



4-H News



Darnell Farms Recap

BY KYLA-JO FARMER

Local youth and their families recently gathered at Darnell Farms to learn more about how the Darnell family operates their farm.

We learned all about strawberry plants and the timeline it takes to produce and prepare a perfect ripe strawberry. We got to take a hay ride up to the pumpkin patch where we hand-picked our favorite pumpkins and then went down through the corn maze where we had to navigate our way out. We ended the trip enjoying the best fall flavored dream whips.

Thank you to Darnell Farms for taking the time to teach us about agriculture. We appreciate the Darnell's for all their hard work and for everything they do for our community!



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CAKE BOSS: CAKE MY DAY

Fall Cake/Cupcake Decorating

BY KYLA-JO FARMER

November 16, 2021

4:00 PM - 6:00 PM

Swain County Cooperative Extension

\$5.00 per participant

Call 488-3848 to register



Show off your cake decorating skills by learning the basics of how to decorate cakes using different techniques. All supplies will be provided and you will get to take your creations home with you! We will be making a fall candle cake and a sunflower cupcake.

Holiday Card Art Contest

BY MELISSA VAUGHN

Winning Artwork will be featured on the 2021 Holiday Card mailed out by the Swain County Cooperative Extension.

Guidelines:

- Artist must be age 5 to 18 years old.
- One winner from each age category will be chosen.
- Ages categories - Cloverbud: 5-8, Junior: 9-13, Senior: 14-18.
- Artwork must be on a solid white sheet of unlined paper.
- Paint, marker, pencil, and crayon are all acceptable.
- Dimensional art is acceptable as long as it can be photocopied.
- Artwork must show a 4-H Country Christmas scene.
- All Artwork must be original work by the artist.
- By submitting artwork for the contest, you and your legal guardian agree that your name and age may be used on the Holiday Card and mailed out to the public.
- All artwork submitted becomes the property of the N.C. Cooperative Extension of Swain County.
- We reserve the right to modify the size of the winning artwork to fit on the Holiday Card.



THEME

4-H Country Christmas

DEADLINE

November 22, 2021, by 5 p.m.

Entries must be mailed to the Swain County Cooperative Extension office or dropped off during regular business hours at 60 Almond School Road, Bryson City or emailed to kyla-jo_farmer@ncsu.edu or melissa_vaughn@ncsu.edu.



For Complete Rules, Contest ENTRY FORM and 4-H Enrollment, got to:

swain.ces.ncsu.edu/2021holidaycardartcontest

2020 BEST IN SHOW:
Abigail Northrup, age 10



Hay Bale Decorating Contest

BY KYLA-JO FARMER

Hay there Ya'll, join Swain County 4-H for some fall family fun! No reason to bale on us now. . . unless of course, you're decorating a festive hay bale to enter in the 2021 Hay Bale Decorating Contest. Read on for all the details.

Hay Bale Decorating Guidelines:

- For the Youth Division, the hay bale decorating contest is open to all 4-H youth, FFA Chapters/members, Boy or Girl

Scout Troops, Youth Sports Team, or any organized youth group in Swain County. You may enter as a group or Individual.

- For the Adult division, the hay bale decorating contest is open to all local businesses, colleges, first responders, and restaurants within Swain County.
- Hay Bales will be decorated with the "Fall on the Farm" theme and should be displayed where you will then submit a picture of your hay bales to be judged.
- Send your entry picture to Kyla-Jo Farmer, Extension Agent, 4-H Youth Development at kyla-jo_farmer@ncsu.edu by November 30th.
- All pictures of displayed hay bale/bales should be submitted by November 30th in order to be judged.
- Decorations must be of a good, clean, wholesome nature and fitting with the overall theme. No vulgar or suggestive decorations will be allowed.
- Bales can be placed lying on their side or standing on end. A maximum of 5 square bales and 1 round bale for decoration, feet, or props etc. is allowed.
- Latex paint may be used. No oil based or toxic materials can be used.
- Decorations should be weather proof and wind proof.

THEME
Fall on the Farm!

