



MARSHALL COUNTY 4-H NEWS



MAY, 2017

June and July are busy, busy months for 4-H families! Project meetings will be held, projects groomed and completed. Pre-fair activities will soon be here. All of this is in preparation for the Marshall County Fair to be held on July 14-18 at the Fairgrounds in Blue Rapids.

So that you will be informed about all of the Pre-Fair and Fair activities, lots of information is included in this and upcoming newsletters. Please read it carefully and keep it handy as an easy reference for summer 4-H events.

PRE-ENTRY FORMS

Please fill out these forms and turn them into the Extension Office by Friday, June 16. Forms are also due for livestock, horse, rabbits, and cats.

If you have questions about how to fill these pre-entry forms out, please contact the Extension Office.

PRE-FAIR JUDGING FRIDAY, JULY 7

GOOD SHEPHERD LUTHERAN SCHOOL CONFERENCE JUDGING FOR:

- Clothing Construction
- Visual Arts
- Building Creations
- Fiber Arts
- Photography
- Fashion Revue
- Consumer Judging Contest

A schedule will be sent out for the Conference Judging.

Each 4-H'er is to specify the approximate number of fair entries they plan to exhibit on the enclosed sheet titled "FAIR ENTRIES". Watch for more details on the judging.



AWARDS AT THE FAIR

This is a reminder that 4-H Council decided that during the show or at the Fashion Revue, exhibitors will receive a thank you. Once they fill out the thank you, they will get their award.

MARSHALL COUNTY WEBSITE

Make sure to check out the new website for Marshall County. It can be found at: www.marshall.k-state.edu. Look for entry forms! Also, make sure to like us on Facebook for 4-H and Extension.

CONSUMER JUDGING CLINIC

**Tuesday, June 13
Good Shepherd Lutheran School
9:00 A.M.**

The Consumer Judging School will be held at the Good Shepherd Lutheran School on Tuesday, June 13 from 9:30 to 11:30 A.M. This year's contest will focus on nutrition and health. Come learn about MyPlate and how to eat for a healthy life.

This judging school will prepare you to be a participant in the Consumer Judging Contest held at the Pre-Fair Judging Day.

A lunch will be served at noon for all those who participated.

MODELING CLINIC

Tuesday, June 13

Good Shepherd

Lutheran School

Approximately 12:30 P.M.



4-H'ers are asked to wear appropriate clothes as we will be having a practice modeling at the Country Place.

We would like you to bring something to be construction judged for buymanship or construction. It can be what you are taking to the fair.

Please bring a basic script for the outfit you will be modeling at the mini public fashion revue that afternoon at Country Place which will take place at approximately at 3:00 P.M.

CONSUMER JUDGING CONTEST

The Consumer Judging Contest will be held at Pre-Fair Judging Day in the commons area.

The contest is open to any Marshall County 4-H member. There will be three (3) divisions: 7-8 - Juniors; 9-13 - Intermediates; and 14-19 - Seniors.

This will be a walk-in contest between 9:00 A.M. and 2:00 P.M. We encourage your participation in the contest. The top two (2) winners in the intermediate and senior divisions will represent Marshall County at the Kansas State Fair on Saturday, September 16.

ATTENTION 4-H CLOTHING MEMBERS

Pre-entry Clothing Forms are attached in this newsletter for 4-H members enrolled in Clothing Construction and/or Buymanship project and plan to model their outfit at the Pre-Fair Judging Day. If you need a hard copy of the form, contact the Extension Office.



BUYMANSHIP CONSTRUCTION EXHIBITORS

If a Construction Buymanship form is not with the exhibit at Pre-Fair judging, it will be lowered one ribbon.

The form is requesting that senior 4-H'ers figure out the cost per wear of each outfit. If you would like more info on figuring cost per wear, go to section 4 of the Clothing and Textiles notebook. Please call the Extension Office if you have questions about this.

