



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# 4-H Newsletter

**Clay County SD**

**November 2022**

## Recognition Event

Our annual recognition event will be held Sunday November 20th at 2pm at the 4-H Center. We will not be having treats this year, so no need to plan on bringing anything but your smiles. Meckling Livestock club are in charge of set-up and take down this year if you are a member of these clubs please be at the 4-H Center by 1:30pm. Or if you received a job letter from the office please arrive at 1:30.

### Extension Office Staff Contact Info.

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## **UPCOMING DATES & DEADLINES- NOVEMBER 2022**

Nov. 5 - SD 4-H Day at Jackrabbits Volleyball  
Nov. 5 - Volunteer Training –Webster  
Nov. 5 - YLL Program Event Qualifier –Bon Homme County  
Nov. 8 - Volunteer Training Tuesday - Zoom  
Nov. 11 - Office Closed - Veterans Day  
Nov. 13 - Last day to order a 2023 SD 4-H Calendar  
Nov. 18 - YLL Program Event Qualifier –Youth AI Day Camp –Philip  
Nov. 19 - SS Coaches Training in Murdo –Archery, Pistol and Rifle  
Nov. 19 - Volunteer Training -Howard  
Nov. 20 - Recognition Event - 2:00 pm - 4-H Center, Vermillion  
Nov. 24-25 - Office Closed - Thanksgiving Holiday

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## SD 4-H State

### Listservs

The State 4-H office is now offering several Listservs that individuals can opt-in to receive State 4-H level information on specific topics. Below in the newsletter is a document with for information and a list of the different lists offered. To opt-in for these email list go to—

[https://  
sdstate.questionpro.com/a/  
TakeSurvey?  
tt=FFw22eZ3E5A%3D](https://sdstate.questionpro.com/a/TakeSurvey?tt=FFw22eZ3E5A%3D)

## Flyers Try-It Day

Clay County Flyers will be hosting a “try-it” day January 7th at 10am in the 4-H Center. Recommend this to anyone you know who has an interest in joining the Clay County shooting sports 4-H club!

## South Dakota Farmers Union Photo Contest

Calling All 4-H Photographers! South Dakota Farmers Union 2022 Photo Contest has a category designed to highlight the work of South Dakota 4-H'ers. Division winner receives \$100! Visit [www.SDFU.org](http://www.SDFU.org) and click on the Photo Contest link under News & Events tab to learn more. (You can also visit this link: <https://sdfu.org/news-events/photo-contest/>) The contest is open April 1 - December 1, 2022

## 2022 4-H Calendars

The 2022 South Dakota 4-H Calendar is now for sale. And features 2 pictures from Clay County! One by Lucas Green and one by Elizabeth Sereda! You can buy yourself copy and see all the photos. The Calendar will be \$20 per calendar and will be shipped to the address that is provided when ordering the calendars. The sales will only be open until Friday, November 19th. Click the image below for the link to order.



## New 4-H Year

The new 4-H year (2022-2023) begins October 1. Members can start re-enrolling in 4-HOnline 2.0 any-time after October 1. Members do need to re-enroll every year. Returning members—please do not set up a new profile! Call the office if you need help! **Please use an email you regularly check as this is the email both the state and county office will send information.**

Club leaders & Volunteers— don't forget to re-enroll, too! You do not have to complete a new volunteer application but do need to pay the \$10 fee by December 31 2022. Checks payable to Clay County 4-H Leaders Association

## NEW Youth Livestock Literary Program

The Youth Livestock Literacy (YLL) program is a way to enhance and expand the opportunities offered to our 4-H members to complete the YQCA requirement each year. A YLL or a YQCA certificate will be a requirement to show livestock at the county or state fair in 2023! (Horse, Companion Animal, and Dog are exempt) There are many events that may qualify; we will share them here in the newsletter. The YLL program will take effect for the upcoming 4-H year starting on October 1st, 2022. Please review the attached YLL Program information sheet for the list of items that qualify to meet the yearly YQCA requirement. Any member is eligible to complete one of the alternative events; however, the YQCA option is recommended for the member's first 4 years and may be required for some national level shows. To learn about Youth Livestock Literacy opportunities in your county and beyond, contact the Extension Office.

### **Upcoming YLL Events:**

- Bon Homme County 4-H Rabbit & Poultry Fun Show—Nov. 5, 9:00 am—Tyndall
- DVM Lanie Scholtz on chute safety and vaccinations—Nov. 5, 9:00 am—Madison
- Beef AI Youth Day Camp— Friday, Nov. 18—Phillip











We have add some awesome youth out promoting 4-H this month! The above image is from Trunk or Treat at the Vermillion Public Library October 28th.

The below image is the Clay County 4-H/ Clay County Fair float in the Dakota Days parade held downtown Vermillion October 22nd! Thank you to all those who helped promote 4-H at these events and during National 4-H Week!

If you have other photos you'd like featured in the newsletter please email them to Raven!



