



Prince William 4-H

Our Clubs, Our Community



July 19, 2023

Upcoming Events

- Jul 23-27** - Prince William/ Stafford 4-H Junior Camp
- Aug 5** - Market Day #3
- Aug 12** - 4-H Northern District Shoot
- Aug 14-18** - Prince William 4-H Fair Camp
- Sep 2** - Market Day #4
- Sep 8-10** - VA 4-H State Shoot
- Sep 22 - Oct 1** - 2023 State Fair of Virginia
- Sep 30** - PW 4-H Open House
- Oct 1** - Happy New 4-H Year!
- Oct 14** - Market Day #5
- Nov 24-28** - National 4-H Congress

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Click to Visit



Volunteers Needed for 4-H Activities at the PWC Fair



WORKDAY WEDNESDAY

[Click here to signup.](#)

We had a group of enthusiastic youth that helped cut and sort items for Fair week. They enjoyed their time together talking about last fair camp and plans for this year. Thank you to the youth for taking time out of their summer vacation to help get things ready for another great week of Children's Barn fun and Fair Camp!



CHILDREN'S BARN VOLUNTEERS

[Click here to signup.](#)

We need A LOT of youth and adult volunteer support at the PWC Fair for our exhibits to be successful. The Fair is only weeks away...please sign up so we can solidify our plans. See more information on [Page 4](#) as well as in the signup.

4-H FAMILY NIGHT AT THE FAIR

We need teen leadership to help plan and run 4-H Family Night at the Fair on August 14th from 5-8 PM. If you have a teen interested in volunteering, please contact DeeAnn Strand. dstrand@pwcgov.org or 703-792-4762

Volunteers receive free entry into the Prince William County Fair when volunteering.

Fair Camp Counselor Two-Part Training Sessions



Prince William 4-H Fair Camp Counselors must attend a two-part training session for counselors to prepare for their leadership roles at camp. There are two dates for each part to choose from:

Part 1: Aug 1, 10-12pm - or - Aug 8, 5-7 pm

Part 2: Aug 3, 5-7pm - or - Aug 7, 10-12pm

Location: Jean McCoy Conference Room, 7987 Ashton Ave. Manassas, VA 20109

All camp counselors must attend a Part 1 and Part 2 session. Check your email for signup coming soon.



**Prince William 4-H
Young Entrepreneurs**
Market Day 2 featured 4-H'ers Diallo,
Koa, Xanthie, Aisling, Amari, Zaynab
& Ruqayyah, Ayden and Lexi.

SAVE THE DATE
Market Day 3 is August 5th.

PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023



4-H CHILDREN'S BARN

Daily Activities, 2-8 pm

THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

Daily Exhibits, 2-8 pm

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can **THRIVE WITH 4-H!**

4-H FAMILY FUN NIGHT AT THE SHOW BARN

Monday, August 14th, 5 pm

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

PRINCE WILLIAM 4-H FAIR CAMP

August 14th-18th, 9 am-12:30 pm, \$50 fee includes activities, snacks, and a camp t-shirt. Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Airgrounds South Barn and grow in a safe and exciting environment with fun activities, games, and art projects and more, in the 4-H Pillars of STEM, Health Living, Agriculture and Civic Engagement. Visit www.pwc4h.org for more information and registration links.

Discover a world of opportunities in Prince William and **THRIVE WITH 4-H!**



CAMP IS FULL



VOLUNTEER

and THRIVE
with 4-H!

Prince William 4-H at the County Fair

4-H YOUTH VOLUNTEER OPPORTUNITIES

Workday Wednesdays

Dates: Every Wednesday from June 21st - August 2nd

Time: 10 am - 2 pm; bring a bag lunch

Location: PWC 4-H Office

Who Should Volunteer: All middle school and high school 4-H'ers (bring a friend!)

[Click here to signup.](#)

Youth volunteers will be planning the activities, cutting, pasting, organizing, bagging, and more, for the enrichment activities at the 4-H Children's Barn at the PWC Fair and Prince William 4-H Fair Camp.

Whether you're crafty, strong at lifting, good at organizing, innovative, or a worker bee, we need you to help us prepare!

