, a new exhibit will feature decorated eggs from each U.S. state/territory designed by kids across the country. We are calling on parents with kids aged 5-18 to design an egg under the theme of "United States of Possibility" that represents their home U.S. state or territory. Here's how parents can help their child get involved:

## Design and Entry Submission Process

1. Download the PDF included in the submission form, and use the template provided to have your child create his/her own egg design and corresponding design inspiration statement explaining your child's vision behind the idea. The design statement should be no longer than 50 words in length.
2. Your child should embrace his/her personal artistic style – be bold, fun, and unique. Your child can use any medium of choice (crayons, watercolors, paint, etc.) for the egg design. Art should be your child's original creation, and not feature assets from third parties (unless in the public domain). Anything not original or not in the public domain may not be included in any entries.
3. Fully complete the submission form, including your contact information and your child/artist's full name, so you can be contacted if your child's egg design is selected.
4. Upload your child's submission, including your child's egg design, to the submission portal at [www.incredibleegg.org/unitedstatesofpossibility](http://www.incredibleegg.org/unitedstatesofpossibility) by 11:59:59 PM ET on Saturday, December 31, 2022.
5. The American Egg Board selection committee will review all submissions and select one egg design per state/territory, which is expected to serve as inspiration for a unique exhibit during Easter 2023.
6. Parents of selected egg design submissions will be notified by March 10, 2023, and selected egg designs will be created by egg artists across the country for a special exhibit, as determined by sponsor and artist in their sole discretion.

## United States of Possibility Theme - How to Get Started Your Child Started

Each U.S. state and territory is special. From the mountain ranges of Washington to farmlands of Iowa to beaches in Florida, our different locations combined make up a diverse and united country and give us a special sense of local and national pride. So how can our differences contribute to the future of the United States?

This is the United States of Possibility. What role will your individual state or territory play in the next 5, 10 or 15 years? What are some special aspects that you think will contribute to our country's unity? We're looking for egg designs that show how your state/territory might make a difference in the future of our country. Consider your home's unique natural resources, scientific and technological inventions or cultural developments in the arts, sports or film. Then put it into an egg design...

## Here are some questions to ask your child when thinking about their egg design:

- What is the thing I love most about my state or territory?
- What makes my state/territory unique?
- What makes my state's/territory's citizens different?
- And how can any of these things contribute to the unity of our country in the future?

For full rules and terms and conditions of entering this opportunity with American Egg Board, please visit [www.incredibleegg.org/unitedstatesofpossibility/rules](http://www.incredibleegg.org/unitedstatesofpossibility/rules).

## Egg Design Submission Document

### America's Egg Farmers U.S. State and Territory Egg Design Submission Form

Parent Name \_\_\_\_\_

Parent Email \_\_\_\_\_

Child Name \_\_\_\_\_

Child Age \_\_\_\_\_

Home State/U.S. Territory: \_\_\_\_\_

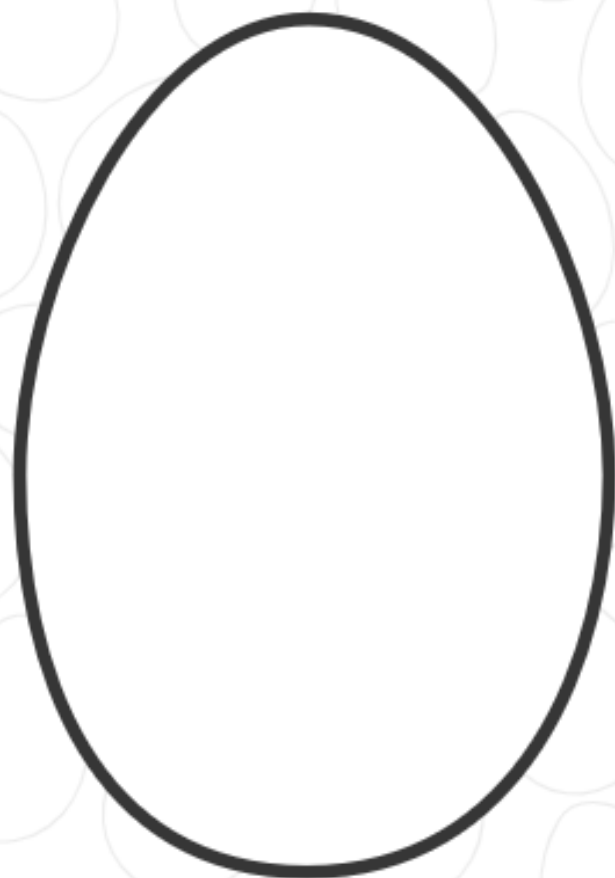
Associated Organization/Club (If Applicable) \_\_\_\_\_

