



November/December 2018



Lafourche Happenings

LSU Agricultural Center

Volume 5, Issue 5

Junior Leader Times



Tricks! Treats! Both were in store this month for the Junior Leaders at their October Club meeting. Going along with tradition, the Junior Leaders had the annual costume pumpkin decorating contest along with fun and games. Laughs were had and candy was eaten. It was definitely a “Spooktacular” event. Jr. Leaders made treat

bags to donate to Thibodaux Cancer Center as part of their “Kick Cancer” service project. Sweet potato, rice and pecan sale has started. Delivery will be Nov. 20th at the Ag. Building in Raceland.

The next meeting will be held **Nov. 28, 2018**, at the Agriculture Building in Raceland from 5:30—7:00 p.m. We will celebrate Thanksgiving by having a feast.

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Regional Rabbit Show

There will be a Regional Rabbit Show held **Monday, Nov. 19, 2018**, at the Agriculture Building in Raceland beginning at 9:00 a.m.

For more information on the rabbits show and to obtain entry forms, please go to our website at www.lsuagcenter.com, go to parishes, Lafourche, 4-H and activities.

Calendar of Events:

- Nov. 14-15
Challenge Camp
- November 19
Regional Rabbit Show
- November 28
Junior Leader Meeting
- December 1
Pet & Poultry Day
- December 19
Junior Leader Meeting
- January 19
Parish Livestock/Rabbit Show/Ground Beef, Rice & Sweet Potato Cookery
- January (TBA)
Honey Bee Essays are Due

4-H Display Winners

Congratulations to all schools that participated in the 4-H Display Contest during National 4-H Week. Results are:

Elementary Division

- 1st Place – Chackbay Elem.
- 2nd Place – Val Charter South
- 3rd Place – St. Genevieve

Senior High Division

- 1st Place—E. D. White
- 2nd Place—South Lafourche

Middle School Division

- 1st Place—Lockport Middle
- 2nd Place—Raceland Middle
- 3rd Place—Larose-Cut Off



Poultry & Pet Day Contest

The contest will be held on **Dec. 1, 2018**. Poultry Day contests will include:



Egg Cookery

Dishes will be judged in Elementary, Middle and Senior High divisions. You may enter only one dish in this

contest. Prepare the dish at home and bring it to the contest for judging along with a copy of the recipe used. Registration of all dishes will begin at **9:00 a.m.** in the Ag. Building. Judging will begin at **10:00 a.m.**

I. Egg Cookery - the dish must have a minimum of four eggs. No raw eggs allowed in the final product. Dishes will be judged in three categories: **Appetizer/Salad, Main Dish** and **Desserts**. 4-H members may exhibit only one dish in egg cookery. Top winners in these categories will compete in the District Contest in March. 4-H'ers will compete in three divisions - Elementary, Middle and Senior.

NOTE: The food should be exhibited in a normal-sized container not to exceed 18" to allow adequate space for all entries. You will be asked to remove items not directly related to the dish such as place-mats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed. Non-edible items are not to be used as garnish. No serving utensils are needed.

Poultry Preparation

Dishes will be judged in Elementary, Middle and Senior High divisions. 4-H members may exhibit only one dish in poultry cookery. Registration of all dishes will begin at **9:00 a.m.** in the Ag. Building. Judging will begin at **10:00 a.m.** The contest consists of three categories -



a. Chicken – a dish which contains a minimum of two pounds bone-in chicken or one pound de-boned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts such as wings, thighs, legs, or breasts. (This dish **SHOULD NOT** include special processed chicken such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.). Chicken includes any of the following: Fryer, Capon, Roaster, Broiler, Baking Hen, Cornish or Game Hen.

b. Processed Poultry Products – a dish which includes a minimum of 12 oz. of processed (value-added) poultry products. Value-added poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are examples of special processing techniques. Some product examples are Ground Turkey, Turkey Bacon, Turkey Sausage, Smoked Turkey, Turkey Ham, Turkey Rolls, Ground Chicken, Chicken Nuggets, Chicken Franks, Smoked Chicken, Chicken Strips or Canned Chicken. All dishes containing any turkey item, (whole, part or processed) should be entered in this division.

c. Other Poultry Meat – A dish which contains a minimum of two pounds bone-in or one pound de-boned poultry meat from a bird other than chickens or turkeys. You may choose poultry meat from any of the following: Duck, Quail, Pheasant, Pigeon, Guinea, Goose, Grouse, Ostrich, Emu or Dove.