Join the fun!

PWC Fair 4-H Children's Barn & Ag Barn - Youth Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts available

Location: PWC Fairgrounds

[Click here to signup.](#)

Youth volunteers are needed to assist youth and families with their activities as well as help direct the community service activities, assist with activities, share their 4-H stories and more.

ADULT VOLUNTEER OPPORTUNITIES

4-H Summer Fair Camp Chaperone

Dates: August 14th - 18th

Time: 8:30 am - 1 pm

Location: PWC Fairgrounds

Signup coming soon.

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience.

Adults are primarily chaperones, group facilitators, or help to distribute snacks. Any time that you can offer is welcome!

PWC Fair 4-H Children's Barn & Ag Barn - Adult Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts

Location: PWC Fairgrounds

[Click here to signup.](#)

Visitors to the 4-H Children's Barn will be greeted by the Barn Manager and directed to activities. Adult volunteers will be on hand to answer any questions, assist with activities, and assist youth volunteers with community service and Ag Barn activities.



Prince William County Fair Contests

Prince William County Fair
August 11 - 19

[Click here for the Prince William County Fair website.](#)



2023 OPEN AGRICULTURE DIVISION

Dairy Cattle, Beef Cattle, Swine, Dairy Goats, Sheep, Poultry, and Rabbits

4-H members may exhibit in any class. All livestock entries and fees must be postmarked no later than Monday, July 24th. **Special awards specifically for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



2023 HOME ARTS

Farm & Garden Produce, Flowers & Gardens, Food Preservation, Baked Goods, Handicrafts, Ceramics, Art, and Photography
No entry fees are charged. Each exhibitor may enter only one item per class. All exhibits must have been canned, baked, made, or grown by the exhibitor, except flower arrangements where some materials may be purchased. All entries must have been canned, baked, made or grown by the exhibitor since the end of 2021. **Junior Special Awards for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



4-H PROJECT BOOKS

4-H youth may submit last year's or this year's (if complete) project book in the Youth Home Arts Educational category (see page 72 in the Fair Contest Catalog). [Click here for contest rules and entry forms.](#)



2023 FAIR PAGEANT

Miss and Mister competition categories from 1 month to 22 years. [Click here for more information and entry form.](#)

RULES AND ENTRY FORM COMING SOON FOR:

2023 Fair Mullet Contest
2023 Power Wheels Derby



Virginia 4-H Shooting Education Sports Updates



VIRGINIA 4-H ARCHERY INSTRUCTOR CERTIFICATION

Date: August 5-6

Location: Fredericksburg-Rappahannock Izaak Walton League located, Spotsylvania, VA

Cost: \$135. Lunch is provided on Saturday and Sunday. Overnight accommodations not included.

Registration due July 27th and is limited to 16 participants.

Contact Robert Borka, bestbuds4h@gmail.com, Cell 540-755-1654 to register.

The Virginia 4-H Shooting Education Training Team offers instructor certification for adults and experienced teens ages 16 and older. Teens will not be accepted in a full class that will preclude attendance of an adult. First-time participants are required to complete on-line training by Tuesday, August 1. First-time participants who completed the online course in 2022 do not need to repeat the course.

The Training Team reserves the right to withhold certification. Participants will have an opportunity to demonstrate their teaching skills through a practicum and measure their knowledge through a written test. Positive Youth Development is the #1 goal of the 4-H Shooting Education Program!



2023 VIRGINIA 4-H STATE SHOOT

Date: September 8-10

Location: Holiday Lake 4-H Center

[Click here for more event information.](#)

[Click here for information on how to register.](#) **Registration due August 7th.**

Portfolio Certification Deadline: August 28th.

All attendees over the age of 4 must be registered: "Match Participants" (youth competitors) and "Non-Participants" (parents, coaches, siblings, etc.). There are numerous changes to the rules for 2023.