Design Inspiration: 50 Words Or Less \_\_\_\_\_

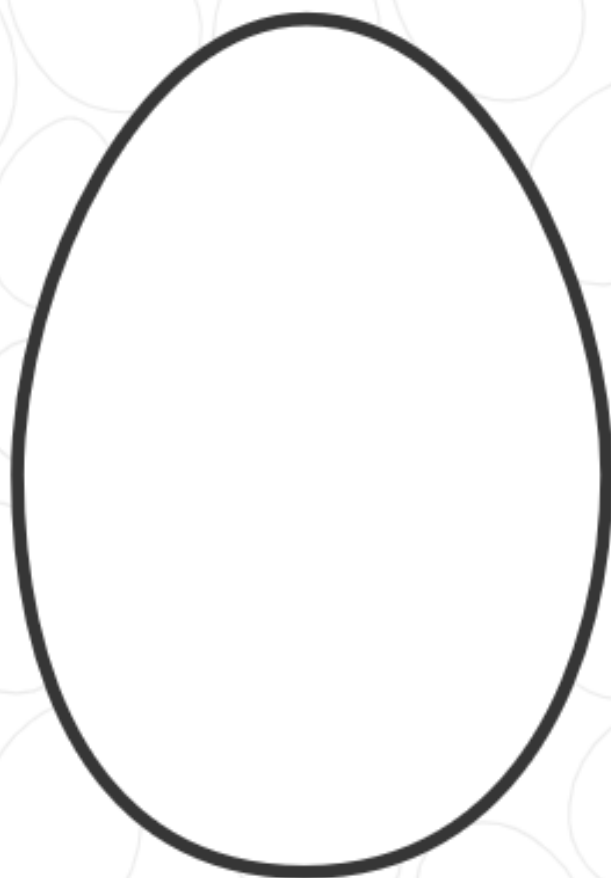
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**NEW!**

QUARTERLY

# 4-H PROJECT CHALLENGE

OCTOBER, NOVEMBER, DECEMBER 2022

## FOODS & NUTRITION: QUICK BREAD VS. YEAST BREAD

These challenges are designed to have fun, while also learning something new!

- How do I participate?
  - You must:
    - Fill out the form on the challenge sheets.
    - Take photos/selfie while doing each recipe (3 total)
    - Exhibit at the fair. Can be a Foods exhibit, Educational Display, or Curriculum
    - Share the experience with a Club or County level Demonstration or Public Presentation
- A Celebration or Project Workshop related to the project area will be offered each quarter. This quarter will be Cupcake Challenge!

Look for the challenge details in each month's newsletter. The challenge will run for 3 months each. You may begin at any time.

This is a great way to earn premium points and be able to fill out award forms!

**\*\* Special Prizes will be awarded at the 2023 Recognition Event to those who complete the challenge requirements! \*\***

# QUARTERLY 4-H PROJECT CHALLENGE

Check the boxes for each activity in each challenge you participated in. Turn in your sheet as you go, or by Oct. 13, 2023 to receive a special prize at the 2023 Recognition Event.