CLOTHING MEMBERS TAKE NOTE

4-H'ers will need to display both CONSTRUCTED garments and garments in the BUYMANSHIP project at the Marshall County Fair, if you participate in the constructed segment at the Pre-Fair Judging. You will need to bring these articles to the County Fair in order to receive your ribbon and premiums.

PUBLIC FASHION REVUE

The Public Fashion Revue will be held on Tuesday, July 18 at 5:00 P.M. 4-H'ers are asked to model both their clothing construction and buymanship outfits.

Awards will be presented following the Fashion Revue, as well as other special awards. If you are in the running, we would encourage you to be at the Fashion Revue.

MARSHALL COUNTY FAIR PARADE THEME

The 4-H theme of the 2017 Marshall County Fair Parade will be "Sew It, Grow It, Show It".

PARADE START TIME - 6:00 P.M.



CONCESSION STAND CHANGES

It was decided in the spring of 2016 since no club wanted to work the Sunday night during the parade shift, that we would start rotating that responsibility among clubs. In 2016, Axtell Busy Bees, Balderson Boosters, and Bremen Hustlers were the first clubs to work the Sunday night shift. In 2017, Happy Go Lucky, Happy Harvesters, and Home City Hustlers will be working that shift. In 2018 it will be Sunflower, Wide Awake, and Work To Win.

We will continue on this 3 year rotation until an individual club wants to take over that shift.

COUNTY FAIR BOOKS

County Fair Books *will only be available online.* Please visit the Marshall County website at:

www.marshall.k-state.edu/county-fair/

or www.tinyurl.com/2017mscofairbook

Please be sure to carefully read the fair book, as the judging times of several events have been changed from previous years, as well as many categories and rules.

FAIR T-SHIRTS

This is a reminder to 4-H'ers and Community Leaders that the T-Shirt size list is due in the Extension Office on Friday, June 9, 2017. 4-H'ers will owe \$4.00 for a shirt, and the rest is sponsored by the 4-H & Youth Fund. Community Leaders, Project Leaders, parents, and family members can order shirts, but they are to pay the full price which is: child/youth - \$7.25; Adult - XX Large - \$7.25, and XXXL - \$9.25.



PAST TIME TO GET GEARED UP!!

How many project meetings has your group had? If your group has not met, that is the first important step. Members tend to become discouraged if nothing happens. They join 4-H to become a part of the action.

ATTENTION FOOD LEADERS AND 4-H'ERS

Food Leaders and 4-H'ers who are enrolled in the food project, please stop by the Extension Office to pick up your copy of the Food Safety Recommendations for Acceptable Fair Exhibits publication.

This publication stresses the importance of using proper food preparation methods. It also discusses the use of cream cheese in recipes. If a recipe you are using for the fair calls for cream cheese, consider another recipe, unless the cream cheese is actually blended into the product you are making. Fillings with cream cheese are not acceptable. This includes Zebra brownies that have a cream cheese filling swirled in the chocolate.

If you have any questions about this, contact the Extension Office.

As you are preparing foods for the fair, please take a few minutes to check out the following website:
<http://www.rrc.k-state.edu/professional-development/index.html>

There is some helpful information on: "Just Because It Seals Doesn't Make It Safe" and "It's More Than Keeping Your Fingers Out of the Cookie Dough."

FOOD PRESERVATION PROJECT

Food Preservation will continue to be a class at the State Fair, even though it is no longer listed as a separate project. A 4-H'er does need to be enrolled in a Food and Nutrition Project Level. If you receive a purple in Food Preservation at the County Fair, you will be able to take it to the State Fair.



PRE-FAIR JUDGING GOOD SHEPHERD LUTHERAN SCHOOL

Make sure you turn in your Pre-Entry forms for FCS and Livestock. These forms are due to the Extension by Friday, June 16.

If you have any questions, please contact the Extension Office.