Poultry, Egg & Turkey Illustrated Talk

4-H'ers may also participate in the Illustrated Talk Contest in Egg, Poultry and/or Turkey at Poultry Day. The contest is open to all 4-H club members. The three divisions are:

Division I – (Grades 4-6) Contestant designs (a) standard poster 22" x 28" relating to Turkey, Eggs and/or Poultry, (b) presents a 2-3 minute explanation of poster subject and (c) responds to questions from judges.

Division II – (Grades 7-9) Contestant designs (a) standard poster 22" x 28" relating to one of the five categories (1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, and (5) marketing; (b) member prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about turkey, eggs and/or poultry; (c) presents a 2-3 minute explanation of subject; (d) responds to questions from judges.

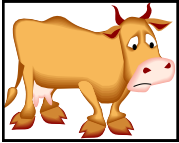
Division III – (Grades 10-12) Contestant will present a 5-8 minute illustrated talk on turkey, eggs and/or poultry. Only posters, no power points. It can be a specific idea or an overview. Examples include Nutritional Value, Economic Value, Cooking Principles, Versatility, Food Safety, Role in Today's Healthy Diet, Turkey, Egg or Poultry's place in Agriculture and Natural Resources, Role in our National Economy, or Role in Protecting the Environment. There will also be an interview from the judge.

Awards will be presented at noon or shortly afterwards. All dishes will receive ribbons and champions will receive other prizes as well. Dishes will not be released until after the awards program.

Chicken Queing

Participants must bring all equipment and supplies they use...open barbecue grill, tongs, charcoal, lighter fluid, 2 chicken halves, sauce and any other items needed. Registration will begin at 9:00 a.m. with the contest at 10:00 a.m. Contestants will compete in Elementary, Middle and Senior Divisions. Check with your leaders for more information or go online to our website.

Poultry Day Activities Cont.



Judging Contest

Poultry Judging - 4-H members from each school can participate in this Pre-Achievement Day Contest. 4-H'ers will judge by comparison pullets for egg production, class of dressed broilers, class of exterior eggs, interior eggs and broken out eggs.

Dairy Cattle Judging - 4-H'ers will judge classes of dairy heifers and dairy cows. A class will consist of four animals and 4-H'ers will place them 1st through 4th.

General Livestock Judging - 4-H'ers will judge classes of beef animals, pigs and sheep. A class will consist of four animals and 4-H'ers will place them 1st - 4th.

Live Broiler & Exhibition Birds

Live Broiler - 4-H members who have been raising baby chicks are encouraged to enter the live broiler contest. 4-H'ers should select a pen of three chickens that are uniform in size and weight. Exhibits should be brought to the Agriculture Building at 9:00 a.m. for registration.

Exhibition Poultry Show - The Exhibition Poultry Show will be held at Poultry Day. To register go to our website and print out an entry form. Registration will start at 9:00 a.m.

Pet Show & Dog Show

Pet Show - In addition to the activities and demonstrations, every 4-H member will be given an opportunity to display their pets. All pets except dogs, rabbits and livestock animals may be shown. This has been a request by many 4-H'ers who do not show livestock or dogs, to be given the opportunity to show cats, hamsters, birds and other small pets. All pets must be in a cage or box in order to be displayed. Pets should be brought to the rear section of the fair building between 9 a.m. to 10:00 a.m. on Dec. 1, 2018. Tables will be set up to show the animals. An index card with name, type, age, and any other information pertaining to the pet should be attached to the cage or box. There will be separate awards for largest pet, smallest pet, most unusual pet and cutest pet. All pets must be taken out of the fair building by noon.



Dog Show - A Dog Show will be held at Poultry Day beginning at 1:00 p.m. Registration begins at 12:00 noon. No dogs may enter the grounds before 12:00 noon. All dogs must be on a leash and have rabies tags or proof of vaccinations. The dogs can be entered into one of the seven classes. These are: Hounds, Non-Sporting Dogs, Sporting Dogs, Terriers, Toy Dogs, Working Dogs, and Miscellaneous.

