

TEXAS A&M AGRI LIFE EXTENSION

Eastland County Extension Office
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Website: eastland.agrilife.org
Facebook: Eastland County 4-H
AgriLife Extension-Eastland County
Healthy Living in Eastland County
Instagram: [eastlandcountyextension](https://www.instagram.com/eastlandcountyextension)



Eastland County

4-H Focus



January—February 2021



The members of Texas A&M AgriLife provide equal opportunities in programs, education and employment, without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.



Meeting Dates



Highway 6 4-H Club

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice.

Please contact your club leader for any virtual meetings.

Club Leader: ShaMarie Tamminga
Phone: 325-642-5336
Email: shamarietamminga@gmail.com

Rising Star 4-H Club

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice.

Please contact your club leader for any virtual meetings.

Club Leader: Caryl Lawrence
Phone: 325-642-8616

Cisco 4-H Club

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice.

Please contact your club leader for any virtual meetings.

Club Leader: Sarah Sellers
Phone: 817-602-2251

4-H County Council

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice.

Please contact your club leader for any virtual meetings.

Club Leader: Regina Watkins
Phone: 817-441-6036
Email: scottwatkins@att.net



Meeting Dates



Adult Leaders

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice. Please contact Pam Chaney for any virtual meetings.

Club President: Pam Chaney
Phone: 254-631-8440

Archery

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice. Please contact your club leader for any virtual meetings.

Club Leader: Brad Robinson
Phone: 254-631-9527

Leadership & Citizenship

Due to District 8 4-H guidelines and COVID-19 restrictions, all face-to-face 4-H club meetings have been cancelled until further notice. Please contact your project leaders for any virtual meetings.

Project Leaders: Judge Jon Glenn & Amy O'Brien-Glenn
Phone: 254-629-2222
Email: amy.obrien-glenn@ag.tamu.edu

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*.



EASTLAND COUNTY 4-H FOOD CHALLENGE & FOOD SHOW RESULTS



Food Challenge

Junior Division:

Team EEK—Karsyn Dodrill, Ella Rodgers, Emiley Tamminga—1st Place

Intermediate Division:

Team Camo Girls—Kilyn Hash, Saylor Monty, Lilly Rainey—1st Place

Food Show

Senior Division:

Kelsey Eisenbach—Main Dish 1st Place

Intermediate Division:

Kilyn Hash—Main Dish 1st Place

Colt Lawrence—Appetizer 1st Place

Junior Division:

Karsyn Dodrill—Main Dish 1st Place

Sawyer Monty—Side Dish 1st Place

Saylor Monty—Appetizer 1st Place

Lilly Rainey—Healthy Dessert 1st Place

Congratulations to each of our hardworking 4-H members!



DISTRICT 8 4-H FOOD SHOW RESULTS



Karsyn Dodrill—5th Place

Junior Main Dish

“Bird Nest Taco Bake”

Sawyer Monty—3rd Place

Junior Side Dish

“Black Bean and Corn Salad”

Saylor Monty—1st Place

Junior Appetizer

“Yummy Hummus”

Congratulations Karsyn, Sawyer and Saylor!

Spaghetti Squash Fajita Bowls—Kelsey Eisenbach—1st Place-County

Ingredients:

2 spaghetti squash	1 teaspoon chili powder
1 can black beans, drained and rinsed	1 teaspoon cumin
1 can kidney beans, drained and rinsed	1 cup of mild salsa
2 bell peppers, sliced	1 1/2 cups of Mexican blend shredded cheese
1 onion, sliced	Salt and pepper to taste
Olive oil	Optional: chopped cilantro and pico de gallo for toppings
1 teaspoon of oregano	

Instructions:

1. Preheat the oven to 400 degrees Fahrenheit. Pierce spaghetti squash with a knife, place on a baking sheet and bake until tender (you'll be able to easily insert a knife), about 30-45 minutes. Allow to cool then cut open from top to bottom and allow to cool a little more so you can handle them. Next, cut out the seeds and discard. Also, shred a thin layer of spaghetti squash strands and transfer to a small bowl. Leave at least 1/2 inch rim of squash to hold the bowls intact.
2. While squash is cooking, sauté bell peppers and onion over high heat with a splash of olive oil. Once they begin to brown, toss with oregano, salt and pepper. Sauté for one more minute, then transfer to a small bowl. Next add the black beans, kidney beans and salsa to the pan. Add salt, pepper, chili powder and cumin. Heat until warmed through, then transfer to another bowl.
3. Begin to layer your fajita bowls. To each spaghetti squash, add a layer of peppers and onions, a layer of the bean mixture, a thin layer of your reserved spaghetti squash, then divide your cheese and spread across the top of each squash.
4. Place the squash under the broiler on warm until the ingredients are warmed through and cheese is melted. Top with chopped cilantro and serve with pico de gallo (optional).