FREEZING FOODS FOR THE FAIR

To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be blue ribbon quality. This includes cookies, yeast and quick breads, and cakes. Here are some tips:

- Bake the product as usual. Cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.
- Use moisture-vapor resistant packaging. This includes freezer safe plastic containers or bags, heavy-duty aluminum foil, and rigid containers.
- Separate layers of cookies with wax paper or parchment paper.
- If a cake or bread is to be frosted, freeze the product only and frost after it is thawed.
- Make pie crusts ahead of time and freeze. Freezing whole prepared pies can cause the filling to soak into the crust.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair. Once thawed, repackage into the proper packaging according to your fair rules.

Source: Univ. of Georgia,
www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf

MARSHALL COUNTY CAT SHOW

The Marshall County Cat show will be held on **Wednesday, June 28 at 6:30 P.M.** at the Good Shepherd Lutheran School, Marysville.

CONCESSION STAND HELP NEEDED

We are looking for a couple of adults or older 4-H'ers that would be able to help work in the concession stand during the horse show. If you or your family would be interested in helping us our please let us know.



VOLUNTEER HELPERS NEEDED

Comment Writers, Door Monitors, and Helpers are needed to help in the areas of Fashion Revue, Clothing Construction, Arts and Crafts, and Foods. We are looking for adults and Junior Leaders. Please call the Extension Office and let us know what job and area you prefer.

PRE-FAIR PHOTOGRAPHY JUDGING

We will have Conference Judging, where the 4-H'er will meet with the judge, who will give helpful comments to the 4-H'er.

We have decided to schedule photography judging times for Pre-Fair Judging Day. Please let us know on the pre-entry forms how many photos you plan to bring. If you need a certain time to have your photos judged, please note that on the pre-entry form.

We will have four (4) judges.

RAILROAD WARNING FOR PHOTOGRAPHY

Photos with live subject(s) on railroad right away or taken from railroad right of way property will not be displayed in Kansas 4-H Photography and may receive a ribbon penalty.

MARSHALL COUNTY 4-H HORSE SHOW

The horse show will run straight through with no break.

FAIRGROUND WORK DAYS

If you find yourself with some extra time Wednesday evenings (every other), come by the Marshall County Fairgrounds to help prepare for the Marshall County Fair. The Marshall County Fair Board are volunteers just like you. They would appreciate your help to prepare for the 2017 Marshall County Fair.



MARSHALL COUNTY WHEAT PLOT TOUR

The Marshall County Extension Service in cooperation with Dan and Alex Matson of Centralia will be holding the Annual Marshall County Wheat Plot Tour on Thursday, June 8.

The tour will begin at 6:00 P.M. at the plot. From Home go East on Hwy 36 to just over 2 miles. The plot is on the South side of the highway. There will be 16 wheat varieties and blends to see at the tour. At the tour, there will refreshments served by the Happy Go Lucky 4-H Club and sponsored in part by Kansas Wheat Alliance.

During the wheat plot tour, you will be able to hear about the latest wheat varieties and latest wheat production practices from KSU Extension and industry personnel.

If you plan on attending the Marshall County Wheat Plot Tour, please contact the Marshall County Extension Office at (785) 562-3531, or by email at anastasia@ksu.edu and let us know you are attending by Monday, June 5.

If it rains, listen to KNDY 1570 AM/95.5 FM for postponement information.

TABLE SETTING

Table setting judging will be held on Sunday, July 16 at 1:00 P.M.

Even if you are not participating in the table setting event, you can still come watch and learn what is all involved with the event.



4-H INDIVIDUAL ACHIEVEMENT AWARDS

It is time to start checking your form to evaluate progress being made toward an individual Member Achievement Award. If you do not have the form you need, let the Extension Office know. Pin application forms must be taken out of your record book. If left in your book, it will not be considered for an award.

Community Leaders have a copy of each application form. If you want to see a copy of the form, contact your leader, or stop by the Extension Office. These do not have to be acquired in order, and you can also go back later and apply for them. You can only apply for one pin each 4-H year.