All entries must be received by:
November 30, 2021
Send to: kyla-jo_farmer@ncsu.edu

PRIZES WILL BE ISSUED TO THE TOP THREE GROUPS/INDIVIDUALS IN BOTH THE ADULT AND YOUTH DIVISION

New 4-H Club



SMOKY MOUNTAIN SEEKERS 4-H VARIETY CLUB

Swain County 4-H welcomes the Smoky Mountain Seekers to our group of 4-H clubs.

- Club Leaders: Delia Davis & Mari Driver
- Club Meetings: Sunday Afternoons
- Time: Varies
- Location: Varies

For more information contact the Swain County Cooperative Extension at 488-3848.

UPCOMING CLUB MEETINGS

- **November 14:** Food Drive & Holiday Art Service Project
- **December 12:** Stock Food Pantry & Salt Dough Ornaments
- **January 23:** Valentine Cards for Nursing Home & Decorate Water Bottles
- **February 27:** Chicken Life Cycle Art Project & Candle and Set Eggs

A Spud-tacular Fall Day

BY KYLA-JO FARMER

December 13, 2021

3:30 PM - 5:00 PM

Swain County Cooperative Extension

Cost: FREE

Call 488-3848 to register

Come join us and learn all about potatoes and their Appalachian history! We will be making potato candy and doing several fun activities that include potatoes.

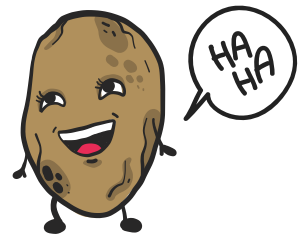


This will kick off our first program with our "Mix it Up" 4-H Cooking Club. We are calling all young chefs, junior culinary experts and fun foodies out there!

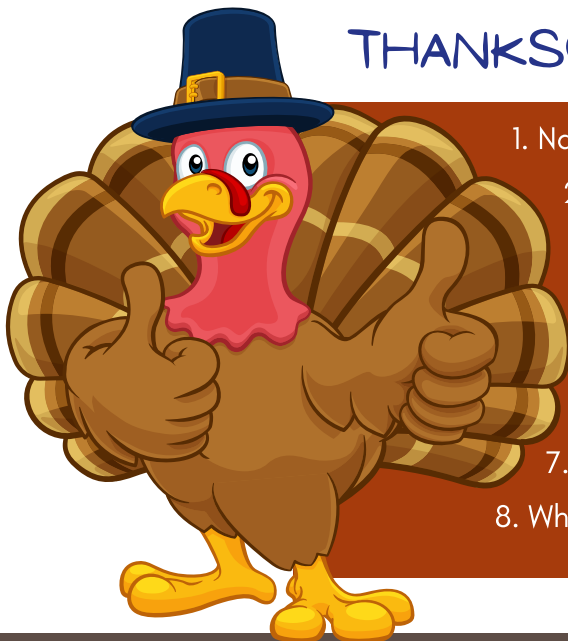
What? You don't consider yourself a culinary expert? Well, soon you will with the help of Try Healthy for Kids. You will learn to cook like an expert by mastering food safety, learning how to read recipes, recognizing cooking terms, how to safely use a knife along with other culinary skills.

Get chopping with this creative and educational series for the fun foodie in you and learn to turn a humdrum meal into a dynamic dining experience. We will also incorporate several baking series to make baked goods and candies.

- A LITTLE SPUD-TASTIC HUMOR**
- Which day of the week do potatoes dread the most? *Fry-day.*
 - Why did the potato salad blush? *Because it saw the salad dressing.*
 - What do you call baby potatoes? *Tater tots.*
 - Who is a potato's favorite author? *Edgar Allen Poe-tato*



THANKSGIVING TRIVIA



1. Name the month that Thanksgiving is in _____
2. What bird is often served for Thanksgiving dinner? _____
3. Who joined the pilgrims for the first Thanksgiving? _____
4. What sport is usually shown on TV on Thanksgiving? _____
5. Name a kind of pie served on Thanksgiving _____
6. What was the name of the pilgrim's ship? _____
7. Where did the pilgrims land? _____
8. What day of the week is Thanksgiving on? _____

Answers: 1. November, 2. Turkey, 3. Native Americans, 4. Football, 5. Pumpkin Pie, 6. Mayflower, 7. Plymouth, 8. Thursday



Wreaths Across America Service Project

BY KYLA-JO FARMER

This year Swain County 4-H will be participating in a service project where we will be raising money in order to place wreaths in local cemeteries in honor of our American Heroes.