Italian Spaghetti Squash Bowls—Kilyn Hash—1st Place-County

Ingredients:

1 medium spaghetti squash	1/4 teaspoon salt
1/4 pound ground beef (90% lean)	1/8 teaspoon pepper
1/2 cup chopped onion	1/2 prepared reduced sugar spaghetti sauce
1 garlic clove, minced	1/3 cup grated parmesan cheese
1 teaspoon Italian seasoning	1/3 cup shredded Italian blend cheese
Pinch of dill	

Instructions:

1. Cut squash in half lengthwise; scoop out seeds. Brush squash with olive oil to coat, add salt and pepper. Place squash, cut side down, on a cooking sheet. Bake, uncovered, at 375° for 30-40 minutes or until tender.
2. When cool enough to handle, scoop out squash, separating strands with a fork; set shells and squash aside.
3. In a skillet, cook the beef and onion until meat is no longer pink; drain. Add the garlic, Italian seasoning, dill, salt and pepper; cook and stir for 2 minutes. Add sauce; cook and stir for 2 minutes. Add squash to boat.
4. Bake, uncovered, at 350° for 15 minutes. Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.
5. Put under broiler to brown cheese.

Tater Soup—Colt Lawrence—1st Place-County

Ingredients:

4 cups diced golden potatoes
2—(14 ounce) cans chicken broth
1—(14 ounce) can cream of potato soup
1/2 cup chopped carrots
1/2 teaspoon minced garlic
1/3 teaspoon pepper
1—(8 ounce) package softened low fat cream cheese

Instructions:

1. In a 6-quart slow cooker, combine potatoes, broth, soup, carrots, garlic and pepper. Cover and cook on LOW for 5 hours.
2. Stir in softened low fat cream cheese and cook another 30 minutes, stirring occasionally until combined.
3. Garnish as desired with crumbled bacon, cheddar cheese, or minced onion.

Yield: 8 1/2 cup servings

Prep Time: 20 minutes

Cook Time: 5 1/2 hours

Cost: \$9.64

Bird Nest Taco Bake—Karsyn Dodrill—1st Place-County—5th Place-District

Ingredients:

1 spaghetti squash	1 cup black beans, drained
3 tablespoons coconut oil (<i>2 for squash, 1 for taco bake</i>)	1/4 cup salsa
Pepper and sea salt	2 tablespoons fresh chopped cilantro (<i>plus more for garnish</i>)
1/4 yellow onion, minced	2 tablespoons tomato paste
2 cloves garlic	1 tablespoon chili powder
1-pound ground turkey	1/2 jalapeno, chopped
2 tablespoons taco seasoning	Toppings: avocado, parmesan cheese, sour cream, cilantro

Instructions:

Spaghetti Squash:

Preheat oven to 400°F. Cut squash into 1" rings. Scrape out the seeds. Place squash on a baking sheet. Coat each ring with coconut oil and sprinkle with pepper and sea salt. Repeat on other side. Bake 15 minutes. Flip rings over and bake for another 15 minutes. Allow to cool for 15 minutes, then peel skin off and separate strands of squash with a fork.

Taco Bake:

While squash is roasting, heat oil in a large skillet over medium heat. Sauté onion and garlic for 4 minutes. Add ground turkey and taco seasoning to the skillet and cook until the turkey is cooked through. Add black beans, salsa, cilantro, tomato paste, chili powder and jalapeno to the skillet. Stir until combined. Remove from heat.

Place a serving of spaghetti squash on a plate. Add a serving of taco bake on top of spaghetti. Add avocado, parmesan cheese, sour cream, and cilantro as desired.