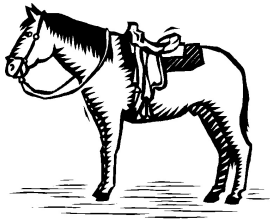
CHANGES FOR 2017

A decision has been made that each 4-H'er will be asked to pay \$15.00 to join 4-H. This money will be used to offset costs at the state level. If you have any questions about this decision, please contact the Marshall County Extension Office.

DISTRICT HORSE SHOW

The 2017 Sr. District 5 4-H Horse Show will be held at the Kansas Expocentre, One Expocentre Drive, Topeka, KS on Thursday, July 6, 2017 starting at 8:30 A.M. Entry forms are available from the Extension Office. Entry forms are due June 8.

Juniors (age 9-13 as of July 1 of current year) must have completed all three sections of Level I and Seniors (ages 14-18 as of January 1 of current year) must have completed all three sections of Level I and II prior to the June 5 deadline. The exception is for youth showing ONLY in showmanship or halter. The individuals need only to complete the leadership and written exam sections of the appropriate level.



DR. BOB HINES SWINE CLASSIC

July 8-9

Riley County Fairgrounds - Cico Park,
Manhattan, KS

The 32nd annual Dr. Bob Hines Kansas Swine Classic will be held in Manhattan, Kansas on July 7-8, 2017.

Forms will also be available on our website at www.KSUswine.org or www.youthlivestock.ksu.edu.

Along with the showmanship competition Friday evening and a prospect and market hog show Saturday morning, we are having a swine photo contest and skillathon on Friday afternoon.



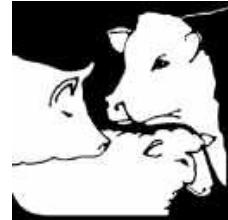
LIVESTOCK WEIGH-IN AT THE COUNTY FAIR

Livestock Weigh-In will be on **FRIDAY, JULY 14**. The weigh-in schedule will be as follows:

4:00 P.M. to 6:00 P.M. Sheep will be weighed in first followed by goats, beef, and swine.

If you have a conflict that day, please have someone else bring the livestock. Contact Anastasia at the Extension Office, or one of the Superintendents.

All livestock needs to be on the fairgrounds by 4:00 P.M. Friday, July 14.



NEED A PLACE TO STAY DURING STATE FAIR?

You might want to try the Encampment Building. Encampment bed space is made available to 4-H participants in 4-H events, adult leaders, and those who attend with entries. No children under the age of 7 will be allowed in the dormitories, even if a parent is present. Bed space can be reserved. Beds need to be reserved, more information will follow in the next newsletter. People staying in encampment must provide their own bedding, pillow, soap, and towels. If you are interested in staying in encampment, contact the Extension Office.

HORTICULTURE WORKSHOP

There will be a horticulture workshop held in Blue Rapids on Wednesday, June 14. The time has not been determined, please watch for emails.

For more information contact Anastasia Johnson at the Extension Office or by email at anastasia@ksu.edu

VOLUNTEERS NEEDED AT THE STATE FAIR SEPTEMBER 8-17

One of the major highlights of our Kansas 4-H program is the Kansas State Fair. We need your help to reach our goal of making the fair a good experience for both participants and spectators. Fifty-five committees work during the fair. Duties range from clerking for judges, displaying exhibits, or helping with judging contests or shows. Details about these opportunities are at the Extension Office. Please let the office know by July ?? if you would be willing to help. A meal ticket or tickets for Friday, Saturday, or Sunday, and/or both weekends of the fair will be provided for those who help four or more hours.

EXHIBITS RELEASED

Exhibits will be released on Tuesday, July 18 from 7:00 to 9:00 P.M. If this time is not convenient for you, please ask someone in your club to pick up your exhibit, or make other arrangements with the Extension Office staff.