## OCT, NOV, DEC. 2022 - FOODS & NUTRITION: QUICK BREAD VS. YEAST BREAD

- ☐ Filled out the form on the challenge sheets.
- ☐ Took photos/selfie while doing each recipe (3 total) & shared them with 4-H Office
- ☐ Exhibited at the fair. Can be a Foods exhibit, Educational Display, or Curriculum
- ☐ Shared the experience with a Club or County level Demonstration or Public Presentation  
Explain what you did\_\_\_\_\_
- ☐ Bonus: Participated in Cupcake Challenge workshop

## JAN, FEB, MAR. 2023 -

## APR, MAY, JUN. 2023 -

## JUL, AUG, SEPT. 2023 -





## ***Foods and Nutrition: Quick Bread vs. Yeast Bread***



Bakers appreciate the aroma and creativity behind a yeast dough masterpiece. Yeast breads require time and patience in allowing the dough to proof and rise before baking. A fast-paced modern society found solutions to bake quick breads using food-safe chemical leavening agents such as baking soda and baking powder, eliminating the wait and fermentation time before baking. Quick breads also eliminated the kneading process, a step to develop the gluten to allow yeast bread dough to stretch and rise. As one of the world's oldest foods, yeast breads and quick breads come in various types, shapes, sizes, and textures.

### **Starting Out**

#### **Applesauce Muffins**

- Review safety tips prior to making your recipe.
- Gather all ingredients and supplies, and remember to wash your hands.
- Most muffin recipes should be baked without using paper baking cups.
- Rate the quality of your muffins.
- Share some of your delicious muffins with someone else.

### **Learning More**

#### **Mountaintop Biscuits**

- Follow regular kitchen safety basics.
- Gather all ingredients and supplies.
- Closely follow your recipe.
- Biscuits are considered a quick bread as it does not contain yeast.
- Rate the quality of your biscuits.
- Share some of your biscuits with a friend or neighbor.

### **Expanding Horizons**

#### **Yeast Bread**

- Review kitchen safety basics.
- Yeast breads require patience in allowing the bread dough to rise.
- Review proper method to knead, rest, and shape bread.
- Evaluate your bread loaf and troubleshoot any problems.
- Share some of your bread with family, a neighbor, or friend.

## **Inspire Kids to Do**

### **Skill Building**

When baking bread, begin with a quick bread recipe using food-safe chemical leavening agents, then a biscuit recipe, and finally a yeast bread that requires properly proofing yeast and kneading the dough. It is important to be aware of the differences between a quick bread and a yeast bread and the time required to prepare each.

### **Goals**

- Check for doneness of a bread.
- Properly proof yeast.
- Share what I have learned with others.

### **Project Ideas**

- Try quick bread recipes using a variety of fruits and nuts.
- Experiment with butter and shortening in biscuits.
- Bake yeast bread using a sweet bread recipe such as cinnamon rolls.

### **Self-Evaluation Before**

Using the rating scale below, answer the following:

- 1 = not at all  
2 = a little  
3 = a lot

#### **I know how to...**

Test for doneness in a quick bread

..... 1 - 2 - 3

Proof yeast ..... 1 - 2 - 3

Tell the difference between yeast bread and quick bread ..... 1 - 2 - 3



## Foods and Nutrition: Quick Bread vs. Yeast Bread

Challenge Instructions	Helpful Tips	Leadership	Curriculum and Resources
<p>Try these recipes to learn the differences between quick breads and yeast breads.</p> <ul style="list-style-type: none"> <li>• Bread Baking Basics, p. 3</li> <li>• Applesauce Muffins, p. 4</li> <li>• Mountaintop Biscuits, p. 6</li> <li>• White or Whole Wheat Yeast Bread, p. 8</li> </ul> <p><i>(Permission granted to use recipes from KSRE and Kansas Wheat Commission.)</i></p>	<ul style="list-style-type: none"> <li>• Over stirring or mixing a quick bread will make muffins tough.</li> <li>• For a golden crust biscuit, use a shiny baking sheet.</li> <li>• Biscuits require high heat to bake properly.</li> <li>• Shortening makes biscuits more tender as it doesn't contain water or milk solids.</li> <li>• Liquid temperature too high will kill yeast plants.</li> <li>• 2¼ teaspoons equals one ¼-ounce packet yeast.</li> <li>• Salt affects how quickly yeast rises, which affects bread texture.</li> </ul>	<p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <ul style="list-style-type: none"> <li>• Teach bread making lesson to other 4-H members.</li> <li>• Teach bread making lesson to classmates or friends</li> <li>• Other _____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul>	<p>To learn more about the 4-H Foods and Nutrition Project, visit <a href="http://www.kansas4-h.org">www.kansas4-h.org</a></p> <p>K-State Research and Extension Kids a Cookin' Kansas Wheat Commission Recipes</p> <p>Rapid Response Center at Kansas State University</p> <p>Kansas State Fair Foods &amp; Nutrition Evaluation</p> <p>Foods and Nutrition Project Page, 4H1112</p>