Junior Livestock & Rabbit Show

The Jr. Livestock and Rabbit Show is scheduled for Jan. 19, 2019, at the Agriculture Building in Raceland. All animals will show on this day. The Ground Beef Cookery, Rice Cookery, Sweet Potato Cookery (rules on next page) and Illustrated Talk (Beef) will be held in conjunction with the Livestock Show. We will also have Consumer Foods Judging and Meat Identification Contests which are pre-Achievement Day Contests. They are open to all 4-H club members. These contests will begin at 9:30 a.m. and will end around 11:30 a.m. and will be held in the Agriculture Building. Come check out the livestock show in the back barn. The show begins at 8:00 a.m. Concessions will be sold.

Ground Beef Cookery

The Ground Beef Cookery will be held on **Saturday, Jan. 19, 2019**. Registration is from 9:00 - 10:00 a.m. Dishes will be entered as follows: Elementary, Middle School and Senior High. **Only one dish can be entered in this contest.** The categories are as follows:

Low Calorie Main Dish - A dish that provides less than 300 calories per serving. Can also be found on labels. Calculation of calories needs to be stated on the recipe.

Quick & Easy Main Dish - A dish that is ready to serve in less than one hour. The time for each step and for cooking or baking should be stated on the recipe.

One-Dish Meal - A dish that provides foods from at least **three** of the main food groups. Foods and food groups should be stated on the recipe.

The dish must contain at least **one** pound of ground beef. Prepare the dish at home and bring it to the contest for judging along with a copy of the recipe including name, school, age and **category**. The whole dish does not have to be displayed. Two or three servings is enough for the judges to taste. Registration of all dishes will begin at 9:00 a.m. Judging will begin at 10:00 a.m. **NOTE:** The food should be exhibited in a container not to exceed 18" to allow adequate space for all entries. You will be asked to remove items not directly related to the dish such as place mats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed. Non-edible items are not to be used as garnish. No serving utensils are needed. A microwave is used to heat all food for judging. Awards will be presented at noon or shortly afterwards. All dishes will receive ribbons and champions will receive other prizes as well. Dishes will not be released until after the awards program.

Junior Livestock Show Activities cont.

RICE COOKERY CONTEST

The Rice Cookery will be held on **Saturday, Jan. 19, 2019**. Dishes will be entered as follows: Elementary, Middle School and Senior High. **Only one dish can be entered in this contest.** The categories are as follows Rice Main Dish, Rice Side Dish, and Rice Dessert. The dishes must contain at least 1 cup of cooked rice.

Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice for this contest. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. "Rice Crispy" cereal cannot be used as rice for this cookery.



SWEET POTATO COOKERY

Dishes will be entered as follows: Elementary (4-5), Middle School (6-8) and Senior High (9-12). Only one dish can be entered in this contest. The sweet potato dish must contain a minimum of 1 cup fresh, frozen or canned sweet potatoes. The categories are as follows Dessert or Other Sweet Potato Dish.

Prepare the dish at home and bring it to the contest for judging along with a copy of the recipe including your name, school, category and grade. The whole dish does not have to be displayed. Two or three servings is enough for the judges to taste. Registration of all dishes will begin at 9:00 a.m. Judging will begin at 10:00 a.m.



BEEF ILLUSTRATED TALK

4-H'ers may also participate in the Beef Illustrated Talk Contest. **No dish is required.** The contest is open to all 4-H club members. There will be three divisions in this contest:

Division I – (Ages 9-12) Contestant designs (a) standard poster 22" x 28" relating to Beef (b) presents a 2-3 minute explanation of poster subject and (c) responds to questions from judges. No costumes allowed.

Division II – (Ages 13-15) Contestant designs (a) standard poster 22" x 28" relating to one of the five categories (1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, and (5) marketing; (b) presents a 2-3 minute explanation of subject and (d) responds to questions from judges. No costumes allowed.

