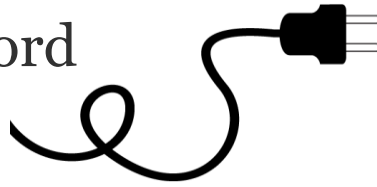


The Extension Cord



Health and Human Sciences

July 2023- Fair Edition

Hello,

July is almost here and the Extension Office is buzzing with activity! Our 4-H families are working hard to get projects ready and preparing for the week of the fair which means our office staff is working just as hard in answering questions and organizing these events. Don't forget, we also have open class projects for adults and children!

Fair week is full of fun events throughout the days and evenings. One event I'm particularly looking forward to this year is the Cookie Contest, hosted by the Fulton County Extension Homemakers. On July 13th, at 5:00 pm, you'll find me up at the judge's table tasting and evaluating all the cookie entries. Yep, you read that right, I get to be one of two judges this year for the cookie contest- both the regular entries and those in the featured ingredient category! The second judge is an expert in growing and using the featured ingredient herself. The 2023 secret ingredient is **blueberries**... one of my favorites. These little berries are delicious and nutritious! Bring us your best, see you soon!

-Jessica Riffle

Come see us!
Enjoy ice-cream with your
Fulton County Extension
educators on
Sunday, July 10th
after vespers and before the
awards program.



Fulton County 4-H Fair is July 9th-15th

Interested in submitting an open class project? Do you have any new recipes or craft creations that you developed throughout the last year that you'd like to share?

Show off your talents this year at the 2023 4-H fair!

Open Class General Information: Any resident of Fulton County can exhibit items he or she has made and an exhibitor may enter more than one entry in each category. Adults and children 8 years of age and under are eligible to submit exhibits. Each exhibit will receive a label at check in with your name and category. Care is taken to protect all articles exhibited, but we cannot be held liable for loss or damage. All exhibits must remain in place until they are released on Saturday, July 15th at 9:00 am.

Check in for all open class exhibits is Saturday, July 8th from 9:00 am – 11:30 am.

Exhibits options include; Baked Goods, Candy or Snack mix, Food Preservation, Flowers, Christmas at the Fair, Photography, Quilting, Needle Arts, and Arts & Crafts

Detailed exhibit requirements are described in the Open Class booklet.

23rd Annual Extension Homemakers Open Class Cookie Baking Contest

When: July 13, 2023

4:00pm-5:00pm: Cookie Entry Time

5:00 pm: Open Judging

Prizes for cookies placing 1st, 2nd, & 3rd!

Rules

1. The contest is open to anyone, regardless of age or gender. 4-H'ers are welcome to enter.
2. Any type of baked cookie may be entered. There is a \$2.00 entry fee per plate of 6 cookies. Cookies must be on a paper plate covered with a plastic zipper type bag.

Featured Ingredient Cookie Event:

The featured ingredient this year: Blueberries
Cookie recipes in this category must contain at least 1/4 cup of blueberries. Berries may be fresh, frozen or preserves.
1 winner will be selected from this event.

3. There is no limit on the number of entries (plates of 6 cookies) an individual may enter.
4. Cookies must be entered between 4:00-5:00 p.m.
5. Cookies must be accompanied by their recipe. The cookies and recipes will become the property of the Fulton County Extension Homemakers.
6. Judging will begin at 5:00 p.m. and will be open to the public. Winners will be announced immediately following the judging.
7. 1st, 2nd, and 3rd place winners will be chosen and prizes will be awarded.
8. A gift box of cookies "From the Best Cookie Bakers in Fulton County" will be made from the entries and sold at the Livestock Auction on Friday night of the fair.
9. The contest is sponsored and conducted by the Fulton County Extension Homemakers.
10. Cookies will be judged using the following criteria:
 - All six cookies are of uniform size and shape.
 - All six cookies are uniform in color-neither too light nor too dark.
 - The texture is true to the type of cookie (soft or crisp).
 - The cookie has a tender crumb (a few variations are hard).
 - The ingredients are fresh and well blended.

Benefits of Blueberries

In case you're on the fence about whether or not to enter into the featured item category of the cookie contest, I've got "berry" helpful information to share.

Blueberries are one of the most refreshing summer fruits. Ranging from blue and purple in color to almost black, these berries add a beautiful splash of color to any meal or plate.

When purchasing or picking berries look for berries that are firm, dry, smooth skinned, and plump. Reddish blueberries aren't ripe and won't ripen once they have been picked. Berries that aren't ripe will be sour to taste but can still be used in cooking. Fresh blueberries should be stored in the refrigerator and consumed within ten days of bringing them home. They rarely stick around that long at my house; blueberries are a summertime favorite!



Berries are also great frozen, whether you freeze them after bringing home multiple pounds from the patch or purchase them frozen from the store. Freezing helps preserve the freshness of berries that we all so much enjoy. Frozen berries make delicious additions to smoothies, fruit shakes, popsicles, and in baking recipes. Leave frozen berries in the freezer until right before you plan to use them in a recipe or to top your cereal. Removing berries too early from the freezer will result in squishy berries and juice-runs through your blueberry baked goods.

Remember, these delightful little berries are not only delicious but also very nutritious! Blue and purple are two produce colors that provide antioxidants. Antioxidants are nutrients that work in our bodies to keep systems working more regularly. Simply put, they work to keep the good stuff in and shuffle the bad stuff out of our bodies. Blueberries are a good source of fiber and vitamin C- a vitamin necessary for growth and repair, especially skin repair while healing a wound.

Enjoy Singing from the Fulton County Choral Club!

What: Song Selections by members of our local choral club.

When: July 13, 2023 Immediately following the cookie contest.

Where: Community Building

Upcoming Public HHS Programming & Important Dates

Date	When	Where	What
July 8	9:00 am	Fulton County Fairgrounds	Open Class Project Judging
July 9 - 15	Week	Fulton County Fairgrounds	Fulton County 4-H Fair
July 13	5:00 pm	Fulton County Fairgrounds	Ladies' Night & Cookie Contest
July 19	11:00 am	Kewanna Library	Balance and Strength