### Life Skills Learned (check all that apply)

- ☐ Positive Self-Concept
- ☐ Inquiring Mind
- ☐ Concern for Community
- ☐ Sound Decision-Making
- ☐ Healthy Interpersonal Relationships

### Share

- ☐ Share part of your bread product with a neighbor/friend.
- ☐ Thank a 4-H supporter by sharing your bread and note of thanks.
- ☐ Present a demonstration at a club meeting or school classroom.
- ☐ Other \_\_\_\_\_

## Evaluate Your Experiences!

What is the main difference between a quick bread and a yeast bread? \_\_\_\_\_

What methods can be used to determine whether breads are baked completely? \_\_\_\_\_

Name two food-safe chemical leavening agents. \_\_\_\_\_

What was the hardest part of the activity? \_\_\_\_\_

**To complete the Challenge,** take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience.

[www.tinyurl.com/KS4HChallenge](http://www.tinyurl.com/KS4HChallenge)

### Local Contact Information

### Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

#### I know how to...

Test for doneness in a quick bread.....

..... 1 - 2 - 3

Proof yeast ..... 1 - 2 - 3

Tell the difference between yeast bread and quick bread ..... 1 - 2 - 3

### Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by Karen Shepard, FCS Agent, and Patsy Maddy, 4-H Youth Development Agent, Twin Creeks Extension District



# Bread Baking Basics

## When are Baked Goods Done?

In baking, there are many visual clues to test if a product is done. This includes lightly touching a cake surface, golden brown color on breads, or inserting a toothpick in a quick bread to see if it is still sticky.

Another way to test for doneness is by checking the internal temperature using a food thermometer. By practicing a recipe, you can determine with temperature how long it takes to bake a product. Then, make note of that time in the recipe for future reference.

It is still important to use visual clues to determine if a product is done.



## Suggested Temperatures for Doneness

Layer cakes — 205° to 210° F

Quick bread — 210° F

Pound cake — 210° F

Yeast bread — 195° to 210° F

Jelly roll cakes — 190° to 195° F

Bundt cake — 212° F

Muffins — 210° F

Yeast rolls — 190° to 195° F

## Yeast

Yeast is a living microorganism in the fungi family. Starch, carbohydrates, and sugar feed the yeast. As it feeds, yeast digests carbohydrates and kickstarts fermentation, releasing carbon dioxide that expands gluten proteins and causes dough to expand and rise. Yeast feeds and reproduces best between 70° and 80°. Salt counteracts yeast. Never let salt come in direct contact with yeast. Yeast gives bread its distinctive flavor.

## Temperature for Yeast

Yeast can thrive in the right warm temperature or be dormant or “killed” in the wrong temperature. For best results, follow the temperature recommendations for the type of yeast used in your recipe. The ideal temperature for active dry yeast is 100° to 110° F. The ideal temperature for instant (also called fast rising) and bread machine yeast is 120° to 130° F.

## Packet and Jar Equivalents

1 Packet of Yeast = 2 ¼ teaspoons

2 Packets of Yeast = 4 ½ teaspoons

3 Packets of Yeast = 6 ¾ teaspoons

## Types of Yeast

Dry Active — activated in warm water

Instant or RapidRise® — added directly to recipe



**Sources:** American Institute of Baking; King Arthur's Baker's Companion, The All-Purpose Baking Cookbook; Baking Illustrated by Cook's Illustrated; I'm Just Here for More Food by Alton Brown; Karen Blakeslee, K-State Research and Extension; Fleischmann's Yeast; National Festival of Breads

# Applesauce Muffins

*Make this batter now -- bake later!*

## Tools Needed

- Muffin tin
- Electric mixer
- Mixing bowl
- Measuring cups
- Measuring spoons
- Knife
- Rubber spatula
- Spoon
- Hot pad
- Cutting board

## Ingredients

- |                       |                        |
|-----------------------|------------------------|
| ¼ cup margarine       | 1 teaspoon baking soda |
| 1 cup sugar           | ¼ teaspoon salt        |
| 1 egg                 | 2 cups flour           |
| 1½ teaspoons cinnamon | 1¼ cups applesauce     |



Photo by Mink Mingle on Unsplash

## Directions

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes. Optional: Add 1/2 cup of diced apple or raisins to batter.