Black Bean and Corn Salad—Sawyer Monty—1st Place-County—3rd Place-District

Ingredients:

For the dressing:	For the salad:
1 tablespoon olive oil	1 15-ounce can black beans
1 lime, juiced and zested	1 15-ounce can whole kernel corn
1/4 teaspoon salt, to taste	1 cup quartered cherry tomatoes
1/4 teaspoon pepper	1 orange bell pepper
1/4 teaspoon cumin	1/2 red onion
1/8 teaspoon chili powder	

Instructions:

1. In a mixing bowl, add all of the dressing ingredients and whisk until well mixed.
2. Prepare the black beans by draining and rinsing them. Add to bowl.
3. Drain the corn. Add to bowl.
4. Quarter the cherry tomatoes and add to bowl.
5. Dice the orange bell pepper and add to bowl.
6. Dice the red onion and add to bowl.
7. Add the dressing to the vegetables in the bowl and stir until well mixed.
8. Best if served chilled.

Yield: 4 servings

Prep Time: 15 minutes

Cook time: 5 minutes and chill

Yummy Hummus—Saylor Monty—1st Place-County—1st Place-District

Ingredients:

1 15-ounce can chickpeas, rinsed and drained	1/2 cup tahini
1/2 teaspoon baking soda	2 to 4 tablespoons ice water (more if necessary)
1/4 and 1/4 cup lemon juice, divided	1/2 teaspoon cumin, ground
1 clove garlic, roughly chopped	1 tablespoon extra-virgin olive oil
1/2 teaspoon fine sea salt	1/2 teaspoon chili powder for garnish

Instructions:

1. Place chickpeas in saucepan and add the baking soda. Cover the chickpeas with water by several inches.
2. Bring the chickpea mixture to a boil over high heat. Continue to boil for 20 minutes; turn down heat if necessary to prevent overflow.
3. While the chickpeas are boiling, combine the lemon juice, garlic and salt in the food processor. Process until the garlic is finely chopped. Let the mixture sit for at least 10 minutes for the flavors to settle.
4. After the 10 minutes, add the tahini to the food processor and blend until thick and creamy. Stop and scrap down the sides as needed.
5. While the food processor is running, slowly pour 2 tablespoons of ice water. Scrape down the sides and blend until ultra smooth, pale and creamy. Add additional ice water as needed to desired consistency.
6. After the chickpeas have boiled for 20 minutes, or until they look bloated and the skins are falling off, remove them to a fine-mesh strainer and drain them. Run cool water over them for approximately 30 seconds.
7. Add the chickpeas and cumin to the food processor. While blending all the ingredients, slowly pour in the olive oil. Blend until ultra smooth, scraping down the sides as needed. This should take approximately 2 minutes. Additional ice water may be added to reach desired texture.
8. Taste and adjust as needed. Extra salt or lemon juice may be added to enhance flavor.
9. Scrape the hummus out of the food processor into a serving bowl. Create a swirl on top. Add garnishes as desired.

Yield: 8 servings Prep Time: 20 minutes Cook Time: 20 minutes

Lilly Rainey—1st Place-County

Ingredients:

- 2 eggs
- 1/2 cup of brown sugar
- 1 teaspoon of baking soda
- 1 teaspoon of vanilla extract
- 1 cup of natural peanut butter
- 1 cup of old-fashioned oats
- 1/2 cup of semisweet chocolate chips

Instructions:

1. Heat oven to 350 degrees. In medium mixing bowl, put 2 eggs and 1/2 cup of brown sugar. Mix until smooth.
2. In another mixing bowl, mix 1 teaspoon of baking soda and salt. Add this mixture into the other bowl and mix together. Add 1 teaspoon of vanilla extract and 1 cup of natural peanut butter to the mixture and mix together. Next add 1 cup of old-fashioned oats and 1/2 cup of semisweet chocolate chips and mix.
3. Scoop the dough into balls and place them on a cookie sheet. Flatten the cookies with a spatula and sprinkle with salt. Now place into the oven for 10 minutes or until golden brown. Then take them out of the oven to cool.

Yield: 24 cookies



EASTLAND COUNTY 4-H PHOTOGRAPHY CONTEST



Entries due Friday, March 5th

All entries must be the work of the exhibitor and taken after January 1, 2020.