KANSAS 4-H VOLUNTEER SCREENING PROCESS

Kansas 4-H is committed to providing a safe learning environment for youth. All Kansas 4-H volunteers must complete the 4-H Volunteer Screening process to work with Kansas 4-H youth. To volunteer for Kansas 4-H, contact your local Extension Office, fill out the Volunteer Information Profile Application and complete an orientation to Kansas 4-H Leadership. Find the information online at:

http://www.kansas4-h.org/onlinetraining/main.aspx?type_=4-H

**The Marshall
County Extension
Office will be closed
on July 4.**



ALL 4-H'ERS MAY PARTICIPATE

A plaque is presented each year at Achievement Night to the 4-H'er who writes the most expressive composition about 4-H.

The Wide Awake 4-H Club sponsors this memorial award in memory of a devoted member and leader, Robert Mayer.

To be eligible for this award, 4-H'ers are required to write a story (typewritten) about any of these subjects:

- What 4-H means to me
- What part 4-H has played in my family
- How 4-H has helped me
- What 4-H means to my family and me
- 4-H has taught me many important things
- 4-H has made me a better person because

Entries need to be in the Extension Office no later than September 29.



NOXIOUS WEED DEPARTMENT BANNER CONTEST

We encourage each club to participate in the Banner Contest on the subject of "Noxious Weed Control." This contest is being sponsored by the Marshall County Noxious Weed Department. The topic will center on the control of noxious weeds.

Cash awards will be made: \$75 for first place, \$50 for second place, and \$25 for third place. If you have any questions, please do not hesitate to contact the Extension Office, or Mike Craig, Public Works Department at 562-5349. Each Community Leader should have a copy of the guidelines, or they can be picked up at the Extension Office.

STATE LIVESTOCK NOMINATIONS DUE JUNE 15

State Livestock Nominations, including commercial heifers, market swine, commercial gilts, market lambs, commercial ewes, and all meat goats (markets, commercial does, and registered does) are due June 15. Nomination is required to exhibit at KSF or KJLS.

Any 4-H or FFA youth who would like to exhibit in the Kansas State Fair Grand Drive or KJLS is required to nominate their livestock projects. The 2017 nomination information has been distributed to county offices and may be found on the Youth Livestock Program website. The 2017 Declaration and Specie Nomination Forms **MUST** be used for nominations to be accepted. All families are encouraged to use the specie checklist as a guide to ensure their nominations are complete upon submission. This resource may be found on the Youth Livestock Program website, or through the local county office. Please double check that there are not any blank fields or questions on the Declaration and Nomination Forms before placing them in the mail.

As a reminder, ear notches are required for swine nominations and scrapie tag numbers are required for sheep and goats. Nominations received without this information will be considered incomplete and returned to the family for completion. Confirmation letters will be sent to families once their nominations have been processed, and reports will regularly be posted on the Youth Livestock Program website. Families are encouraged to use one of these options to verify their nominations.

A complete nomination does NOT constitute show entry. The Kansas State Fair and KJLS will release entry information to agents and through their respective websites as entry season draws near. State Fair Grand Drive entries will be due July 15, and KJLS entries will be due August 15. Animals who are nominated, but do not follow the appropriate entry processes set forth by each show, will not be permitted to show.

4-H CALENDAR OF EVENTS



JUNE

- 13 - Consumer Judging School - 9:30 A.M.
- 13 - Fashion Revue Clinic - 12:30 P.M.
- 9 - T-Shirt list due
- 12 - 4-H Council Meeting
- 15 - Due date for swine, sheep, and commercial heifer entries for State Fair and KJLS
- 16 - Pre-entries for food, clothing, arts and crafts, fashion revue, and etc. due to the office
- 16 - Livestock pens including rabbits and poultry
- 20 - Agents and Camp Counselors leave for Camp Counselor Training at RSR
- 21-24 - Pioneer Trails County Camp
- 27-30 - Campference- Rock Springs Ranch
- 28 - Marshall County Cat Show