Virginia 4-H Youth Animal Science Updates

VIRGINIA STATE 4-H HORSE SHOW

Date: September 7th - 10th

Location: Lexington, VA

[Click here for more information and registration information.](#)

[Click here for the Show website.](#)

IMPORTANT DEADLINES:

- * **July 31st** – Entry submission deadline using the [Fair Entry System](#)
- * **August 10th** – Deadline for Orientation Meetings and Payment Submission

2023 STATE 4-H HORSE SHOW SILENT AUCTION

Last year's silent auction brought in over \$13,000 for the Virginia 4-H Horse Program! If you are able to donate an item for the auction, raffle, or cash donation to offset costs, please contact Rose McDonald, 4-H State Horse Show Silent Auction Chair, 540-877-4935.



HORSE SHOW HEROES

The Horse Show Hero Program is an extremely important and beneficial sponsorship opportunity for our State 4-H Horse and Pony Show and allows families and participants to gather support and sponsorships from friends, family, and local businesses. These supporters are recognized in the Show Program as Horse Show Heroes and the funds are utilized to help provide prizes, awards, and cover the costs of operating the Show.

The Horse Show Hero sponsorships that each participant gathers are cumulative and allows exhibitors to earn scholarships towards their entry fees, special awards, and priority stalling for the Units (County/Independent City) or Clubs that gather the most sponsorship dollars, so this is a great opportunity for you to help the show, while also working towards some cool incentives for you and your fellow club members.

Please contact [MaryBeth Lerch](#) if you or your business is interested in sponsoring a 4-H rider.



VIRGINIA 2023 STATE 4-H & FFA DAIRY YOUTH FIELD DAY

Date: Thursday, August 3rd

Location: Rockingham County Fairgrounds, Harrisonburg

Registration Deadline: Thursday, July 27th by 5 pm.

[Click here for more information and to register.](#)

The State 4-H Dairy Cattle Judging Contest will take place on Friday, August 3, 2023, as part of the State 4-H/FFA Dairy Youth Field Day. The 2023 State 4-H & FFA Dairy Youth Field Day will serve as the State 4-H Dairy Cattle Judging Contest, State FFA Dairy Cattle Evaluation & Management Career Development Event, and State FFA Dairy Handlers Activity.

VIRGINIA 4-H PORK CHALLENGE

Date: Saturday, August 26th

Location: George Washington Carver Center, 9432 James Madison Hwy., Rapidan, VA

Who Should Participate: All Prince William 4-H'ers and Food Challenge Teams

Registration Deadline: August 4th [Click here for contest rules and website for registration.](#)

The Virginia 4-H Pork Challenge challenges youth to create a dish using only a predetermined set of ingredients. From these ingredients, youth must identify and prepare the dish, then make a presentation about it to the judges. This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.

Please note that the rules were adapted from the other food challenge contest areas and thus, very similar in nature. This contest will be limited to 10 teams and when registration opens on July 6 it will be handled on a first-come, first-serve basis.

*Open to teams who registered by August 4, 2023.
 *For youth 9-18 years of age by 8/2/23.
 *For more information contact:
 Dr. Tonya Price
 tprice@4h.edu
 540-232-4012
 or
 Mrs. Kelly Mahony
 kmahony@4h.edu
 540-948-6885

*If you are a person with a disability and there are system barriers, please contact the appropriate person listed below for general information. If you are a person with a disability and there are system barriers, please contact the person listed below for general information. If you are a person with a disability and there are system barriers, please contact the person listed below for general information.

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Virginia 4-H Youth Animal Science Updates *Continued*

VIRGINIA 4-H RABBIT SHOW AND CLOVERBUD CLINIC

Date: September 16th

Location: at [Field Days of the Past](#) event in Amelia, VA

Registration Deadline: September 1st. [Click here to register.](#)

[Click here for the 4-H Study Guide.](#)

First Annual 4-H Rabbit Show and Showmanship Clinic will be held at the 2023 Field Days of the Past in Amelia County. All Virginia 4-H youth that might be interested in participating or attending to learn more about Rabbit Shows and Rabbit Showmanship are invited. There will be a Showmanship Clinic for Cloverbud youth (ages 5-8), so this is an excellent opportunity to get those “littles” involved at an early age and grow them into the program. If you have questions, please contact Mackenzie Gunn (mgunn@vt.edu) or Terry Abston (tabston@vt.edu).