Photographs must be printed in an 8x10, mounted on foam board and submitted in a clear plastic sleeve.

1st, 2nd and 3rd will be awarded in each category.

Best of Show will be awarded in each age division.

All 1st place entries will advance to District 8 4-H Photography Contest.

Categories:

Animals—Domestic

Animals—Wildlife

Catch-All

Details & Macro

Elements of Design

Enhanced

Food

Landscape & Nature

Leading Line

Long Exposure

Motion/Action

People

Plant/Flora

Shadow/Silhouette

Theme—*Forced Perspective*

Exhibitors may enter as many categories as they wish,

but only one entry per category is permitted.



**DISTRICT 8 4-H
DUDS TO DAZZLE,
FASHION SHOW & STORYBOARD**



Monday, April 19th

Cleburne Conference Center

Entries due Monday, March 15th

Fashion Show: Individual Storyboard: Individual

Duds to Dazzle: Team (3-4 members)

*If you are interested in participating in this event,
please contact the Extension Office at 254-629-2222.*

**DISTRICT 8 4-H
CONSUMER DECISION MAKING**

Monday, April 19th

Cleburne Conference Center

Entries due Monday, March 15th

Individual or Team (3-4 members)

*If you are interested in participating in this event,
please contact the Extension Office at 254-629-2222.*





MULTI-DISTRICT 4-H LIVESTOCK, MEAT & SOIL JUDGING



Saturday, April 24th

TAMU in College Station, TX

Entries due Friday, March 26th

Individual or Team (3-4 members)

*If you are interested in participating in this event,
please contact the Extension Office at 254-629-2222.*

DISTRICT 8 4-H JUDGING CONTESTS

Date & Location TBA

Livestock Skill-a-thon Entomology ID Plant ID

Mohair Judging Wool Judging

Range Evaluation Ag Product ID

Entry deadlines will be announced via
Facebook and email as soon as possible.



*If you are interested in participating in this event,
please contact the Extension Office at 254-629-2222.*





EASTLAND COUNTY

LIVESTOCK SHOW



Wednesday, January 13

9:00 AM—Gates open for animals to be admitted

9:00 AM—Art, Photography, Canning, Sewing & Baking entries for Creative Arts Contest accepted

4:00 PM—Scales Open—HOGS ONLY

5:00 PM—Chicken and Turkey Check In

6:00 PM—Chickens and Turkeys must be in place

7:00 PM—Poultry Show—Broilers followed by Turkeys (Moylan Exposition Arena)

7:00 PM—Hogs must be weighed and in place

7:00 PM—Deadline to turn in Art, Photography, Canning, Sewing & Baking entries

Thursday, January 14

8:00 AM—Swine Show—Breeding followed by Prospect Pigs, then Market (Moylan Exposition Arena)

9:00 AM—Cattle Check In

9:00 AM—Ag Mechanics (Hutto-Humiston Building)

11:00 AM—Cattle must be weighed and heifer papers turned in

2:00 PM—Cattle Show—Beef Heifers, then Steers (Outside Showring)

Immediately following Steer show, Commercial Heifer Show (Commercial Cattle Pens)

****If bad weather, then cattle will show immediately after hog show****

4:00 PM—Scales open for Lambs, Goats and Rabbits

7:00 PM—Lambs, Goats and Rabbits must be weighed and in place

Breeding rabbits need to check in (do not need to bring breeding rabbits)

Friday, January 15

8:00 AM—Rabbit Show (Market followed by Breeding)

10:00 AM—Angora Goats—Breeding followed by Market (Moylan Exposition Arena)

11:00 AM—Market Lambs followed by Market Meat Goats (Moylan Exposition Arena)

INTERMISSION

1:00 PM—Breeding Sheep followed by Breeding Meat Goats (Moylan Exposition Arena)

6:00 PM—Deadline to remove Creative Arts entries from Judge Scott Bailey Event Center

Saturday, January 16

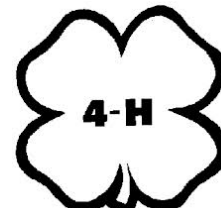
12:00 PM—Buyers Meal

1:00 PM—Auction and Presentation of Awards *****No animals at the sale*****

If you need any help clipping/trimming any show animals, please contact the Extension Office at 254-629-2222 before Wednesday, January 6th.