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dog 7pm 4-H Center	2	3 Dog 7pm 4-H Center	4 <u>Office Closed</u> Flyers 4-8pm 4-HCenter	5 Farmers Market
6	7	8 	9	10 Dog 7pm 4-H Center	11 <u>Office Closed</u> 	12
13	14	15 Dog 7pm 4-H Center	16	17	18 Flyers 4-8pm 4-HCenter	19 Farmers Market
20 Recogni- tion Event 2pm 4-H Center Burbank Feed- ers (meeting after R.E)	21 Lucky Trailblazers 6pm	22	23	24 <u>Office Closed</u> 	25 <u>Office Closed</u> 	26
27	28	29 Dog 7pm 4-H Center	30			





# IT'S A NEW 4-H YEAR!



ENROLL OR RE-ENROLL BEFORE NOVEMBER **20**  
TO BE ENTERED IN OUR PRIZE DRAWING!  
3 WINNERS CHOSEN AT RECOGNITION EVENT



*Join  
us!*

# CLAY COUNTY 4-H RECOGNITION EVENT

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• **NOVEMBER 20<sup>TH</sup> AT 2:00 PM** •

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Help us recognize the accomplishments of our  
Clay County 4-Hers from the 2021-2022 4-H year!



# 4-H Youth Livestock Literacy

## Introduction

From clinics to competitions, the South Dakota 4-H program has a long history of promoting livestock education. Though youth are encouraged to maximize their livestock education by taking advantage of *many* learning opportunities, one Youth Livestock Literacy (YLL) certified event is required each program year for youth interested in exhibiting livestock in a county fair/achievement day or state fair. This YLL safety requirement mirrors South Dakota 4-H standards in other higher risk project areas. In the livestock project area, the primary safety concern is that youth understand the role they play in producing safe food for others to eat.

## Procedure [effective 2022-23 4-H program year]

Here is a handy checklist SD4-H livestock exhibitors will complete before the annual July 1 deadline:

- ☐ **Enroll** youth and projects in 4hOnline.
  - If applicable to your species, get animals tagged with 4-H **ear tags** and **DNA** pulled and submitted.
- ☐ Complete at least one **YLL** certified event. See menu of options on the next page.
  - If attending the event in your own 4-H county, be sure to sign in at registration.
  - If attending a YLL event out-of-county, you will provide attendance certificate to your home 4-H county's Extension Office.
  - If using YQCA Online as your YLL event, you will convey completion certificate to your home 4-H county's Extension Office.
- ☐ Complete the **Livestock Integrity Pledge**.
  - This usually occurs during in-person YLL events, so if you used an alternative option, you will need to provide this to your home 4-H county's Extension Office.

### Special Note for 4-H State Fair Exhibitors

Additional requirements apply to participate in the 4-H Division of State Fair. Some are species dependent. Look to the 4-H State Fair Book (usually available around April 1) for these additional guidelines.







# YLL Menu of Options

Choose one of these five educational options to meet the annual YLL requirement

1. Attend a 4-H YLL certified event in county\*; common examples include:

- In-person instructor-led YQCA^ (\$3)
  - Recommended for each exhibitor's first four years
- Species-specific clinic on vaccination, insemination, etc.
- Veterinarian clinic on animal health and nutrition

*\*The counties without a 4-H Youth Program Advisor have fewer YLL options.*

*^To make efficient use of one's time, youth who participate in certain national livestock shows (e.g., Ak-sar-ben) should choose a YQCA option.*

2. Attend a 4-H YLL event in another county

3. Complete YQCA^ Online training

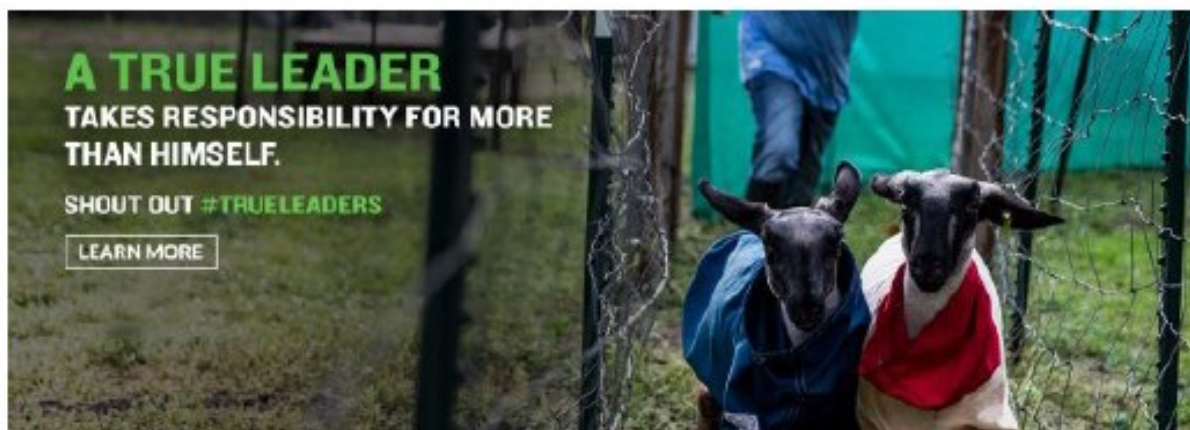
- Cost is \$12 for this web-based training; available at [www.yqca.org](http://www.yqca.org)

4. Beef project youth may complete BQA and convey a current certificate to home 4-H county's Extension Office

- Certificate must be in the youth's name, not the family's name

5. Compete in the previous September's State 4-H Livestock Skill-a-Thon Contest or other approved Skill-a-Thon Contest (Jr & Sr eligible only)

To learn about Youth Livestock Literacy opportunities in your county and beyond, contact your local Extension Office. You may also have interest in learning about out-of-county YLL events by opting into the SD4-H Livestock Email Listserv; indicate interest to [sdsu.4h@sdsu.edu](mailto:sdsu.4h@sdsu.edu)



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# 4-H CUPCAKE CHALLENGE

January 3rd at 2:00 pm - Clay Co. 4-H Center

You've watched it on Food Network and cheered talented bakers as they decorate cupcakes in a short period of time. Now you have a chance to be crowned the Cupcake Challenge winner! Compete as an individual or a team. You will have 1 hour to decorate your pre-baked cupcakes. Once you register, you will receive a mystery theme that you will use to plan your decorations around.