2023 STATE FAIR OF VIRGINIA YOUTH LIVESTOCK (BEEF CATTLE, MEAT GOATS, SHEEP, SWINE)

Dates: September 22nd - October 1st

Location: The Meadow Event Park, Doswell, VA

Then State Fair Entry System is open and accepting entries.

- July 21 - Last day to request DNA Envelope/Tags to be mailed
- July 31 - Nomination Portal closes at 5 PM - Nomination forms and DNA samples must also be postmarked by this date
- August 1 - ALL Registered Breeding Animals, Registered Market Hogs and Registered Market Beef must be registered in the name of the exhibitor
- **August 21 - Entry System closes at 5:00PM**

NEW FOR 2023 – Supreme Overall Showman Competition!

[Click here for full details on the State Fair of Virginia Youth Livestock Show website.](#)

[Click here for the State of Virginia Youth Livestock website.](#)

IMPORTANT LINKS

- ➔ [Click here for the most recent Virginia Youth Animal Sciences Newsletter](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Calendar](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Facebook Page](#)

VCE Ag Today

Presents...

Farm Succession

Thursday, July 27th @ 9 am

with speakers
Crysti Hopkins & Rachel Henley
Certified Succession Coordinators

Join us LIVE!
on Zoom or FB

<https://bit.ly/vceagtodaylive>

By Phone: 1-312-626-6799
Meeting ID: 344 371 334
Recorded sessions: <https://bit.ly/vceagtodayvideos>

SCAN ME

If you are a person with a disability and need assistance or accommodation, please notify VCE Westmoreland at 804-493-8924/100* during business hours of 8:00 a.m. and 5:00 p.m. TDD number is (800) 828-1120.

FIELD DAYS OF THE PAST

4-H RABBIT SHOW

AND CLOVERBUD CLINIC

SEPTEMBER 16TH, 2023

Join us for the first annual 4-H Rabbit Show and Cloverbud Showmanship Clinic!

The show and royals competition is open to any current 4-H members and non-members ages 9-18

Clover buds ages 5-8 can exhibit their rabbits in a showmanship clinic. All entries must be received by September 1, 2023. Late entries will not be accepted. Royale Competitor Study Guide can be found at <https://bit.ly/vce4hrabbit>

REGISTER HERE: <https://bit.ly/vce4hrabbit>

Use link above for entry form, payment information, and 4-H Online instructions

For questions please contact Mackenzie Gunn at mgunn@vt.edu or (804) 561-7481

Equine First Aid for Owners



Presented by:
Dr. Stacy Gravelle

Topics covered:

- Common emergencies
- Bandaging
- Supply list
- Obtaining vitals
- When to call the vet
- Q & A with the vet

When: July 23rd, 2023
9am-12pm

Location: Winsome Farm
7000 Grand Brooks Road
Spotsylvania, VA 22551

Registration: \$25

To register: contact
Debby Springman, LVT at
winsomefarmva@gmail.com



Dr. Gravelle is the owner and founder of Four Seasons Equine Veterinary Service. She is certified in veterinary equine acupuncture, spinal manipulation, and Tui-na through the Chi University. She is currently working on her herbal certification in Chinese Herbal Medicine.

4seasonsequine.com

Virginia 4-H at NASCAR



Virginia 4-H Pledge of Allegiance



Sunday July 30th

Come support your local 4-H as they present the Pledge of Allegiance at the NASCAR Cup Series Race

<https://fevo.me/virginia4hrichmond>

For questions about camping, pre-race passes, or parking please contact Drew Jackson at (386)200-9088 or djackson@nascar.com

Date: Sunday, July 30th

Location: Richmond International Raceway

Ticket Cost: \$50

[Click here to purchase tickets.](#)

Virginia 4-H members will lead the Pledge of Allegiance prior to the race beginning on the event stage. Parents and families are allowed on the track's infield to watch and video the youth.

The NASCAR tickets are being sold to us at the discounted price of \$50 to 4-H members, volunteers, and 4-H supporters (a discounted price from their face value rate of \$98). Be sure to select Prince William 4-H when you purchase tickets. \$10 of each ticket purchased by Prince William 4-H'ers will be donated to Prince William 4-H.

