



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# 4-H Newsletter

Clay County SD

October 2022

## Record Books

Record Books will be due to club leaders October 4th.

**\*\*Check with your leader to see if they need them at an earlier date, all books must be checked by the club leader\*\***

Award applications are also due with your books. There are a variety of awards to apply for—Member year pins: Agriculture, Personal Development, Shooting Sports, Home Economics, and Horse Sweepstakes; Farm Bureau Award; Dillion Jolley Award; County Citizenship, Leadership and Achievement Medals; Key Award; Overall Award; Molly's Award for dog members; Joe Millette Outstanding Horse; and Outstanding Club Award.

Call or stop in the office to if you need help deciding which awards you are eligible for. Please stop by the office if you would like pointers on filling our record books or award applications.

NEW— We will have a new formatted 4-H journal this year! This new easy to read book will be on the website SOON! The old journal and record book are still options for this year as well.

**Remember – no record book or journal submitted mean no premium money paid.**

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October 2 - 8, 2022

  
**NATIONAL  
4-H WEEK**

**#Opportunity4ALL  
#Opportunity4All**

## National 4-H Week

National 4-H week is quickly approaching mark your calendars for October 2-8 2022. This year's theme is "Opportunity 4 All." Take advantage of this important week to highlight the remarkable 4-H youth in our communities and showcase the incredible experiences that 4-H offers young people. If you need promotional supplies or materials, please contact the office. We are able to print several things from the national 4-H website. If you do promote 4-H in some way, please send photos to the office to be highlighted in the next newsletter!

## Trunk or Treat

Clay County 4-H will again be participating in Trunk or Treat at the Vermillion Library October 28th from 4-6pm. We would love to have as many 4-Hers as we can join us to help give out candy and promote Clay County 4-H! Let the office know if you can be there!

## 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

## Notice: 4-H Charges Policy

At the March 4-H Leader's Association Meeting, the following policy was adopted in relation to charges made through the office regarding tags & other fair fees, food stand charges, etc.

*All 4-H families are permitted to charge a balance to the Clay County 4-H Leaders Association for reasonable and expected costs associated with membership, at the discretion of the Leaders. All 4-H families are also permitted to charge a balance to the 4-H Food Stand during the Clay County Fair. It is expected that any balance due is paid in full within 30 days of receipt of the bill from the 4-H office acting on behalf of the Leaders. One reminder will be sent following 30 days past due. Should balances not be paid in full by November 1 of each club year, 100% of any awards, premium money, fruit sale rebate, or other participation incentives will be withheld from all enrolled members of that family until the balance is settled. Should unforeseen financial circumstances prohibit a 4-H family from settling its balance owed, they must contact the 4-H office as soon as possible to identify a solution to reconcile the balance.*

**Payment is due October 14th 2022.**

## 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



We have some extra t-shirts that are available for sale if you missed out on ordering yours. Sizes are limited and will be available on a first come first serve basis. See image of the shirt to the left.

October 2 — Caleb Reins

October 2 — Colton Searcy

October 2 — Morgan Stelling

October 4 — Amy Schweinle

October 5 — Emma Heine

October 13 — Myles Lindstrom

October 15 — Lacey Mockler

October 24 — Evan Peterson

October 24 — Mason Tepe

October 28 — Shelly Hauck

October 28 — Hadley Nelson

## 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. The YLL program will take effect for the upcoming 4-H year 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. To learn about Youth Livestock Literacy opportunities in your county and beyond, contact the Extension Office.

## Paper Clovers Tractor Supply Company

TSC has yet again partnered with 4-H to offer the Paper Clovers fundraiser! Tractor Supply proudly began their partnership with 4-H in 2010 and have since helped raise over \$14 million through the Paper Clover fundraisers. The success of these campaigns has impacted over 69,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement. 100% of funds raised through Paper Clover fundraisers directly benefit 4-H and the kids and teens involved - 90% of donations directly support 4-H youth in the state it was raised, and the remaining 10% supports national 4-H programming. Paper clovers will be available October 5th through October 16th.