CONTACT THE OFFICE TO SIGN UP AND TO SEE  
THE RULES & REGISTRATION AND SCORESHEET



Contact the 4-H Office by December 21st if you would like to participate!  
(605) 677-7111 or [clay.county@sdstate.edu](mailto:clay.county@sdstate.edu)



# SD State 4-H Listservs

## Introduction

Specialization is increasing among 4-H youth. As specialization increases, access to personally tailored communications gains importance. This document provides a list of available email listservs. Sign up for all you want!

## A Few Notes

- These listservs only capture SD State 4-H topics of interest. The county 4-H office remains the primary communicator for local 4-H activities.
- Listservs are designed to share information; they are not a place for discussion or reply.
- Listservs are defined as an opt-in “extra” communication service provided by SD4-H. There are no guarantees as to timing, regularity, or formatting.
- Your email address will not be shared beyond SD4-H. It will not be viewable to others.

## Procedure to Sign Up

A list of currently available listservs is provided on the reverse side. If you see one (or several) SD State 4-H listservs that interest you. You can sign up at the following link:

<https://sdstate.questionpro.com/SD4H-StatewideListserv>

## Procedure to Withdraw

To leave a listserv, send an email with the memo line of “leave listserv” to

[sdsu.4h@sdstate.edu](mailto:sdsu.4h@sdstate.edu).

\*Email listservs are the best option we have available at this time.

Should laws become more pliable in the future, we would replace these with a 4-H app system.



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# SD State 4-H Listservs

## Available Listserv Options as of October 1, 2022:

- **Everything Friday**
  - *Published Fridays.* The state 4-H office publishes a Friday Message (FM) for county 4-H professionals that has both internal and external announcements. Those who sign up for this listserv will receive all the external/public items. Be warned, it is a lot!
- **Dog Project Education**
  - *Published as needed.* All public communications from the state dog project education committee. Note, these will be mostly educational resources, not event or competition announcements.
- **4-H True Leaders**
  - *Published as information/resources are available.* 4-H is developing true leaders of tomorrow. This Listserv will connect you to programs, resources and events that will help young people in developing their leadership skills. Topics will include the State 4-H Ambassador Program, Teen Leadership Conference, national 4-H trips and more.
- **Civic Education and Community Service**
  - *Published as information/resources are available:* Does government, citizenship, or civics interest you? Sign-up for this Listserv to receive information and resources about our South Dakota 4-H Civic Education and community service efforts. This will include details about our 4-H Capitol Day, South Dakota 4-H Legislature Program, statewide community service project, cultural education, and more.
- **Alumni Connection**
  - *Published twice yearly or as information/resources are available.* Discover opportunities for you as a 4-H alumni to support current education programs, connect with other alumni, and learn about South Dakota 4-H events.
- **Volunteer Training and Resources**
  - *Published quarterly or as information/resources are available.* Learn about opportunities for you as a volunteer to help 4-H members find success. This listserve will feature upcoming volunteer training opportunities and highlight available resources out there for you as volunteers to use when working with youth.
- **Rodeo**
  - *Published as information/resources are available.*
- **Shooting Sports**
  - *Published as information/resources are available.*
- **Livestock**
  - *Published as information/resources are available.* Updates on events and deadlines concerning state and county livestock events. Keep up to date on Youth Livestock Literacy Events.



**NEW!**

QUARTERLY

# 4-H PROJECT CHALLENGE

OCTOBER, NOVEMBER, DECEMBER 2022

## FOODS & NUTRITION: QUICK BREAD VS. YEAST BREAD

These challenges are designed to have fun, while also learning something new!

- How do I participate?
  - You must:
    - Fill out the form on the challenge sheets.
    - Take photos/selfie while doing each recipe (3 total)
    - Exhibit at the fair. Can be a Foods exhibit, Educational Display, or Curriculum
    - Share the experience with a Club or County level Demonstration or Public Presentation
- A Celebration or Project Workshop related to the project area will be offered each quarter. This quarter will be Cupcake Challenge!

Look for the challenge details in each month's newsletter. The challenge will run for 3 months each. You may begin at any time.

This is a great way to earn premium points and be able to fill out award forms!

**\*\* Special Prizes will be awarded at the 2023 Recognition Event to those who complete the challenge requirements! \*\***

# QUARTERLY 4-H PROJECT CHALLENGE

Check the boxes for each activity in each challenge you participated in. Turn in your sheet as you go, or by Oct. 13, 2023 to receive a special prize at the 2023 Recognition Event.

## OCT, NOV, DEC. 2022 - FOODS & NUTRITION: QUICK BREAD VS. YEAST BREAD

- ☐ Filled out the form on the challenge sheets.
- ☐ Took photos/selfie while doing each recipe (3 total) & shared them with 4-H Office
- ☐ Exhibited at the fair. Can be a Foods exhibit, Educational Display, or Curriculum
- ☐ Shared the experience with a Club or County level Demonstration or Public Presentation  
Explain what you did\_\_\_\_\_
- ☐ Bonus: Participated in Cupcake Challenge workshop

## JAN, FEB, MAR. 2023 -

## APR, MAY, JUN. 2023 -

## JUL, AUG, SEPT. 2023 -





## ***Foods and Nutrition: Quick Bread vs. Yeast Bread***



Bakers appreciate the aroma and creativity behind a yeast dough masterpiece. Yeast breads require time and patience in allowing the dough to proof and rise before baking. A fast-paced modern society found solutions to bake quick breads using food-safe chemical leavening agents such as baking soda and baking powder, eliminating the wait and fermentation time before baking. Quick breads also eliminated the kneading process, a step to develop the gluten to allow yeast bread dough to stretch and rise. As one of the world's oldest foods, yeast breads and quick breads come in various types, shapes, sizes, and textures.