National 4-H



JUST ANNOUNCED! 2023 4-H STEM CHALLENGE: POWER PROTECTORS

[Click here to learn more.](#)

Explore the exciting world of renewable energy with the 2023 4-H STEM Challenge, Power Protectors! Developed by 4-H educators from Cornell University, The University of Illinois, West Virginia University and Utah State University, Power Protectors consists of three activities that provide kids with the knowledge to address real-world issues and explore careers in energy. Learn more about this year's STEM Challenge during our live webinar Wednesday, August 9th, at 2:00 PM ET, and find out when the Power Protectors Activity Kits will be available.

CLOVER BY 4-H: WIND POWER - UNLEASHING SUSTAINABLE ENERGY

[Click here to access the free activity.](#)

The wind is a powerful force of nature. And you can make it work for you! This CLOVER activity introduces you to mechanical engineering and wind power by showing you how wind can be converted into energy. (Must have a free Clover account to access free curriculum.)

Revealing the Facts About Fentanyl and Overdose

Click to watch:

<https://www.youtube.com/watch?v=HodIM25IYNy>

https://youtu.be/Yf2FO5_WeiY

Click here to learn more:

<https://www.fentanylExposed.com/>

Fentanyl is being laced into street drugs across the greater Prince William County area. Fentanyl is undetectable and untraceable, which means it's causing a spike in teen overdoses. Stay safe by knowing the risks and what to do in case of an overdose.

STEP 1: Call 911 - Put the phone on speakerphone and place it on the ground.

STEP 2: Give Naloxone

STEP 3: Start Breaths - Help them breathe with mouth-to-mouth rescue breathing until medics arrive.

STEP 4: Wait for Help - If they are breathing, stay with them and check in on how they are doing until help arrives.



Free summer webinar series

Are you hungry to learn how to incorporate oysters into your culinary repertoire? Satisfy your appetite and indulge in the oyster edition of Eat More Fish!

Gain the know-how to start savoring oysters at home by joining our team of Extension specialists, industry insiders, and skilled cooks in this 3-session webinar series. Register and dive into the science behind incorporating oysters into our diets while celebrating their incredible role in supporting healthy waters. Learn the essential knowledge and techniques to safely and scrumptiously prepare oysters in your own kitchen — from selecting and handling to cooking and even shucking!

2023 PROGRAM DATES

- August 9
- August 16
- August 23

Learn more and register online
<https://bit.ly/EMOEB>

Virginia Cooperative Extension
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July 14, 2023

Re: Vinegar acidity level – food safety considerations.

The National Center for Home Food Preservation acknowledges the concerns raised by consumers regarding the use of 4% vinegar acidity for canning. We would like to provide the following important points for your consideration if you have utilized vinegar in your home canning practices:

Recipe Recommendations: It is crucial to note that all our recipes, including those from the National Center for Home Food Preservation (NCHFP) and the United States Department of Agriculture (USDA), were extensively tested and recommended the use of vinegar with 5% acidity. Currently, it is strongly advised against using vinegar with lower acidity levels (<5%), as it may not be sufficiently strong to ensure the safety of the canned products. Always remember to check the vinegar label for its acidity level.

Evaluating Canned Food Products: If you have used vinegar with lower acidity (less than 5%) in your canned food products and you followed a validated recipe, we recommend considering the following:

- i) If your canned food has been preserved for **less than 24 hours** using 4% vinegar, it is advisable to store the jars in the refrigerator to maintain the safety and quality of the product.
- ii) If your canned food has been preserved for **more than 24 hours** using 4% vinegar, it is advisable to discard the product.

Please remember that ensuring the safety of your home-canned products is of utmost importance. Following tested and approved recipes, including the use of recommended vinegar acidity, is crucial for maintaining the safety and integrity of the preserved foods.