What does it mean to sponsor a wreath? It means you'll honor an American hero at the Greenhill Cemetery in Waynesville,

NC or the Highlands Cemetery in Highlands, NC this year on Wreaths Across America Day. It's a day that's been set aside to lay wreaths at the places where we remember, honor and teach about our veterans. A place where we can pay tribute to their sacrifices.

Your sponsorship will ensure that a wreath is hand-crafted of all-American balsam and hand-tied with a red velvet bow. It will then be sent to one of these locations and a volunteer will place it on the marker of a fallen hero. That volunteer will then "say their name" to ensure that the legacy of duty, service and sacrifice of that veteran is never forgotten.

RAISING MONEY NOW UNTIL DECEMBER 7, 2021

So, what does it mean to sponsor a wreath? It means you have the opportunity to join a grateful nation in saying "Thank You" to our veterans.

Anyone that would like to donate money in order to sponsor a wreath can send money to the Swain County Cooperative Extension Center, Attn: Kyla-Jo Farmer at PO Box 2329, Bryson City, NC 28713. Cash or checks will be accepted. Please make all checks out to Swain County 4-H.

Swain County 4-H Clubs

Interested in being part of 4-H? Joining a club is a great way for youth to get started!! Call 488-3848 for more information on where to begin! 4-H Enrollment is now online! Go to: <https://v2.4honline.com> to enroll your child in 4-H today! It's quick and easy, and no more paper forms!

CLUB LEADERS

- JUSTIN FISHER
- PATTI JO TAYLOR
- JEFF SHULER
- JASON HOYLE
- SHANNON TAYLOR

SWAIN COUNTY BULLETS & BOWS 4-H CLUB

Every Thursday • 6:00 PM - 7:00 PM
Smoky Mountain Bow & Tackle, 4470 US-19, Bryson City

488-3848 for more information

SWAIN COUNTY 4-H LIVESTOCK CLUB

Youth Ages 8-18

First Monday of each month
4 pm - 5 pm

Swain County Cooperative Extension
60 Almond School Road
488-3848 for more information

Would you like to learn more about livestock, raise an animal, learn how to care for it, show it at the fair, and more? All animals, including backyard livestock, can be involved!

- Animals are not required for participation
- For ages 5-18 (9-18 for competition)
- First Monday of each month
- Time and location may vary

NC COOPERATIVE EXTENSION

Patti Jo Taylor, 4-H Youth Development Club Leader

Kyla Jo Farmer, 4-H Youth Development

488-3848

Just Grow It

Vegetable Garden Club

For more information

Patti Jo Taylor, Club Leader
Dea Decker, FCS Agent

Kyla Jo Farmer, 4-H Agent
kyla_jo_farmer@ncsu.edu

NC COOPERATIVE EXTENSION

(828) 488-3848

Clogging Classes

For all ages

EVERY TUESDAY

5 PM - 6 PM Adult Competition Team Practice
Youth & Beginner Clogging - TBA

Swain County Cooperative Extension
(Swain SCC - Gym)
60 Almond School Road
Bryson City, NC 28713

Classes are FREE
Instructor: Kerry Carson

Learn basic clogging steps with fun and energetic instructors. No prior dance experience is required.

Call 488-3848 for more information

NC COOPERATIVE EXTENSION

Family Fitness

STRENGTH TRAINING • STEP EXERCISE • CARDIO • HIIT

TUESDAYS - THURSDAYS
4:00 PM - 5:00 PM

INSTRUCTOR: SHAYLINA COCHRAN

Swain County Cooperative Extension
60 Almond School Road, Bryson City

488-3848

GET MOVING AND IMPROVE YOUR BODY HEALTH AND FITNESS! ALL AGES AND FITNESS LEVELS WELCOME.

