



Outagamie County 4-H

Foods & Nutrition Newsletter

June 2021

We hope that you are having a great summer. Are you busy practicing your fair entries? If you have questions, please reach out to someone on the foods committee.

CHALLENGE: We will give a gift card to the person who can guess the closest to these two questions:

- ✓ **How many entries are there in Foods for the 2021 Outagamie County Fair? This would be Class A only.**
- ✓ **How many entries are there for Food Preservation for 2021 (Class B)?**

(Hint: there were 190 total entries in Foods in 2019.)

Please email katie@stilles.org for a chance to win a gift card.

Dates to Remember:

July 20 – Entry Day (TUESDAY)

July 21-25 – Outagamie County Fair

July 25 – Foods Revue (1 pm)

The Foods Committee would like to know what you think of this Foods Newsletter!!

Somewhere in this issue we hid this image - When you find it, email katie@stilles.org with where you found it for a chance to win a gift card.



Things to remember for the fair.

1. Practice
2. Know the recipe!
3. Know the ingredients
4. Know why certain ingredients are important.
5. You eat with your eyes!
6. Food safety while transporting.
7. Clean hands
8. SMILE!!!

Foods Committee Members

please feel free to contact us if you have any questions!

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Q: Why did the students eat their homework?

A: Because the teacher said that it was a piece of cake.



JuicyQuotes.com | THE BEST JOKES TO SHARE



See What's Cooking

Hey! School is out and it's time for some summer fun! With many of the Covid restrictions lifting, perhaps this summer you can go out and explore some new and interesting foods to sample. I challenge you to go to your local deli and purchase a food that you have never eaten before. Many local delis offer recipes so you can make the item at home also. You will never know if you like a food if you never try it! Don't just take someone else's word about a food, sample it for yourself!

Send in a picture of you sampling something new that you've eaten. Did you like it??

Did you get a chance to try Alicia Schroeder's, from Wide Awake Forward 4-H Club, Nacho Cheese Chicken Chowder? It's her favorite and it's easy to make. Thank you, Alicia, for sharing with us!

Let's chat a moment about food preservation. Food preservation can be defined as the process of treating and handling food in such a way as to stop or greatly slow down spoilage and prevent foodborne illness while maintaining nutritional value, texture and flavor. Many of us have gardens and fruit trees. Preserving some of those fresh fruits and vegetables can allow us to enjoy those favorites during the winter months also. Food preservation can also be used to preserve meats as well. Preserving food can be done through canning and freezing methods. To learn more, there are guidelines available for purchase by going to <https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety> Perhaps in the future we can host a simple foods preservation workshop.

Try new foods and recipes this summer. The more you experiment with cooking, the more you will learn the art of cooking. Remember to have fun also.

Mrs. Sheila Vander Zanden (Mrs. VZ)

Fun Food Facts:

Calorie for calorie, there is more protein in broccoli than steak. This healthy food doesn't come with all those saturated and trans fats or cholesterol, so you can get all the protein you need with a significantly lower risk of cardiovascular disease. Eat more broccoli! 😊



From our Family to Yours...

One of our favorite pies is Fresh Strawberry Pie. Years back we used to grow all of our own strawberries. One year we harvested over 350 pounds from our patch! All of our neighbors would get a pie from us since we had so many. More recently, Mr. VZ and I go pick berries from local berry patches. However, many of the neighbors still get their pie!

My mother-in-law shared this recipe with me and it's the only one I use.

Strawberry Pie

1qt. fresh strawberries

1 c. white sugar

3 Tbsp. corn starch

1 c. water

3 oz pkg strawberry jello

1 - 9" pie crust, baked

Mix corn starch and sugar and add water. Cook until thickened and clear. Add jello. Cool. Place sliced berries in shell and pour cooled glaze over them. Chill and top with whipped topping, whipped cream or ice cream.

Flaky Pastry

4 c. flour

1 T. sugar

1 t. vinegar

½ c. water (cold)

2 tsp. salt

1 ¾ c. shortening

1 egg

With fork, mix the flour, salt, sugar, and shortening. In a small bowl, beat water and remaining ingredients together. Add to flour mixture and blend with fork until all ingredients are moistened. Yield: 2 double-crust 9 inch pies and 1 (9-inch) shell.

Note: Can store in refrigerator up to 3 weeks or can be frozen until ready to use.

Mrs. Sheila Vander Zanden (Mrs. VZ)

Do you have a favorite recipe that you would like to share?