### **Starting Out**

#### **Applesauce Muffins**

- Review safety tips prior to making your recipe.
- Gather all ingredients and supplies, and remember to wash your hands.
- Most muffin recipes should be baked without using paper baking cups.
- Rate the quality of your muffins.
- Share some of your delicious muffins with someone else.

### **Learning More**

#### **Mountaintop Biscuits**

- Follow regular kitchen safety basics.
- Gather all ingredients and supplies.
- Closely follow your recipe.
- Biscuits are considered a quick bread as it does not contain yeast.
- Rate the quality of your biscuits.
- Share some of your biscuits with a friend or neighbor.

### **Expanding Horizons**

#### **Yeast Bread**

- Review kitchen safety basics.
- Yeast breads require patience in allowing the bread dough to rise.
- Review proper method to knead, rest, and shape bread.
- Evaluate your bread loaf and troubleshoot any problems.
- Share some of your bread with family, a neighbor, or friend.

## **Inspire Kids to Do**

### **Skill Building**

When baking bread, begin with a quick bread recipe using food-safe chemical leavening agents, then a biscuit recipe, and finally a yeast bread that requires properly proofing yeast and kneading the dough. It is important to be aware of the differences between a quick bread and a yeast bread and the time required to prepare each.

### **Goals**

- Check for doneness of a bread.
- Properly proof yeast.
- Share what I have learned with others.

### **Project Ideas**

- Try quick bread recipes using a variety of fruits and nuts.
- Experiment with butter and shortening in biscuits.
- Bake yeast bread using a sweet bread recipe such as cinnamon rolls.

### **Self-Evaluation Before**

Using the rating scale below, answer the following:

- 1 = not at all  
2 = a little  
3 = a lot

#### **I know how to...**

Test for doneness in a quick bread

..... 1 - 2 - 3

Proof yeast ..... 1 - 2 - 3

Tell the difference between yeast bread and quick bread ..... 1 - 2 - 3



## Foods and Nutrition: Quick Bread vs. Yeast Bread

Challenge Instructions	Helpful Tips	Leadership	Curriculum and Resources
<p>Try these recipes to learn the differences between quick breads and yeast breads.</p> <ul style="list-style-type: none"> <li>• Bread Baking Basics, p. 3</li> <li>• Applesauce Muffins, p. 4</li> <li>• Mountaintop Biscuits, p. 6</li> <li>• White or Whole Wheat Yeast Bread, p. 8</li> </ul> <p><i>(Permission granted to use recipes from KSRE and Kansas Wheat Commission.)</i></p>	<ul style="list-style-type: none"> <li>• Over stirring or mixing a quick bread will make muffins tough.</li> <li>• For a golden crust biscuit, use a shiny baking sheet.</li> <li>• Biscuits require high heat to bake properly.</li> <li>• Shortening makes biscuits more tender as it doesn't contain water or milk solids.</li> <li>• Liquid temperature too high will kill yeast plants.</li> <li>• 2¼ teaspoons equals one ¼-ounce packet yeast.</li> <li>• Salt affects how quickly yeast rises, which affects bread texture.</li> </ul>	<p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <ul style="list-style-type: none"> <li>• Teach bread making lesson to other 4-H members.</li> <li>• Teach bread making lesson to classmates or friends</li> <li>• Other _____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul>	<p>To learn more about the 4-H Foods and Nutrition Project, visit <a href="http://www.kansas4-h.org">www.kansas4-h.org</a></p> <p>K-State Research and Extension Kids a Cookin' Kansas Wheat Commission Recipes</p> <p>Rapid Response Center at Kansas State University</p> <p>Kansas State Fair Foods &amp; Nutrition Evaluation</p> <p>Foods and Nutrition Project Page, 4H1112</p>

### Life Skills Learned (check all that apply)

- ☐ Positive Self-Concept
- ☐ Inquiring Mind
- ☐ Concern for Community
- ☐ Sound Decision-Making
- ☐ Healthy Interpersonal Relationships

### Share

- ☐ Share part of your bread product with a neighbor/friend.
- ☐ Thank a 4-H supporter by sharing your bread and note of thanks.
- ☐ Present a demonstration at a club meeting or school classroom.
- ☐ Other \_\_\_\_\_

## Evaluate Your Experiences!

What is the main difference between a quick bread and a yeast bread? \_\_\_\_\_

What methods can be used to determine whether breads are baked completely? \_\_\_\_\_

Name two food-safe chemical leavening agents. \_\_\_\_\_

What was the hardest part of the activity? \_\_\_\_\_

**To complete the Challenge,** take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience.

[www.tinyurl.com/KS4HChallenge](http://www.tinyurl.com/KS4HChallenge)

### Local Contact Information

### Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

#### I know how to...

Test for doneness in a quick bread.....