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BUZZ, BODY & BITES

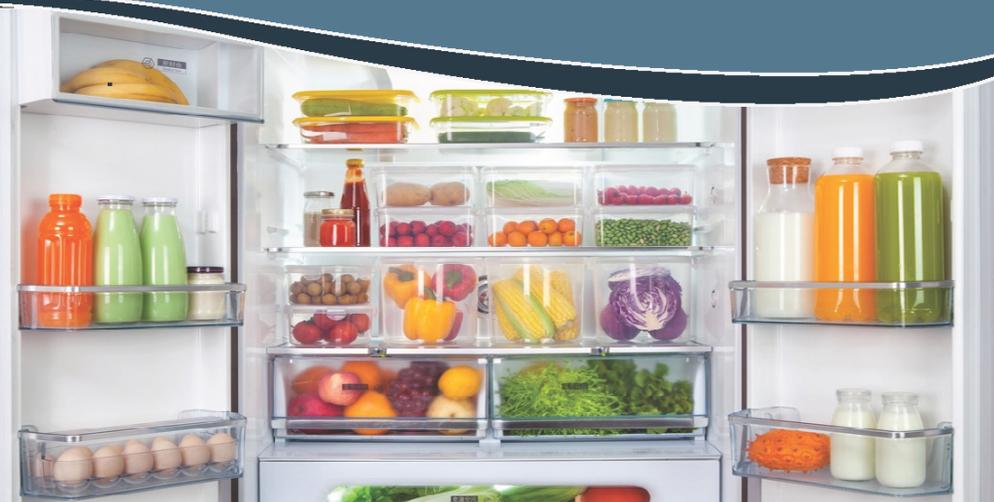
A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
July 2023 Newsletter

Buzz

TIPS AND TRICKS TO REDUCE HOME FOOD WASTE

- Plan your meals ahead - know what food you have on hand and plan meals to use your leftovers.
- Organize your refrigerator - Use the "first in, first out" rule. Store newer foods toward the back and older foods toward the front. Avoid clutter so that you can see what you have.
- Use clear containers - Store food in clear containers so you can see what you have on hand.
- Store foods the right way - Different foods need to be stored in different ways. Use the FoodKeeper App for information on how to store different foods to maintain freshness and quality.
- Make stock - freeze vegetable and protein trimmings as they accumulate in the week. Then use them to make homemade stock.

For more information about how you can reduce food waste visit:
www.epa.gov/recycle/preventing-wasted-food-home



Reducing Food Waste at Home: Why and How

Let's start by taking a brief quiz:

- Are you fanatical about following date labels?
- Do you go to the grocery store, purchase an item, and then return home to find the same item in your fridge or cabinet?
- Have you had to remove liquid-y cilantro or green onions from your "crisper drawer" because they spoiled more quickly than you imagined?
- Do you fill your fridge with healthy items with the best intentions of eating them, but then end up ordering pizza or other pre-made meal?

Hey, we've all been there, but throwing food away is a waste of money, and all of the resources that went into growing, harvesting, and preparing the food. *According to the USDA, a family of four wastes up to \$1500 a year on food that they buy and do not eat.* Additionally, food that is thrown into a garbage bag that goes to a landfill does not decompose properly, releasing methane gas into the atmosphere. Methane gas is 30 times more powerful than carbon dioxide and a large contributor to climate change. On a practical note, throwing food away makes your garbage smell and needs to be taken out more frequently.

What if there were simple habits you could adopt to use up your groceries efficiently, save money, and protect the environment? Sounds too good to be true? It really isn't!

1. Be more thoughtful about your shopping. Check your refrigerator and pantry before you go to the store to ensure you don't purchase an item you already have at home.
2. Store your food properly to make it last longer. Store fresh herbs like cilantro in a glass with water, like a bouquet of flowers. To ensure your fruits and vegetables don't ripen too quickly separate apples from other items. Apples release ethylene which ripens other vegetables and fruits.
3. Understand date labeling. The only true "expiration date" on food is for infant formula. Most other "best before" or "enjoy by" dates refer to the peak freshness of items. Avoid items that have visible mold or smell rancid, but use your senses to make an assessment for yourself before tossing unopened, past-dated items.

Authored by Amy DeLorenzo, ORISE Research Fellow, US EPA

Bites

Basic Vegetable Stock



This stock recipe uses vegetable trimmings that you can collect and freeze throughout the week.