## Helpful Hints

- While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way — by hand, or by mixer — it is important to remember that muffins are a “quick bread” and that means muffins or coffeecakes will come out best if not overmixed.
- Just lightly stir the ingredients together — so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that’s fine.
- Overstirring or mixing a quick bread will make the muffins tough. Sometimes kids who help in the kitchen really like to stir big and long — and there are good recipes for that — but when it comes to mixing muffins, less is more!

**Safety Tip #1:** Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer’s control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

**Safety Tip #2:** Remember, this recipe and most batters contain raw egg. Don’t lick the spoon or bowl, because the raw egg can make us sick — especially young children. Wait until the batter is baked; it’s then safe to go ahead and enjoy!



# Muffin Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

## Exterior Appearance

- \_\_\_\_\_ Muffins are about the same size in height and diameter
- \_\_\_\_\_ Color on the top is golden brown
- \_\_\_\_\_ Muffins have golden brown bottoms; not too dark or hard
- \_\_\_\_\_ Tops pebbly rather than smooth and gently rounded

## Interior Appearance

- \_\_\_\_\_ Fairly large gas holes uniformly distributed
- \_\_\_\_\_ Texture uniform and slightly moist
- \_\_\_\_\_ Can be easily broken

## Flavor

- \_\_\_\_\_ Pleasant flavor
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ Slightly sweet

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calorie  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g fiber  
per serving



## Nutrition Facts

Servings Per Container 18  
Serving Size 1 muffin (48 g)

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Total Sugars 13g	

<b>Protein</b> 2g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Mountaintop Biscuits

## Kansas Wheat Commission Test Kitchen Note

A simple recipe that can be prepared in short order, and they're a mile high!

**Prep Time:** 35 minutes

**Bake Time:** 12 minutes

**Yield:** 12, 2½-inch biscuits

## Ingredients

- 3 cups all-purpose flour
- 2 tablespoons granulated sugar
- 4½ teaspoons baking powder
- ¾ teaspoon cream of tartar
- ¾ teaspoon salt
- ¾ cup vegetable shortening
- 1 beaten egg
- 1 cup low-fat milk

## Instructions

1. Preheat oven to 450° F.
2. Stir flour so it is not packed from being in container. Measure dry ingredients and level off. Sift flour with sugar, baking powder, cream of tartar, and salt into medium bowl.
3. Cut in shortening, with pastry blender or 2 knives (used scissors-fashion), until mixture resembles coarse meal.
4. Combine egg and milk, and add to flour mixture all at once. Stir with fork just long enough to make a soft dough that forms a ball.
5. On lightly floured surface, knead lightly about 10 times. Roll or pat dough to 1-inch thickness, using as little flour as possible. Cut straight down into dough with a 2½-inch biscuit cutter, being careful not to twist cutter.
6. Place 1 inch apart on ungreased cookie sheet. Bake 12 to 15 minutes.

## Nutrition Information

**Per biscuit:** 257 cal, 14 g fat, 19 mg cholesterol, 557 mg sodium, 28 g carbohydrates, 1 g fiber, 4 g protein, 50 mcg folate.





# Biscuit Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

## Exterior Appearance

- \_\_\_\_\_ Biscuits are about the same size in height and diameter
- \_\_\_\_\_ Color on the top is golden brown
- \_\_\_\_\_ Biscuits have golden brown bottoms; not too dark or hard
- \_\_\_\_\_ Tops pebbly rather than smooth and gently rounded



## Interior Appearance

- \_\_\_\_\_ Small, uniform gas holes
- \_\_\_\_\_ Thin cell walls
- \_\_\_\_\_ Crumb peels off in sheets, flakes, or layers

## Flavor

- \_\_\_\_\_ Pleasant flavor
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ No bitterness or rancidity

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calories  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g  
fiber per serving