..... 1 - 2 - 3

Proof yeast ..... 1 - 2 - 3

Tell the difference between yeast bread and quick bread ..... 1 - 2 - 3

### Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by Karen Shepard, FCS Agent, and Patsy Maddy, 4-H Youth Development Agent, Twin Creeks Extension District

# Bread Baking Basics

## When are Baked Goods Done?

In baking, there are many visual clues to test if a product is done. This includes lightly touching a cake surface, golden brown color on breads, or inserting a toothpick in a quick bread to see if it is still sticky.

Another way to test for doneness is by checking the internal temperature using a food thermometer. By practicing a recipe, you can determine with temperature how long it takes to bake a product. Then, make note of that time in the recipe for future reference.

It is still important to use visual clues to determine if a product is done.



## Suggested Temperatures for Doneness

Layer cakes — 205° to 210° F

Quick bread — 210° F

Pound cake — 210° F

Yeast bread — 195° to 210° F

Jelly roll cakes — 190° to 195° F

Bundt cake — 212° F

Muffins — 210° F

Yeast rolls — 190° to 195° F

## Yeast

Yeast is a living microorganism in the fungi family. Starch, carbohydrates, and sugar feed the yeast. As it feeds, yeast digests carbohydrates and kickstarts fermentation, releasing carbon dioxide that expands gluten proteins and causes dough to expand and rise. Yeast feeds and reproduces best between 70° and 80°. Salt counteracts yeast. Never let salt come in direct contact with yeast. Yeast gives bread its distinctive flavor.

## Temperature for Yeast

Yeast can thrive in the right warm temperature or be dormant or “killed” in the wrong temperature. For best results, follow the temperature recommendations for the type of yeast used in your recipe. The ideal temperature for active dry yeast is 100° to 110° F. The ideal temperature for instant (also called fast rising) and bread machine yeast is 120° to 130° F.

## Packet and Jar Equivalents

1 Packet of Yeast = 2 ¼ teaspoons

2 Packets of Yeast = 4 ½ teaspoons

3 Packets of Yeast = 6 ¾ teaspoons

## Types of Yeast

Dry Active — activated in warm water

Instant or RapidRise® — added directly to recipe



**Sources:** American Institute of Baking; King Arthur's Baker's Companion, The All-Purpose Baking Cookbook; Baking Illustrated by Cook's Illustrated; I'm Just Here for More Food by Alton Brown; Karen Blakeslee, K-State Research and Extension; Fleischmann's Yeast; National Festival of Breads



# Applesauce Muffins

*Make this batter now -- bake later!*

## Tools Needed

- Muffin tin
- Electric mixer
- Mixing bowl
- Measuring cups
- Measuring spoons
- Knife
- Rubber spatula
- Spoon
- Hot pad
- Cutting board

## Ingredients

- |                       |                        |
|-----------------------|------------------------|
| ¼ cup margarine       | 1 teaspoon baking soda |
| 1 cup sugar           | ¼ teaspoon salt        |
| 1 egg                 | 2 cups flour           |
| 1½ teaspoons cinnamon | 1¼ cups applesauce     |



Photo by Mink Mingle on Unsplash

## Directions

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes. Optional: Add 1/2 cup of diced apple or raisins to batter.

## Helpful Hints

- While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way — by hand, or by mixer — it is important to remember that muffins are a “quick bread” and that means muffins or coffeecakes will come out best if not overmixed.
- Just lightly stir the ingredients together — so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that’s fine.
- Overstirring or mixing a quick bread will make the muffins tough. Sometimes kids who help in the kitchen really like to stir big and long — and there are good recipes for that — but when it comes to mixing muffins, less is more!

**Safety Tip #1:** Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer’s control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

**Safety Tip #2:** Remember, this recipe and most batters contain raw egg. Don’t lick the spoon or bowl, because the raw egg can make us sick — especially young children. Wait until the batter is baked; it’s then safe to go ahead and enjoy!

# Muffin Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

## Exterior Appearance

- \_\_\_\_\_ Muffins are about the same size in height and diameter
- \_\_\_\_\_ Color on the top is golden brown
- \_\_\_\_\_ Muffins have golden brown bottoms; not too dark or hard
- \_\_\_\_\_ Tops pebbly rather than smooth and gently rounded

## Interior Appearance

- \_\_\_\_\_ Fairly large gas holes uniformly distributed
- \_\_\_\_\_ Texture uniform and slightly moist
- \_\_\_\_\_ Can be easily broken

## Flavor

- \_\_\_\_\_ Pleasant flavor
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ Slightly sweet

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calorie  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g fiber  
per serving



## Nutrition Facts

Servings Per Container 18  
Serving Size 1 muffin (48 g)

Amount per serving  
**Calories** 130

	% Daily Value*
<b>Total Fat</b> 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	4%
<b>Sodium</b> 130mg	6%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber less than 1 gram	3%
Total Sugars 13g	

<b>Protein</b> 2g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Mountaintop Biscuits

## Kansas Wheat Commission Test Kitchen Note

A simple recipe that can be prepared in short order, and they're a mile high!

**Prep Time:** 35 minutes

**Bake Time:** 12 minutes

**Yield:** 12, 2½-inch biscuits

## Ingredients

- 3 cups all-purpose flour
- 2 tablespoons granulated sugar
- 4½ teaspoons baking powder
- ¾ teaspoon cream of tartar
- ¾ teaspoon salt
- ¾ cup vegetable shortening
- 1 beaten egg
- 1 cup low-fat milk

## Instructions

1. Preheat oven to 450° F.
2. Stir flour so it is not packed from being in container. Measure dry ingredients and level off. Sift flour with sugar, baking powder, cream of tartar, and salt into medium bowl.
3. Cut in shortening, with pastry blender or 2 knives (used scissors-fashion), until mixture resembles coarse meal.
4. Combine egg and milk, and add to flour mixture all at once. Stir with fork just long enough to make a soft dough that forms a ball.
5. On lightly floured surface, knead lightly about 10 times. Roll or pat dough to 1-inch thickness, using as little flour as possible. Cut straight down into dough with a 2½-inch biscuit cutter, being careful not to twist cutter.
6. Place 1 inch apart on ungreased cookie sheet. Bake 12 to 15 minutes.