Division III – (Ages 16 & Older) Contestant will present a 5-8 minute illustrated talk on beef. Posters only, no power points. It can be a specific idea or an overview. Examples include Nutritional Value, Economic Value, Cooking Principles, Versatility, Food Safety, Role in Today's Healthy Diet, Beef's place in Agriculture and Natural Resources, Role in our National Economy, or Role in Protecting the Environment. There will also be an interview from the judge. No costumes allowed.

MEAT IDENTIFICATION

This contest is open to all 4-H members in Elementary (4-5 grades), Middle School Division (6-8 grades), and Senior Division (9-12 grades).

For Elementary Division contestants will identify 20-25 cuts of meat according to the following guidelines:

*Species - 4 points each - Beef, Pork and Lamb

For Middle School Division contestants will have to identify 20-25 cuts of meat according to the following guidelines:

*By Species—Beef, Pork, and Lamb, 3 points each

*By Type—Roasts, Steaks, Chops, Slice, 1 point each

For Senior Division contestants will identify 20-25 cuts of meat according to the following guidelines:

*Species - 3 points - Beef, Pork, Lamb

*Retail Name - 3 points - T-bone, Bacon, Brisket, etc.

*Type - 1 point - Roasts, Steaks, Chops, Slice

*By Cookery—Dry, Moist, Dry Moist, 1 point each



CONSUMER FOODS JUDGING

The contest is open to all 4-H members in Elementary (4-5 grades), Middle (6-8 grades) and Senior (9-12 grades) Divisions. The contest consists of at least 4 separate classes. The objective of this contest is to teach 4-H members the importance of healthy food choices. At least 4 classes will be set up with 4 choices in each class. Middle and Senior Division 4-H members will be required to give reasons on one of the classes. Types of information to be found in each of the classes include:

*Healthy breakfast foods

*Proper beverage choices

*Healthy cereal choices

4-H members should look for items low in saturated fat, cholesterol, sugar and sodium. They should select items high in dietary fiber, low in calories and high in nutrition value.

More information on food labels can be found on our website.

RABBIT SHOW

Check in is from 8:00—8:45 a.m. on **Jan. 19, 2019**, with judging beginning at 9:00 a.m. at the Agriculture Building. **NOTE:** All rabbits must be entered prior to the rabbit show. Entry forms can be found on our website at www.lsuagcenter.com and are due by January 11, 2019.

All rabbits should be brought in a leak-proof cage. There will be showmanship contest. Age divisions are 9-11 years old, 12-14 years old and 15 and up. Awards will be given. Rabbits will be released immediately after all rabbits have been judged and ribbons are awarded.



Beef Poster Contest

The theme for this year's Beef Poster contest is "Team Beef" (Fitness and Nutrition Focus) and will be held in conjunction with the Ground Beef Cookery Contest, **Jan. 19, 2019**. Leaders will let you know when they are due.

Rules for the contest are:

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.

Purple, Blue and Red ribbons will be awarded to all contestants according to the following divisions: Division I - 4th – 6th grades, Division II - 7th - 9th grades and Division III – 10th – 12th grades. All purple ribbon winning posters will be displayed at the Parish Jr. Livestock Show in Raceland in January.

4-H Golden Clover Award

The 4-H Golden Clover Award (formerly known as Key Club) in Louisiana gives recognition to 4-H Club members who have shown outstanding leadership ability in their club and in their parish. The object of the program is to encourage project growth, a broad program of 4-H club members who have shown outstanding leadership ability in their club and in their parish. The recipient of the awards can be proud of their contribution to their club and community. A club member may win the award only one time. You must be 16 years old or older. To find out if you qualify for this award please contact the 4-H Office for an application.

These are due to the 4-H Office by **January 25th**.

4-H Honor Cords



If you are a senior in 4-H you may be eligible to receive an honor cord for graduation. You must have been a 4-H member in high school for 3 years and have participated in at least one state sponsored program such as 4-H University, state records, state livestock show or horse shows, state outdoor skills, state boards, etc. within the last three years. You can contact the 4-H office for an application.

Honor Cord applications are due to the 4-H Office by **Jan. 25, 2019**.

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Images obtained from Microsoft Office
and the 4-H Office

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Membership and participation in activities and events are open to all citizens without regard to race, color, national origin, gender, religion, age, veteran status or disability. If you have a disability that requires special accommodation for your participation in an activity, please contact us at 985-446-1316.