## Nutrition Facts

Servings Per Container 12  
Serving Size 1 biscuit (44 g)

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	

<b>Protein</b> 4g	
Vitamin A	4%
Vitamin C	0%
Calcium	4%
Iron	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# White or Whole Wheat Yeast Bread Dough

(makes about 3  $\frac{3}{4}$  pounds dough)

## Ingredients

1 package or 2  $\frac{1}{4}$  teaspoons active dry yeast  
 $\frac{1}{2}$  cup lukewarm water (110°F-115°F)  
 $\frac{1}{2}$  teaspoon granulated sugar  
 $\frac{1}{2}$  cup vegetable shortening or butter  
 $\frac{1}{2}$  cup granulated sugar  
1 large egg, beaten  
1  $\frac{1}{2}$  teaspoons salt  
2 cups milk, scalded and cooled to lukewarm  
7  $\frac{1}{2}$  to 7  $\frac{3}{4}$  cups all-purpose flour or bread flour OR 4 cups whole wheat flour plus 3  $\frac{1}{4}$  to 3  $\frac{1}{2}$  cups all-purpose or bread flour



## Directions

In small bowl, dissolve yeast in lukewarm water, stirring in  $\frac{1}{2}$  teaspoon sugar. Let stand 5 minutes.

In mixer bowl, beat shortening with  $\frac{1}{2}$  cup sugar; add egg, salt, cooled milk, and dissolved yeast.

Stir in flour a little at a time until dough is stiff enough to knead. Knead by hand or with dough hook 8 minutes or until smooth and elastic. Place in greased bowl; cover and let rise until doubled.

Punch down dough and divide into 3 equal balls. Flatten each ball with hands or rolling pin into a rectangle about 8 inches by 4 inches on a lightly floured surface. Roll dough up tightly, beginning at the 8-inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Press each end with side of hand to seal. Fold ends under the loaf.

Place seam side down in the pan. Brush loaves lightly with butter. Cover and let rise in warm place for 35 to 50 minutes or until double in size.

Move oven racks to a lower position so that tops of pans will be in the center of the oven. Heat oven to 375° and bake for 35 to 40 minutes or until loaves are deep golden brown and sound hollow when tapped. A thermometer can be used to check for doneness. The thermometer should read about 200°.

Remove loaves from pans to a wire rack. Brush loaves with butter and cool.

**Note:** Dough may be kept covered in refrigerator for several days and used when needed.

*Recipe used with permission of the Kansas Wheat Commission.*



# Yeast Bread Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

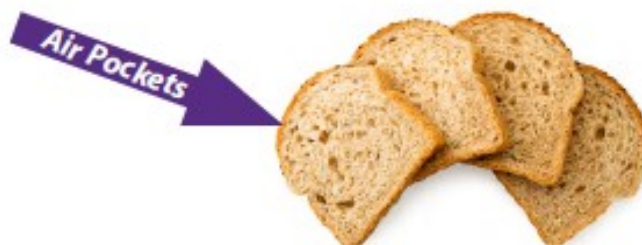
## Appearance

- \_\_\_\_\_ Good volume
- \_\_\_\_\_ No flour streaks or excess flour
- \_\_\_\_\_ A symmetrical, well-shaped uniform size
- \_\_\_\_\_ A uniform golden-brown color
- \_\_\_\_\_ Smooth, tender crust



## Texture

- \_\_\_\_\_ Free of large air pockets
- \_\_\_\_\_ Moderately fine and even-grained
- \_\_\_\_\_ Soft and free of crumbliness
- \_\_\_\_\_ Moist and silky
- \_\_\_\_\_ Tender to the touch
- \_\_\_\_\_ Elastic in quality



## Flavor

- \_\_\_\_\_ Pleasing, well-baked flavor (not overcooked or undercooked)
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ Well blended (not tasting strongly of any one ingredient)
- \_\_\_\_\_ Nutlike or 'wheaty' taste

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calories  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g  
fiber per serving

9 – K-State Research and Extension

## Nutrition Facts

Serving Size	1 thick slice (50 g)
Amount per serving	
Calories	140
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3 gram	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 127mg	<b>4%</b>
Thiamin 0.2mg	<b>15%</b>
Niacin 3mg	<b>20%</b>
Folate 39mcg DFE	<b>10%</b>
Biotin 3mcg	<b>10%</b>
Selenium 19mcg	<b>35%</b>
Manganese 0.9mcg	<b>40%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# South Dakota 4-H Regional Volunteer Training



An opportunity for 4-H Volunteers to come together to network, learn and ask questions of state 4-H staff. Hosted in partnership with the South Dakota 4-H Leaders.