## Nutrition Information

**Per biscuit:** 257 cal, 14 g fat, 19 mg cholesterol, 557 mg sodium, 28 g carbohydrates, 1 g fiber, 4 g protein, 50 mcg folate.





# Biscuit Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

## Exterior Appearance

- \_\_\_\_\_ Biscuits are about the same size in height and diameter
- \_\_\_\_\_ Color on the top is golden brown
- \_\_\_\_\_ Biscuits have golden brown bottoms; not too dark or hard
- \_\_\_\_\_ Tops pebbly rather than smooth and gently rounded



## Interior Appearance

- \_\_\_\_\_ Small, uniform gas holes
- \_\_\_\_\_ Thin cell walls
- \_\_\_\_\_ Crumb peels off in sheets, flakes, or layers

## Flavor

- \_\_\_\_\_ Pleasant flavor
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ No bitterness or rancidity

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calories  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g  
fiber per serving

## Nutrition Facts

Servings Per Container 12  
Serving Size 1 biscuit (44 g)

Amount per serving  
**Calories 170**

% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	

<b>Protein</b> 4g	
Vitamin A	4%
Vitamin C	0%
Calcium	4%
Iron	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# White or Whole Wheat Yeast Bread Dough

(makes about 3  $\frac{3}{4}$  pounds dough)

## Ingredients

1 package or 2  $\frac{1}{4}$  teaspoons active dry yeast  
 $\frac{1}{2}$  cup lukewarm water (110°F-115°F)  
 $\frac{1}{2}$  teaspoon granulated sugar  
 $\frac{1}{2}$  cup vegetable shortening or butter  
 $\frac{1}{2}$  cup granulated sugar  
1 large egg, beaten  
1  $\frac{1}{2}$  teaspoons salt  
2 cups milk, scalded and cooled to lukewarm  
7  $\frac{1}{2}$  to 7  $\frac{3}{4}$  cups all-purpose flour or bread flour OR 4 cups whole wheat flour plus 3  $\frac{1}{4}$  to 3  $\frac{1}{2}$  cups all-purpose or bread flour



## Directions

In small bowl, dissolve yeast in lukewarm water, stirring in  $\frac{1}{2}$  teaspoon sugar. Let stand 5 minutes.

In mixer bowl, beat shortening with  $\frac{1}{2}$  cup sugar; add egg, salt, cooled milk, and dissolved yeast.

Stir in flour a little at a time until dough is stiff enough to knead. Knead by hand or with dough hook 8 minutes or until smooth and elastic. Place in greased bowl; cover and let rise until doubled.

Punch down dough and divide into 3 equal balls. Flatten each ball with hands or rolling pin into a rectangle about 8 inches by 4 inches on a lightly floured surface. Roll dough up tightly, beginning at the 8-inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Press each end with side of hand to seal. Fold ends under the loaf.

Place seam side down in the pan. Brush loaves lightly with butter. Cover and let rise in warm place for 35 to 50 minutes or until double in size.

Move oven racks to a lower position so that tops of pans will be in the center of the oven. Heat oven to 375° and bake for 35 to 40 minutes or until loaves are deep golden brown and sound hollow when tapped. A thermometer can be used to check for doneness. The thermometer should read about 200°.

Remove loaves from pans to a wire rack. Brush loaves with butter and cool.

**Note:** Dough may be kept covered in refrigerator for several days and used when needed.

*Recipe used with permission of the Kansas Wheat Commission.*



# Yeast Bread Evaluation — You Be the Judge

Rate your product below using the following scale:

5 – Very Satisfied; 4 – Satisfied; 3 – Neutral; 2 – Dissatisfied; 1 – Very Dissatisfied

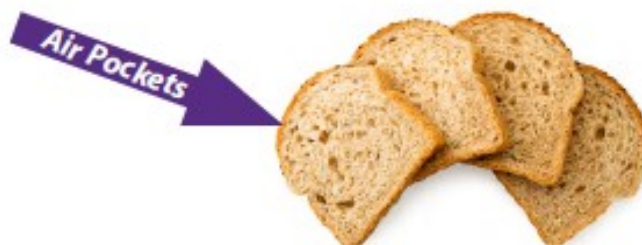
## Appearance

- \_\_\_\_\_ Good volume
- \_\_\_\_\_ No flour streaks or excess flour
- \_\_\_\_\_ A symmetrical, well-shaped uniform size
- \_\_\_\_\_ A uniform golden-brown color
- \_\_\_\_\_ Smooth, tender crust



## Texture

- \_\_\_\_\_ Free of large air pockets
- \_\_\_\_\_ Moderately fine and even-grained
- \_\_\_\_\_ Soft and free of crumbliness
- \_\_\_\_\_ Moist and silky
- \_\_\_\_\_ Tender to the touch
- \_\_\_\_\_ Elastic in quality



## Flavor

- \_\_\_\_\_ Pleasing, well-baked flavor (not overcooked or undercooked)
- \_\_\_\_\_ Fresh
- \_\_\_\_\_ Well blended (not tasting strongly of any one ingredient)
- \_\_\_\_\_ Nutlike or 'wheaty' taste

## Aroma

- \_\_\_\_\_ Appealing, pleasing

## Nutrient Value

(Check the recipe.  
Compare with Nutrition Facts.)