JULY

- 6 - District Horse Show - Kansas Expocentre, Topeka, KS
- 7 - Pre-Fair Judging Day
- 9- Marshall County Fair Clean-up Day - 4:00 P.M.
- 13 - Marshall County Horse Show
- 14-18 - Marshall County Fair

SEPTEMBER

- 8-17 - Kansas State Fair
- 29 - 4-H record sheets due in the Extension Office**
- 29 - Bob Mayer Essay Entries due in the Extension Office

FUNNEL CAKE HELPERS NEEDED

Do you like to cook funnel cakes. If so your help is needed at the Marshall County Fair. Funnel cake makers are required to be 16 years of age or older. If interested contact Susie or Jenny at the Extension Office.



FAIR BOOK REMINDERS

FAIR BOOK RULE REMINDERS

This is just a friendly reminder about rule number 10 which states:

The fair management accepts exhibits and will exercise due care to protect them. 4-H exhibits at the fair are entered and displayed at the risk of the exhibitor. However, the fair management, or Extension Agents, cannot accept the responsibility for any loss, damage, or accident that may occur during the fair.

Visual Arts participants that bring pottery, ceramics, and porcelain will be asked to put their exhibit in the showcase after the ribbon has been attached to the exhibit, reducing the chance of an article getting broken or cracked.

Please read and know these rules. Rule 16 states that “Any exhibitor, who is found to have tampered with, or inhumanely abuses an animal, or enters an exhibit that is not eligible or does not abide by Marshall County Fair Rules, will be barred from showing in the Junior Livestock Show, and must forfeit any premium, ribbon, or prize won. All grievances should be turned into the Fair Office and should be in writing and signed.”

For livestock going through the livestock sale, there will not be a commission charged.

In addition, there will be no mortality payment for livestock that die at the Marshall County Fair.

Rule 16 of the Junior Livestock Sale states that “Each consignor must pick up and return to the Extension Fair Office, or to the Agricultural Agent, the “Junior Livestock Sale Release Form” by 1:00 P.M. on Monday, July 17. If it is not returned at the appointed time, you may not be able to sell your animal through the premium sale.”

For some 4-H’ers, you may already know what you are going to sell. You may go ahead and let the Extension Office know. Just fill out the paperwork, we can put the ribbon placing on the form.

The important thing is that the Livestock Sale Form be filled out and turned in to the Extension Office by 1:00 P.M. on Monday, July 17.

Remember, swine do not need to be pseudorabies tested.

4-H’ers in the livestock division may show up to 3 animals per class (market, breeding, or feeder)

Sheep and Goat Health Rules

Sexually intact market and breeding ewes and rams must be identified with an official USDA Premis ID tag.

Sexually intact goat bucks and does must be identified with an official USDA Premis ID tag.

Poultry

All chickens and turkeys need to be blood tested every year for the Marshall County Fair as close to fair as possible. We will have someone blood test the chickens and turkeys this year. BEFORE the chickens and turkeys enter the cages this year, they WILL BE blood tested first.

If your poultry looks or acts sick, please keep them home.

Livestock

Fair pre-entries are due June 16 this year and will include 4-H'er, tag #, gender, breed, and class entered.

Chemical Castration

Any animal found on the load to have been chemically castrated will be responsible for the entire load being condemned and the person responsible will be financially liable for the load.

Clothing

Clothing should be construction judged as modeled. If the outfit was modeled together, it should be construction judged as one outfit.

Recycled Clothing Project – An item made of at least 50% recycled material (recycled means reusing an existing item in a new way). Could be remaking/redesigning a garment, re-purposing a clothing item for a new use, etc. Must include sewing of some kind. A 3"x5" index card MUST accompany entry describing the recycled materials and how they were used in the item.

Building Creations - Legos®

Building Creations could include legos®, K'nex®, etc. It is suggested that the displays be covered with plastic wrap or enclosed in plexiglass for protection.