We hope to see you there!

## DATES/LOCATIONS

- November 5 | Webster
- November 19 | Howard
- December 3 | Belle Fourche
- January 28 | Miller
- March 25 | Winner

*\*Dates are subject to change based on any weather or local conflicts that arise. Registration materials found on the SDSU Extension website will be up-to-date as these situations arise and county 4-H offices will be informed.*

## COST/REGISTRATION

The cost for each event is \$15 if you register 2 weeks prior to the event date. After that time, it will be \$20 up until the Wednesday before each event. Lunch will be provided for registrants.

Registration is required and can be found at the link or by scanning the QR code.

### For more information:

Jenae Hansen-Gross | SDSU Extension 4-H Volunteer Development Field Specialist  
(605) 626-2870 | [jenae.hansengross@sdstate.edu](mailto:jenae.hansengross@sdstate.edu)

## TENTATIVE TRAINING SCHEDULE

- 9:00 a.m. - Check-in
- 9:20 a.m. - Welcome
- 9:40 a.m. - QPR (Question, Persuade, Refer) Suicide Prevention Training
- 11:00 a.m. - Break
- 11:10 a.m. - 4-H Projects Open Space Discussion/Learning
- 12:00 p.m. - Lunch
- 12:30 p.m. - Youth Project Highlight
- 1:00 p.m. - Q & A
- 1:30 p.m. - Feedback and Evaluation

*Schedule subject to change.*



[extension.sdstate.edu/  
south-dakota-4-h/supporters](https://extension.sdstate.edu/south-dakota-4-h/supporters)



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Sioux Empire Livestock Show

# 4-H/FFA Livestock Judging Contest

Sunday, Jan. 29 Check-in: 12-12:45 p.m., Start: 1 p.m.

W.H. Lyon Fairgrounds, Expo Building, Sioux Falls



SIOUX EMPIRE  
LIVESTOCK SHOW



Cost: \$10 per contestant if registered by Jan. 6; Late Entry: \$20 per contestant if registering at check in

Teams consist of members from the same county 4-H program or FFA chapter.

Find more information at [siouxempirelivestockshow.com](http://siouxempirelivestockshow.com).

Contact Lincoln County 4-H with questions at [lincoln.county@sdstate.edu](mailto:lincoln.county@sdstate.edu) or 605-764-2756.

South Dakota 4-H Youth Livestock Literacy-Approved Event

Register at:

<https://web.sioUXfallschamber.com/events/2023-SELS-4-H-FFA-Livestock-Judging-Contest-2419/details>



## SIoux EMPIRE LIVESTOCK SHOW



# LIVESTOCK SKILL-A-THON

W.H. LYON FAIRGROUNDS  
EXPO BUILDING, NORTH ROOM  
SIoux FALLS

SATURDAY, JAN. 28, 8 A.M. TO NOON (COME & GO)  
FREE! OPEN TO ALL 4-H'ERS.

Contact the Lincoln County 4-H Office with questions -  
[lincoln.county@sdstate.edu](mailto:lincoln.county@sdstate.edu) or 605-764-2756.

South Dakota 4-H Youth Livestock Literacy-Approved Event



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# SIoux EMPIRE LIVESTOCK SHOW

Submit your best farm/ranch  
scene, show season, farm animals  
or generations on the farm pics!



Online entries accepted until 11:59 p.m.  
Jan. 20 to [bhendrickx@siouxfalls.com](mailto:bhendrickx@siouxfalls.com)  
or the SELS Facebook Messenger.

Find complete rules at [siouxempirelivestockshow.com](http://siouxempirelivestockshow.com)  
under Exhibitor Handbook.  
Email [wsweeter@lincolncountysd.org](mailto:wsweeter@lincolncountysd.org) for more  
information.