NC COOPERATIVE EXTENSION

Gingerbread Decorating Challenge

BY KYLA-JO FARMER

Did you know that gingerbread houses originated in Germany during the 16th century. The elaborate cookie-walled houses, decorated with foil in addition to gold leaf, became associated with Christmas tradition. Supposedly popularized when the Brothers Grimm wrote the story of Hansel and Gretel, in which the main characters stumble upon a house made entirely of treats deep in the forest.

- All Gingerbread house/structure entries must be made with Graham Crackers (NO KITS) and be a recognizable house/structure.
- All Gingerbread houses/structures must be placed on a sturdy cardboard base not to exceed 18"x18".
- All Gingerbread houses/structures must be 100% edible (candy, embellishments, materials) except the base board and candy wrappers. Non-edible support structure material other than the base board may not be used.
- No artificial interior materials, such as Styrofoam, are to be used to construct or decorate the house/structure.
- Non-edible decorations, such as paint, ribbon, figurines, etc. may be used ONLY to decorate your base.
- A title to your Gingerbread House/Structure along with a brief description should be submitted with your entry or your entry will not be accepted for judging.
- All Gingerbread Houses/Structures must be dropped off between 9:00 a.m. – 5:00 p.m. on December 15th to be judged and displayed at the Swain County Cooperative Extension office.
- Items may be picked up on Tuesday, December 21st from 9:00 a.m. – 4:00 p.m. All entries left past 4:00 p.m. will be disposed of.
- All entries will be judged on the following: Overall Appearance, Creativity & Originality, and Technique and Skill.



ENTRY DEADLINE: DECEMBER 15, 2021 · 9:00 AM - 5:00 PM

GINGERBREAD HOUSE/STRUCTURE TIPS

- Icing is the glue that holds the gingerbread house/structure and materials together. The icing should be stiff enough to work as a glue and hold its shape, but flexible enough to spread easily.
- If you would like to color your icing, use paste food coloring. Liquid food coloring will thin out the icing. Keep a moist towel over the mixing bowl to keep the icing from hardening.
- Let icing dry completely. If your icing is soft the walls and roof will slip and slide around when you add candy and decorations.

ROYAL ICING RECIPE

- 3 tablespoons Meringue Powder
- 4 cups confectioners' sugar
- 5 tablespoons warm water



Beat all ingredients together until icing forms stiff peaks. 10 to 12 minutes at high speed with a hand-held electric mixer.

NOTES: Be careful not to over-whip your icing. Incorporating too much air may make it difficult for the icing to stick to the gingerbread house. It may also cause the icing to crack.

ROAD TRIP: THE TREK OF THE TURKEY!



The turkey we eat begins on the farm where farmers, their families, employees and a team of experts, such as veterinarians, agronomists and nutritionists, work together to feed and raise healthy animals. The U.S. is home to two million farms of all kinds producing the food we enjoy each day.