# UPCOMING DATES & DEADLINES- OCTOBER 2022

- Oct. 1 - It's a new 4-H Year! - Please re-enroll in 4HOnline!
- Oct. 1 - SD 4-H Legislature Session - Pierre
- Oct. 2 - South Dakota 4-H Day at Jackrabbits Soccer
- Oct. 2-8 - National 4-H Week! - Help promote & recruit 4-H!
- Oct. 4 - Leader's Meeting - Record Books and Awards
- Oct. 10 - Office Closed
- Oct. 11 - Volunteer Training Tuesday
- Oct. 14 - Foodstand Bills due to the office
- Oct. 14 - Award Points forms due to the office
- Oct. 28 - Trunk or Treat, Vermillion Library, 4-6 pm

# JOIN US

## Clay County 4-H Recognition Event

November 20, 2022  
2pm

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

# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Record Books Due! Leaders Meeting 530 Dog 7-7:45	5	6 Dog 7-7:45 4-H Center	7	8
9	10 Office Closed 	11 Dog 7-7:45 4-H Center	12	13 Dog 7-7:45 4-H Center	14 Food Stand Bills Due! Award Point Forms Due!	15
16 Burbank Feeders 5pm Kitchen	17 Lucky Trailblazers 6pm Kitchen	18 Dog 7-7:45 4-H Center	19	20 Dog 7-7:45 4-H Center	21	22
23	24	25 Dog 7-7:45 4-H Center	26	27 Dog 7-7:45 4-H Center	28	29
30	31 					



# 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<sup>#</sup>; common examples include:

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

*<sup>#</sup>The counties without a 4-H Youth Program Advisor have fewer YLL options.*

*<sup>^</sup>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<sup>^</sup> Online training

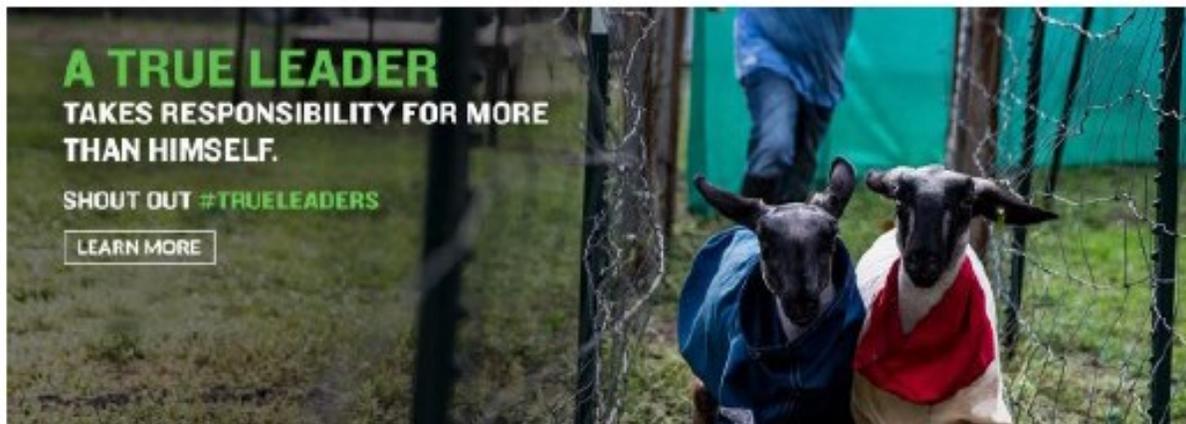
- Cost is \$12 for this web-based training; available at [www.yqca.org](http://www.yqca.org)

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)



