



GARFIELD COUNTY



4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>
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316 E. Oxford
Enid, OK 73701
(580) 237-1228

Jessica Nickels ~ jessica.nickels@okstate.edu
Rick Nelson ~ rick.nelson@okstate.edu

JUNE, 2018

DUTCH OVEN COOKING MAKING ITS WAY ACROSS THE STATE

Whether it is a thick, meaty stew, golden cornbread or a sweet fruit cobbler, Oklahoma 4-H'ers are testing their cooking skills with Dutch oven cooking, and in some cases, getting into a little friendly competition.

As with all project work within the Oklahoma 4-H Youth Development Program, the key is building life skills and having fun, and Dutch oven cooking is a special activity that can be enjoyed by people of all ages. This 4-H project is designed for those who love the outdoors and good food.

Cheryl Newberry, Southeast District 4-H program specialist for Oklahoma State University Cooperative Extension, said trainings have been taking place in an effort to make this project go statewide.

"We hosted a training in April and had about 25 educators from across the state participate," Newberry said. "They're already working on securing equipment and are wanting to get competition teams up and going. Our goal over the next couple of years is to have competitive teams in each of the districts and eventually be able to have a state contest."

This project area is similar to the 4-H Food Show-down, but is especially appealing for those with a love of the outdoors.

Currently, the Southeast District has about 15 active teams, but club members from around the rest of the state also are getting in on the action.

"We just finished the Southeast District Dutch Oven Cookoff, a competition we've been doing since 2013. We started with just two teams and have grown to as many as 17 teams competing," she said. "But it's important to realize it's not just about the competition. This is a project that touches on different areas that

are part of 4-H programming, including healthy eating, physical activity and food safety. All of our projects are about learning new things and building life skills."

For those not familiar with Dutch oven cooking, it is much more than dumping some ingredients in a black iron pot and setting it in a ring of hot coals. The possibilities are limitless. Anything you can cook indoors in the oven can be prepared in a Dutch oven. Fried, stewed, boiled, baked, steamed or poached, 4-H'ers can use any of these methods when cooking in a Dutch oven.

"Another great thing about Dutch oven cooking is it can come in handy in the event of an emergency. If your power or gas goes out for a prolonged amount of time, Dutch oven cooking can come to the rescue," Newberry said.

When it comes time for competition, Newberry said teams are comprised of two or three club members. Each team is charged with preparing three dishes, including a main dish, side dish and dessert.

Newberry said over the last few years in the Southeast District, the participants have been told a specific item or type of dish that has to be prepared. One year a dish had to contain pork, while another year the side dish had to be cornbread. This year the club members had to incorporate beans into one of their dishes.

"This just adds another element of creativity for our 4-H'ers," she said. "It's a lot of fun to see how they tweak their recipes in order to meet the requirements. I have to say our kids are very creative and prepare some very tasty foods."

DATES TO REMEMBER

4-H Camp	June 4-6
County Recordbook w/s	June 11
Paint a canvas w/s	June 13
4-H Video Contest	June 15
PLO	June 18
Officer Training Workshop	June 19
Advanced sewing w/s	June 20
State Horse Show	June 21-23
Tulsa State Fair Nom. Kit	June 22
Parent-Volunteer Conf.	June 23
Red Dirt Rafting Retreat	June 26-27
Beginner sewing w/s	June 28
Necklace Making w/s	July 2
Deadline for Tulsa State Fair Nominations	July 2
4-H Outdoor Adv.	July 9-15
Cupcake Decorating w/s	July 17
Advanced sewing w/s	July 19
AFR Leadership Summit	July 22-24
AFR Leadership Summit	July 25-28
4-H Roundup	July 25-27
Jr. Record Books Due	Aug. 7

NEXT PLO MEETING

JUNE 18, 2018
AT 6:00 P.M.

2018-19 COUNTY OFFICERS

President—Natalie
Haggard

Vice President—Brianna
Deeds

Secretary—Madison
Nickels

Reporter—Bailey Hoeltzel
Rec./Song Leaders—

Madison Postier and
Ethan Haggard

Executives—Kaitlyn Booth
and Morgan Meyer

OFFICER TRAINING WORKSHOP

JUNE 19, 2018, 2-4:00 P.M.

Do you want to be an officer in your club? Are you an officer in your club? Come find out the ins and outs of each officer position and what your duties are as an officer! You don't have to be an officer to attend!

Please sign up by June 13th.

Junior Livestock Nominations For Tulsa State Fair

June 22, 2018: Nomination Kit Order Deadline \$10.00 per kit

July 2, 2018: Nomination Deadline for Market Steers, Barrows, Lambs, Goats and Breeding Commercial Ewes, Gilts, Does

**Animal nomination must be submitted online and DNA sample mailed with a copy of the online receipt.*

July 31, 2018: Nomination Deadline for Commercial Heifers

**Animal nomination must be submitted online and DNA sample mailed with a copy of the online receipt.*

CONGRATULATIONS

SHOOTING SPORTS MEMBERS

Congratulations to the Jr. Shotgun team of Cody Flamm, Covington -Douglas, Conner Quintero, Garber, Isaiah Ryel and Dalen Cramer. Chisholm, for placing 4th at the El Reno shoot May 19!!!

FOOD SHOWDOWN MEMBERS

Three Food Showdown teams participated in the district contest. Junior team consisting of Shelbi Prince, Garber, and Bailey Nickels, Enid, placed 1st.

In the Intermediate Division, Kember Sloat and Tad Reinschmiedt of Garber did a great job. The second Intermediate Team of Kylee Sutherland, Enid, Summer Prince, Garber, and Madison Nickels, Enid, placed 3rd.

SUMMER WORKSHOPS!

June 11th, 5:30 - County Record book Workshop – An overview of the county record book and a time to ask any questions you might have.

June 13th, 2-4 – Come paint a canvas in a cool design using tape and paint. **Sign-up by June 6th.**

June 20th, 9-12/ 1-4 – Advanced sewers: Come make a fish shaped beach bag in the morning and a small wall hanging in the pm. Bring a lunch and stay all day! **Sign up by June 13th and pick up the supply list.**

June 28th – 29th, 9:30-3:00 – Beginner sewers – This class is for those wanting to learn to sew. We will be making several items and learning basic sewing skills. Sewers will need to bring a lunch. **Cost is \$20. Sign-up by June 19th.**

July 2nd, 1:30-3:30 – Necklace making – Earla Haggard will be teaching how to make a beaded necklace for yourself or mom / grandma. **Sign up by June 22.**

July 17th, 2-4 – Cupcake Decorating – Learn how to decorate cupcakes in several fun ways. **Cost is \$5, Sign-up by July 11th.**

July 19th 9:30-3:30 – Advanced Sewers – We will be making a holiday table runner. This is for advanced sewers. Please bring a lunch. **Sign up by July 12th and pick up supply list.**

PLEASE PAY FOR WORKSHOPS WHEN YOU SIGN UP !!



***JUNIOR RECORD BOOKS
DUE TO 4-H OFFICE: AUGUST 7, 2018***

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Jessica Nickels
Ext. Educator 4-H & Youth Development



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Garfield County Cooperative Extension Service
Oklahoma State University
316 E. Oxford
Enid, Oklahoma 73701

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I pledge...

my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service, and
my *health* to better living for
my *club*, my *community*,
my *country*, and my *world*.