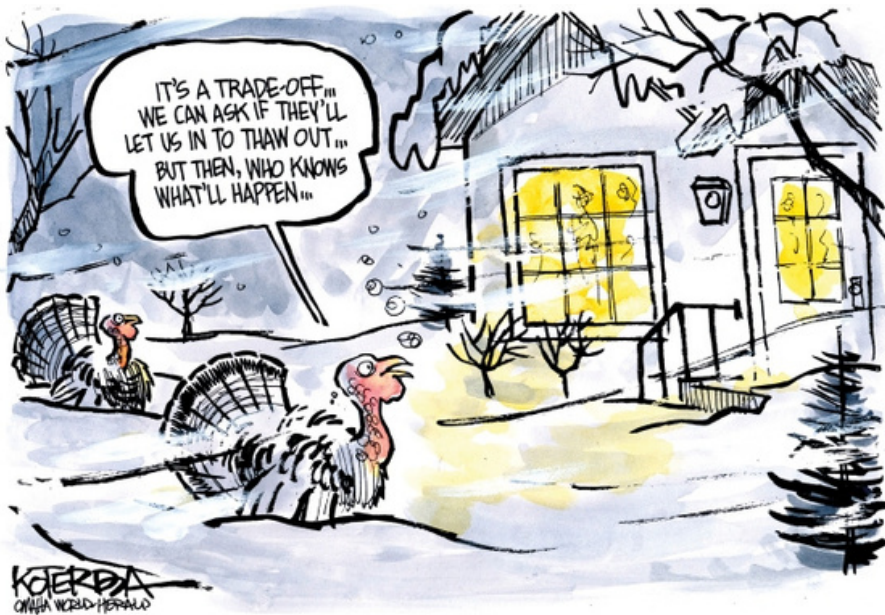
- 1. Turkey Farms:** Each year about 240 million turkeys are responsibly raised on approximately 2,500 farms across the U.S. Turkey production directly employs nearly 450,000 people in the U.S. on farms, in processing facilities and through related industries such as distribution and equipment manufacturing. Farmers raise turkeys with care by providing constant access to food and water as well as shelter to protect the flock from extreme weather and predators. Veterinarians help farmers take care of their turkeys. Just like people, turkeys can get sick, so vets oversee treatment to keep flocks healthy.
- 2. Transport:** Specially designed trucks carefully and safely transport turkeys from farms to processing facilities for harvesting into whole birds or a variety of cuts.
- 3. Processing:** Across the U.S., turkey processing facilities harvest turkeys in preparation for consumption. USDA's Food Safety and Inspection Service (FSIS) ensures that our nation's turkey supply is wholesome, safe and properly labeled. USDA relies on science to

continuously improve safety standards. The turkey industry's top priority is food safety, and companies follow USDA standards throughout turkey processing and packaging.

- 4. Cooking, Cutting and Seasoning:** Beyond the facilities that process turkeys into meat, a number of turkey companies specialize in preparing the vast variety of turkey products we enjoy today. This includes activities such as deboning, creating specialty cuts and smoking or cooking to meet many consumer taste preferences. These products may also involve seasoning, sauces and marinating, as well as special packaging to meet market demands for convenient products. Turkey provides many versatile and flavorful menu items for restaurants, custom cuts for retail grocery stores and healthy items for schools and hospitals.
- 5. Cold Storage:** Think of this like a large freezer. These locations safely store meat products frozen until the supply chain needs them. Cold storage facilities are critical to food safety and food security. Turkey products, like fruits and vegetables, are highly perishable and temperature sensitive. Products in cold storage can be stored until needed, then used to fill demand around the country or for export markets.
- 6. Exports:** People around the world enjoy U.S. turkey. The U.S. exports approximately 639 million pounds of turkey meat every year. Many export markets enjoy parts of the turkey not often desired by American consumers, such as turkey paws (the feet of the turkey).
- 7. Service Institutions:** We often think of eating at home or grabbing a bite from our favorite restaurant. But don't forget about other businesses such as hospitals, schools, colleges, retirement homes, military bases and event centers that also prepare and serve turkey. The turkey supply chain is not a straight line, rather it is an intricate web that distributes turkey through numerous channels daily.
- 8. Restaurants:** The U.S. has more than 650,000 food service facilities across the country. This includes all forms of away-from-home eating such as quick-service restaurants, cafes, fine dining, take-out and catering/delivery services.
- 9. Grocery Stores:** Whether shopping online or in store, consumers rely on grocery retailers to provide a selection of healthy and affordable turkey products. Consumers can find turkey in the fresh meat case, the frozen food aisle, the deli counter and in other food products such as soups, snack sticks and frozen entrees.

Swain County Cooperative Extension
60 Almond School Road
Bryson City, NC 28713

Happy Holidays



TURKEYS LAUGH TOO!

- What do you call a running turkey? *Fast food!*
- Why did the turkey cross the road? *It was Thanksgiving Day, and he wanted people to think he was a chicken!*
- Why do turkeys eat so little? *Because they are always stuffed.*

Kyla-Jo Farmer
Extension Agent
4-H Youth Development
kyla-jo_farmer@ncsu.edu

Swain County
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(828) 488-3848
swain.ces.ncsu.edu

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