Email the recipe to Katie and we will include it in an upcoming issue!!

katie@stilles.org

Menu for Cheesy Potatoes or Potato Salad

Grilled Chicken

Potato Salad

Corn on the cob

Crescent Rolls

Strawberry Dessert

Rebekah



Preparing for the Outagamie County Fair Notes from the Fair Superintendents...

Happy June to everyone! The school year is almost complete, summer is just about here which means the Outagamie County Fair is on its way. In this month's newsletter article we would like to talk about something you may not have thought about regarding your Fair entries and that is transporting them to the Fair. You spend time planning and preparing your entries at home but have you thought about how you will get that beautiful pie or your cold seasonal fun food to the Fair and then to the judge?

One factor you should think about is the weather. Will the temperature be extremely warm and sunny? Is the forecast for rain and strong wind? If so, how do I get my entries from my vehicle to the building safely? Another factor is will my food items sit in the vehicle for a while? If you are enrolled in more than one project, bringing other entries, which ones do you have judged first?

Presentation of your entries is important. The first way your entry is judged is by the appearance. At the Fair when you arrive to the Foods and Nutrition/Food Preservation judging area we have a check-in table. At this table you will be given a tray or bowl to place your food items on. Here is where you prepare your entries for presentation to the judge. Utensils will be available for use to cut and plate your food. You want to select the best looking cookies, bars, bread, etc. to show the judge. Once ready, we check your entry tags and then you talk with the judge.

So how can you transport your entries to the Fair safely? The following is a list of suggestions to get you thinking. You may have ideas of your own too.

- A number of the entries can be transported to the Fair right in the pan they were baked in. Cover the pan with a top, foil or plastic wrap.
- Place cookies, rolls, muffins, and doughnuts in a safe covered container. Bring a few extra just in case one breaks.
- Soup could be transported in a thermos.
- Cold foods could be brought in a cooler.
- Wrap the hot foods container in newspaper or a towel. Some casserole dishes come with an insulated carrying case.
- Food Preservation jars could be placed in a box with newspapers, paper towels, or towels placed between the jars so they do not hit each other and possibly break.

If your entries are going to be in your vehicle for a while and the sun is shining open the windows a bit so it does not get too warm in there.

You have learned so much and have worked so hard to prepare your food items for the Fair so let's make sure the judge sees your best results. We know you can do it! Make sure your wonderful banana bread, jelly roll, appetizer, or soup taste and look its best for the judge.

Joanne and Penny
Fair Superintendents

Hi, I'm Jackie Dirkes. I am 11 years old and am a part of the Valley Eagles 4-H club! One thing that I have learned from quarantine and Covid-19, is how to have fun while baking and cooking. I used to cook, just to cook, but now I do it for fun! I know that a lot of people cook because they have to, say your parents for instance, but I think they should be able to have fun while doing it, instead of doing it kind of as a "chore." If you do it as a chore, it takes the fun away from the cooking. Also when you have fun while cooking, it makes the time fly by, and makes the "chore" more manageable!

If you are joyful, and passionate about what you created, it may make others more passionate too, or encourage them to try it. (Especially if you have someone in your family who doesn't like to eat a wide variety of foods!)

While meals and items should be practical, they should also bring you joy. If that smoothie in the morning would make you happier if you added some whipped cream on top, go for it (even if it isn't very healthy). Baking and cooking are experiences that should be enjoyable!!! Here is a video with instructions of me making one of my smoothie recipes!

[4-H version of the smoothie video.....Do not delete.mp4 - Google Drive](#)

We want to know what **you** are working on for your foods project!!

Please send a picture with a short explanation to katie@stilles.org.

Today's Cooking Funny...

Why did the chef stop cooking?

He ran out of thyme?



Strawberry Banana Twist

- 1 cup milk
- 1 cup yogurt
- 15 small pieces of cantaloupe
- 7 Strawberries (quartered)
- 15 pieces of spinach
- 1 frozen banana
- 1 cup frozen fruit (mixed berries)
- 1 teaspoon peanut butter
- A drop of vanilla extract



1. For base put milk and yogurt in blender.
2. Add in cantaloupe, strawberries, and spinach.
3. Mix until well blended.
4. Add in frozen banana – mix until well blended.
5. Add in frozen fruit, peanut butter, and vanilla extract.
6. Mix until it meets your satisfaction.
7. Enjoy your Strawberry Banana Twist!