EASTLAND COUNTY CREATIVE ARTS CONTEST



January 13—15, 2021

All contests are now open to all Eastland County residents, age 5 and up, including professionals!

Youth Entries \$1 Adult Entries \$2

Contests include Art, Photography, Baking, Canning and Sewing!

All contest entries can be turned in at the Eastland County Extension Office on Tuesday, January 12th from 8am until 5pm, at the Judge Scott Bailey Event Center on Wednesday, January 13th from 9am until 7pm, or at the ECLRA Show Grounds, Hutto-Humiston Building, on Wednesday, January 13th from 9am until 7pm.

Judging will begin at 3pm on Thursday, January 14, 2021.

Results will be announced on the AgriLife Extension-Eastland County Facebook page on Friday, January 15, 2021.

Due to COVID-19 restrictions, entries will not be on display.

Entries must be picked up from the Judge Scott Bailey Event Center on Friday, January 15, 2021 from 10am until 6pm.

For more information, call the Eastland County Extension Office at 254-629-2222.

Rules and entry forms can be found at <https://eastland.agrilife.org/fcs/creative-arts-contest/>



UPCOMING IMPORTANT DATES



- Dog Validation deadline: January 10th
- District 8 4-H Horse Judging entries due: March 15th
- District 8 4-H Rifle Match entries due: March 26th
- District 8 4-H Leaders 4 Life Skillathon entries due: March 26th
- Horse Validation opens: April 1st
- District 8 4-H Roundup entries due: April 9th

UPCOMING STOCK SHOWS

- SandHills Stock Show: January 6th—9th
- Eastland County Stock Show: January 13th-16th
- Fort Worth Stock Show & Rodeo: CANCELLED
- San Angelo Stock Show: February 3rd—21st
- San Antonio Stock Show: February 11th—28th
- Houston Livestock Show: February 26th—March 21st
- Austin Stock Show: March 12th—28th

Call the Eastland County Extension Office at 254-629-2222 if you need an Excused Absence Letter sent to your school for any stock shows you will be participating in.



COVID 19 and 4-H



We encourage you to be socially responsible by helping to minimize the spread and impacts of this virus. Please keep washing your hands and take care of yourself, your family and friends. If you feel sick, take actions to not spread the disease, especially among the elderly or those with underlying health challenges. You can find additional resources at texashelp.tamu.edu, dshs.texas.gov/coronavirus/ and www.cdc.gov/coronavirus/2019-ncov/index.html

Thank you for your continued support and leadership!

We are anxious to see you all in person soon!



The members of Texas A&M AgriLife provide equal opportunities in programs, education and employment, without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.



4-H COUNCIL "BUILD A BUNK"



HEAD, HEART, HANDS GIVE HEALTH OF A BETTER NIGHTS SLEEP TO KIDS IN NEED

The Eastland County 4-H Council adopted "BUILD A BUNK" as their community service project. This projects purpose is to give children in Eastland County a bed and mattress who are sleeping on the floor without a bed. The local CPS office, Open Door Pregnancy Center, and Eastland County Child Welfare Board have been notified and will give the 4-H Council referrals.

Regina Watkins, the Adult Leader for the County Council 4-H got the idea by seeing a similar project lead by "Sleep in Heavenly Peace" in a magazine while on an American Airlines flight. Mrs. Watkins talked to her 4-H Council about the idea at this summer's officer training and the council voted on the idea as an ongoing project.

Due to the COVID-19 guidelines, each of the council members are building the beds with their own families using detailed woodworking instructions with lumber and hardware. Thus far, two "Build A Bunk" beds with new mattresses and linens have been delivered, giving four youth a new safe and clean sleeping arrangement.

The Eastland County 4-H Council has raised enough to get seven children off the floor with a bed, mattress, and bedding. The Council will continue to take donations at the First Financial Bank made to the Eastland County 4-H Council or at the Texas A & M AgriLife Extension Office. For more information call 254-629-2222.

Pictured is Colt Lawrence of The Rising Star 4-H Club, and his Father Howard Lawrence cutting the wood, and a building the bunk bed. It was a team effort, with his brothers and sister (all former 4-H'ers) helping as well.