Modified from <https://savethefood.com/recipes/basic-vegetable-stock>

Basic Ingredients:

- 4 lbs chicken bones (necks, backs, wings, and feet)
- Some recommended vegetables include: 1 carrot, celery stalk, garlic clove (unpeeled), ½ onion, ½ leek greens or 1 shallot.

- Vegetable trimmings from the week
- Herbs of choice - bay leaf, parsley, cilantro, etc.

A note: avoid cruciferous vegetables (broccoli, cauliflower, cabbage, etc.) and peppers, which can dominate the flavor.

Instructions:

1. Place the scraps in a medium saucepan and cover with cold water by 2 inches. Add the bay leaf and other herbs, salt and pepper to taste. Bring to a simmer over medium heat. Lower the heat and gently simmer for 1 hour.
2. Strain through a colander into a heatproof bowl. Set the stock aside to cool to room temperature. Carefully pour off the broth, leaving any sediment behind.
3. Store in the refrigerator for up to 5 days or freeze for 6 months.

Body

Outdoor Exercise

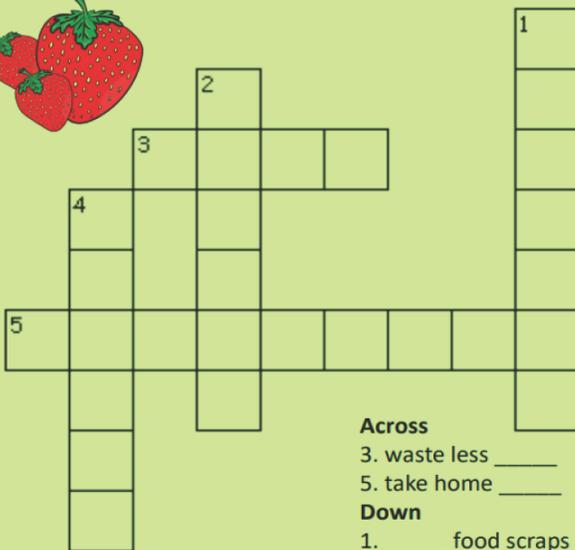
With the weather warming up, it's a great time to get outside for some fresh air to achieve the recommended **150 minutes of moderate activity each week**. Take a hike!

Find some excellent hikes by asking a park ranger or using a reliable site for hiking trail suggestions based on your fitness level. (VA State Park Hikes - <https://www.dcr.virginia.gov/state-parks/hiking>).

Our State Parks have some excellent, well maintained trails. Utilize multi-use trails, like rails-to-trails, for walking or biking. Public parks and school tracks are other locations to walk/jog.

Keeping active is an important part of a healthy lifestyle, but staying safe while being active is important. In our coming newsletters, we'll discuss tips for exercise safety.

Mind Games



Across

3. waste less _____
5. take home _____

Down

1. _____ food scraps
2. _____ food to the hungry
4. _____ uneaten food

- Answer key:
1. compost
 2. donate
 3. food
 4. freeze
 5. leftovers

RESOURCES

Environmental Protection Agency Preventing Wasted Food At Home
www.epa.gov/recycle/preventing-wasted-food-home

Food Keeper App
www.foodsafety.gov/keep-food-safe/foodkeeper-app

USDA: The Impact of Food Waste
www.usda.gov/foodlossandwaste

VA State Park Hikes
www.dcr.virginia.gov/state-parks/hiking
www.dcr.virginia.gov/state-parks/biking-multiuse

VA National Park Hikes
www.nps.gov/blri/planyourvisit/va-trails.ht

Editors: April Payne, MS; Carlin Rafie, PhD, RD, Aisha Salazar, MS

Peer reviewers: Kimberly Booker, MS; Jane Henderson, MEd; Susan Prillaman, MS

From EPA's Food is Too Good To Waste Activity Book: <https://www.epa.gov/students/reducing-food-waste-activity-book>

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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[National 4-H](#)



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PWC 4-H Resources

National 4-H

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[STEM in Virginia 4-H](#)

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Portfolio Records

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**2022-2023 PWC 4-H
Association Officers**

Youth Officers

Samantha Whysong, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

Susan Wolf, President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Mary McDonald, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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