PASSION CREATIVITY INTELLECT CONFIDENCE



# 10 Ways to Celebrate National 4-H Week



1. **Host a 4-H Rally** - With permission, host a 4-H rally at a school or community center. It's a great way to bring the community together to celebrate and show the pride of your local 4-H program
2. **Give Back** - Local programs are always looking for resources to continue growing the programs. Help programs like the Flying Squirrels or Green Turtles (not real clubs, by maybe) thrive by making a donation that can help provide supplies to kids in the area.
3. **Wear Your 4-H Gear** - Nothing says 4-H pride like a 4-H tee! Dress yourself (or the entire family - pets included!) in 4-H green and clover gear, available at Shop 4-H.
4. **Set Up Information Booths** - If your local grocery or hardware store allows, set up a table to share information about your local 4-H program. You can display 4-H posters, hand out flyers, or showcase the work of local 4-H'ers.
5. **Shout-Out a 4-H'er** - Kids love 4-H. They enjoy the time they spend with 4-H friends, look forward to their next 4-H meeting, and plan all year to show off what they've learned. Recognize the hard work and dedication of 4-H'ers by shouting out one or an entire club on social media.
6. **Storefront Displays** - In some communities, you can ask local businesses to display 4-H posters. Many may be willing to dedicate their entire storefront to 4-H signs, memorabilia, and décor for the week.
7. **Become a 4-H Volunteer** - If you are a 4-H alum, you might be looking for ways to reconnect with 4-H. Consider giving your time to a local 4-H club by becoming a volunteer.
8. **Share Your 4-H Story** - Take to social media to share a 4-H memory, express how 4-H shaped who you are today, describe what 4-H means to you, post an old 4-H photo, or shout-out your 4-H club. Use and follow the hashtag #InspireKidstoDo, share your story, or read stories similar to yours.
9. **Have a 4-H Reunion** - 4-H alumni often credit 4-H for the connections they've made, remembering the friends they made and those who they may still keep in touch with today. Gather your old 4-H friends and spend some time together reminiscing on your 4-H experience or recreate your 4-H project together!
10. **Send a 4-H 'Thank You'** - We all have a reason to thank our local 4-H leaders. Whether you grew up in 4-H, you have kids in 4-H, or you've witnessed the positive work of 4-H in your community, send a 'thank you' note to your local Extension/4-h office to show your appreciation,

UNDERSTANDING

FUN

LOGIC

COMMUNITY

LEARNING

CAREERS

PERSEVERANCE

WORK ETHIC

LIFE SKILLS

COMPASSION

GIVING BACK

HEALTHY HABITS

**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! \*\*



## 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.

### 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

#### 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.

## 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> </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 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 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  $\frac{3}{4}$  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

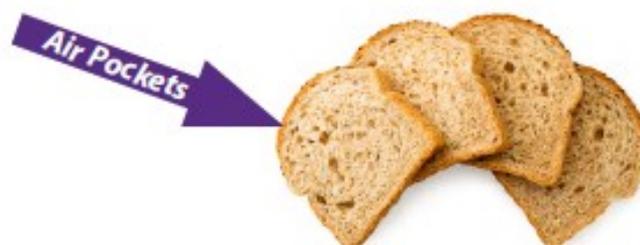
## Appearance

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

\*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)



**SOUTH DAKOTA STATE UNIVERSITY EXTENSION**

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**NDSU**

ANIMAL SCIENCES

# Harvesting Success

## Livestock Judging Clinic

**OCTOBER 22 & 23, 2022**

**NDSU CAMPUS - SHEPPERD ARENA**

### **SATURDAY, OCTOBER 22**

12:00pm-12:30pm Registration Check In  
1:00-1:45pm Sharpen Evaluation Skills  
2:00-2:45pm Improve Note-taking  
3:00-3:45pm Perfecting Oral Reasons  
4:00-5:00pm Campus Tour & NDSU Farms  
5:30-7:00pm BBQ Bootcamp activity & supper  
7:15-8:30pm Social

Contact: Devin Cunningham  
devin.cunningham@ndsu.edu  
701.231.1895



### **SUNDAY, OCTOBER 23**

7:30-8:00am Contest Registration  
8:30am Livestock Judging Contest Start  
8 classes of livestock  
3 sets of oral reasons (1 per species)  
Lunch Provided  
Awards for Top 5 Individuals

**EARLY BIRD REGISTRATION BEFORE 10/1/22:**

**SAVE \$15**

**\$50/YOUTH SAT & SUN**

**\$20/YOUTH SUNDAY ONLY**

**\$15/COACH**

**REGISTRATION CLOSING 10/15/22**

**INCLUDES MEALS, T-SHIRT & GIVEAWAYS**

**Scan QR to Register**

**To Register:** <https://agext-northdakotastate-ndus.nbsstore.net/livestock-judging-clinic.com>