- \_\_\_\_\_ Low in sugar
- \_\_\_\_\_ Low in sodium
- \_\_\_\_\_ Low in fat
- \_\_\_\_\_ High in fiber

### Sugar

1 teaspoon sugar = 4 grams  
1 teaspoon sugar = 16 calories  
100 calories added sugar is  
recommended daily limit

### Sodium

1 teaspoon salt = 2,300 mg sodium;  
2,000 mg is recommended daily limit

### Fat

1 gram = 9 calories  
Low fat is 3 grams fat per 100 calories

### Fiber

High fiber contains more than 5 g  
fiber per serving

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## Nutrition Facts

Serving Size	1 thick slice (50 g)
Amount per serving	
Calories	140
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3 gram	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 127mg	<b>4%</b>
Thiamin 0.2mg	<b>15%</b>
Niacin 3mg	<b>20%</b>
Folate 39mcg DFE	<b>10%</b>
Biotin 3mcg	<b>10%</b>
Selenium 19mcg	<b>35%</b>
Manganese 0.9mcg	<b>40%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# South Dakota 4-H Regional Volunteer Training



An opportunity for 4-H Volunteers to come together to network, learn and ask questions of state 4-H staff. Hosted in partnership with the South Dakota 4-H Leaders.

We hope to see you there!

## DATES/LOCATIONS

- November 5 | Webster
- November 19 | Howard
- December 3 | Belle Fourche
- January 28 | Miller
- March 25 | Winner

*\*Dates are subject to change based on any weather or local conflicts that arise. Registration materials found on the SDSU Extension website will be up-to-date as these situations arise and county 4-H offices will be informed.*

## COST/REGISTRATION

The cost for each event is \$15 if you register 2 weeks prior to the event date. After that time, it will be \$20 up until the Wednesday before each event. Lunch will be provided for registrants.

Registration is required and can be found at the link or by scanning the QR code.

### For more information:

Jenae Hansen-Gross | SDSU Extension 4-H Volunteer Development Field Specialist  
(605) 626-2870 | [jenae.hansengross@sdstate.edu](mailto:jenae.hansengross@sdstate.edu)

## TENTATIVE TRAINING SCHEDULE

- 9:00 a.m. - Check-in
- 9:20 a.m. - Welcome
- 9:40 a.m. - QPR (Question, Persuade, Refer) Suicide Prevention Training
- 11:00 a.m. - Break
- 11:10 a.m. - 4-H Projects Open Space Discussion/Learning
- 12:00 p.m. - Lunch
- 12:30 p.m. - Youth Project Highlight
- 1:00 p.m. - Q & A
- 1:30 p.m. - Feedback and Evaluation

*Schedule subject to change.*



[extension.sdstate.edu/  
south-dakota-4-h/supporters](https://extension.sdstate.edu/south-dakota-4-h/supporters)



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# Bon Homme County 4-H Rabbit & Poultry Fun Show



**November 5, 2022, 9 a.m.**  
**Bon Homme County 4-H Center**  
**1910 Birch St, Tyndall, SD**



**Poultry Judge: Reynold Loecker**

**Rabbit Judge: Randy Woehl**

**Entry fee: \$1 per bird/rabbit, \$1 for showmanship**

**Activities to include: Judging contest, Breed ID, Showmanship Clinic, and Costume Contest (for your rabbit or chicken, not you!). Lunch Provided for \$2.**

**Please RSVP to [saraschott33@gmail.com](mailto:saraschott33@gmail.com)**

**To learn more about Bon Homme County 4-H, email [bonhomme.county@sdsu.edu](mailto:bonhomme.county@sdsu.edu)**



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# 10<sup>th</sup>

ANNIVERSARY

## Tripp County



### Prospect Show

Saturday, November 5, 2022  
Tripp County Fair Grounds  
899 W 13<sup>th</sup> St., Winner, SD

#### CASH PRIZES AWARDED

Top 5 Prospect Heifers  
Top 5 Prospect Market Animals  
Top 5 Showmanship in 3 Divisions  
*100% payback based upon class  
placing & #/class.*

➤ Door prizes  
➤ Anniversary gift  
to each exhibitor  
➤ Awards for Breed  
Champions

*Come help us celebrate the 10<sup>th</sup> year of our show!!*

**Electronic pre-entry is preferred** - please find the link on the Tripp County Prospect Show Facebook page or <http://www.sdjps.com>

Payment can be made the day of the show. \$25/hd if entered by 11:59p.m. CST on 11/3/2022, \$30/hd after that time.

You can also mail or e-mail your entry form to: Dawn Covey, 26063 319th Ave., Hamill, SD 57534 [dec.63@hotmail.com](mailto:dec.63@hotmail.com)

➤ Cattlewomen will  
have a lunch stand!