Building Creations will be judged on theme, neatness, creativity, and display.

Each 4-H'er may enter a maximum of two exhibits.

Class 2021 - Building Creation made from kit by Junior - Not SF eligible

Class 2022 - Building Creation original design by Junior - Not SF eligible

Class 2023 - Building Creation made from kit by Intermediate - Not SF eligible

Class 2024 - Building Creation original design by Intermediate - Not SF eligible

Class 2025 - Building Creation made from kit by Senior - Not SF eligible

Class 2026 - Building Creation original design by Senior - Not SF eligible

Food Preservation

Exhibits must be in a non-decorated, clean standard canning jars with matching brand, (use Ball lids on Ball Jars, or Kerr lids on Kerr Jars) two piece lids. Jars must be sealed when entered. No colored food preservation jars will be allowed. Jelly must be in ½ pint or pint jars. All other products must be in pint or quart jars. Note: There are now 12 and 24 oz canning jars available. If there is not a USDA recommended process time for the 12 oz jar, these may be used with a pint jar canning process recommendations. Use quart jar process recommendations for 24 ounce jars. All Food Preservation items must come to the fair with a recipe. Recipe must include recipe source, date of publication, and altitude of residence. Follow guidelines in K-State Research and Extension Food Preservation publications or "USDA's Complete Guide to Home Canning"; "So Easy to Preserve, 6th

Edition, Cooperative Extension Service The University of Georgia'; or "Ball Blue Book of Preserving' (2012).

Members can make unlimited entries but can not bring multiple jars of the same item per class 1701 through 1707.

DO NOT use colored jars for fair exhibits.

Food and Nutrition

Maximum number of Food and Nutrition items to be exhibited include:

4 Food Items

1 Educational Exhibit

1 Recipe Book

1 Commissioner Cookie Jar

1 Cake Decorating

All un-frosted cakes should be exhibited in an upright position with crust showing, except for those cakes made with special designs such as Bundt cakes. They should have top crust side down.

Modified non-perishable food product. Product must be modified from original recipe to nutritionally enhance the food product. Attach one - 8 ½ x 11 inch page (front and back) that includes Original Recipe, Modified Recipe, and Narrative to describe modifications made, why modifications were made and lessons learned such as nutritive value, or changes in appearance, doneness, aroma, flavor, tenderness and/or texture. Suggested resources:

Altering Recipes for Better Health Purdue University
<http://www.ces.purdue.edu/extmedia/CFS/CFS-157-W.pdf>

Altering Recipes for Good Health Texas A&M University
http://fcs.tamu.edu/food_and_nutrition/PDF/altering_recipes.pdf

Canning jars should not be used for baking per manufacturer's instructions. They could break during baking.

K-STATE RESEARCH AND EXTENSION
MARSHALL COUNTY EXTENSION SERVICE
1201 BROADWAY COURTHOUSE
MARYSVILLE KS 66508-1844

RETURN SERVICE REQUESTED

June, 2017 - "Marshall County 4-H News"

- ★ Marshall County Fair Events
- ★ Fashion Revue Judging, Public Revue, and Judging Contest
- ★ Livestock Exhibitors Notes and Events
- ★ Fair Forms



K-State Research and Extension
Marshall County Extension Office
Courthouse, 1201 Broadway
Marysville, KS 66508-1844
(785) 562-3531
FAX: (785) 562-4551
E-mail: slatta@ksu.edu
anastasia@ksu.edu

***"Knowledge
for Life"***

Sincerely,

Susan A. Latta
County Extension Agent

Sincerely,

Anastasia L. Johnson
County Extension Agent

Marshall County

Kansas State University
Agricultural Experiment
Station and Cooperative Extension Service

K-State, County Extension
Councils, Extension Districts, and U.S.
Department of Agriculture Cooperating

K-State Research and Extension is an equal
opportunity provider and employer.