#### Contact Information:

Dawn Covey— (605) 840-1334 or (605)842-3250, E-mail:  
[dec.63@hotmail.com](mailto:dec.63@hotmail.com), Ross DeMers (605)840-4188 or Jeremy  
Schroeder (605)840-0510 or Rhonda Schroeder (605)840-0217

- **Check In: 8:00 a.m.—10:00 a.m.**
- **Show will start at 11:30 a.m.**
- **\$25 entry fee/hd - \$30/hd after 11:59 pm CST on Thursday, November 3, 2022.**
- Showmanship divisions will be Senior, Junior, and Beginner - \$5 entry fee
- Show Order:
  1. Showmanship
  2. Prospect Breeding Heifers
  3. Prospect Mkt. Heifers & Steers
- Exhibitor Age limit: 8–21 years old as of January 1, 2023, as stated in the S.D. Junior Point Show Association Beef rules, however, we will conform to ages for specific breeds that may be different.
- Breeding Heifers - must have been born after August 1, 2021
- Prospect Breeding Heifer classes will be broken down by breed & age
- All Prospect Mkt. Steers & Heifers must have been born in 2022
- Prospect Market Steer classes will be broken down by breed & weight
- All Market Heifers will show in one division.
- All animals must be registered or eligible for registration to show in a breed. If this does not apply you will show as commercial.
- Health Papers Required
- Must bring your own woodchips
- This is a **NO FIT** show. Any changes to these rules will be announced the day of the show. All decisions of show committee are final.
- Not responsible for accidents.
- Generators Recommended
- Pre-entry is encouraged but you may also enter the day of the show.





# 41st Annual



## Miner County Feeder Calf Show

**Friday, November 25, 2022 — 4-H Grounds, Howard, SD**

South Dakota Junior Point

Show Sanctioned

### Schedule of Events:

**9:00 — 11:00 a.m.** — Check in must be completed in 4-H Building; \$30 per entry

**10:45 a.m. — 12:00 noon** — Lunch provided for Exhibitors at 4-H building

**11:30 a.m.** — Showmanship, open to SD exhibitors, following the guidelines of the SDJPS

**Following Showmanship:** Judging of Miner County 4-H Show

4-H Show will be followed by Open Class Breeding Show then Open Class Market Show.

### Awards:

- Overall Champion Market & Breeding Beef ~ \$500 and a banner
- Reserve Champion Overall Market & Breeding Beef ~ \$250; 3rd place, \$100; 4th place, \$75; 5th place, \$50
- 60% of Entry Fees for Steers & Heifers will be paid back to classes

Concession Stand available on the Grounds

**\*Noon lunch provided by Howard Farmer's Coop\***

**Friday, November 25, 2022**

- Show open to the world; minimum 4-H age to 21 yrs of age
- Entry Fee — \$30 per calf entered. No pre-registration.
- *Steers will be split by breed and then weight (declared weights, scale available)*
- *Heifers are split by breed and then by age with fall heifers born in 2021 eligible to show per SDJPS rules. All other calves must be born in 2022*
- This show will be divided according to sanctioned rules. The British division is for British Straight breeds only.
- Registration papers/means to acquire papers are encouraged for all breeds or you are subject to show commercial.
- Calves entered must be accompanied by a current health certificate
- **All exhibitors must check-in at 4-H Building on the Grounds before unloading trailers. Declare weights at check-in (scale available on-site)**
- **Fitting is optional: no washing facilities available**

- All decisions of Show Committee and Judge will be final; Judge may call for weight check at his/her discretion.
- Calf Show Committee will not be responsible for accidents and exhibitors enter at their own risk
- **All bedding must be cleaned up or forfeit premium—a manure bunker is available on the south end of grounds**
- Weather updates will be posted to the Miner County Feeder Calf Show Facebook page.
- Power is limited -- Portable generators advised
- Storm date - Saturday, Dec 3rd
- No pets allowed on grounds
- Photographs available by request for a fee
- For more information, contact committee members:  
Ryan Miller (605) 480-3012; Kyle Karstens (605) 579-0138  
or Jim Krantz (605) 480-1056; sara.miller@k12.sd.us





## Beef Artificial Insemination Day Camp for Youth

**What:** Come learn about the value of bovine artificial insemination, the A.I. process and equipment, while gaining hands on experience during this day camp.

**Where:** SDSU Cottonwood Field Station  
23738 Fairview Rd., Philip, SD 57567

19 miles east of Wall or 11 miles west of Philip

**When:** Friday, Nov. 18 from 9:30 a.m. to 4 p.m. Cost: \$35 per youth ages 11 to 18\* (this covers the day materials, lunch and snack)

\*Class is limited to Junior and Senior 4-H members, or middle school and high school students.

\*Class is limited to the first 20 registrants to provide adequate hands-on time.

\*Youth attending will receive their Youth Livestock Literacy Certification

### CONTACT INFORMATION:

Audra Scheel  
SDSU Extension 4-H Youth Program Advisor  
605-539-9471 | [audra.scheel@sdstate.edu](mailto:audra.scheel@sdstate.edu)

Olivia Amundson  
SDSU Extension Cow/Calf Field Specialist  
605-782-3290 | [olivia.amundson@sdstate.edu](mailto:olivia.amundson@sdstate.edu)  
4101 W. 38th St. Ste 103, Sioux Falls, SD 57108

Robin Salverson  
SDSU Extension Cow/Calf Field Specialist  
605-374-4177 | [robin.salverson@sdstate.edu](mailto:robin.salverson@sdstate.edu)  
401 Sixth Ave. W., Lemmon, SD 57638

Kaycee Jones  
SDSU Extension 4-H Youth Program Advisor  
Haakon County: (605) 859-2840  
Jackson County: (605) 837-2133  
[kaycee.jones@sdstate.edu](mailto:kaycee.jones@sdstate.edu)  
PO Box 519, Philip SD 57567

**To register: Call the Haakon County Office at 859-2840.**



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