4-H members lending a helping hand at Culvers to raise money. They welcomed customers, helped deliver meals, and kept the tables clean for other customers.

From left to right: Kayden Turnage, Alex Lang, Jenna Andrews, and Julia Andrews.

Have a safe and enjoyable summer!
Cloverbud Club
Ages 5-7, as of September 1, 2014
This club meets the 1st Monday of each month, 6pm (September-May) at the Extension Office in Port Charlotte. Call (941) 764-4340 for more information.

Cows 'n Plows 4-H Club
Ages 8-18, as of September 1, 2014
Projects for this club include cattle, hogs, and sheep. The club meets the 2nd Tuesday of each month, 6:30pm, at the Extension Office in Port Charlotte.

Four Paws & a Tail 4-H Dog Club
Ages 5-18, as of September 1, 2014
Project area includes dogs of all ages. For more information, contact Lucia Pink at 941-575-7535 or (863)-660-5969.

Fur 'n Feathers 4-H Club
Ages 5-18, as of September 1, 2014
This club meets the 1st Thursday of each month, 6:30pm, at the Extension Office in Port Charlotte. They raise small animals - rabbits, chickens, ducks, and guinea pigs.

Just Kidding 4-H Goat Club
Ages 8-18, as of September 1, 2014
This club meets the 3rd Tuesday of each month, 6:30 pm, at the Extension Office. For information contact Shelley Jordan at shel.jordan67@gmail.com

Manes 'n Reins 4-H Horse Club
Ages 8-18, as of September 1, 2014
This club meets the 3rd Sunday of each month at 3:00pm. You will learn about horses, meet new friends, and have fun! For more information, email shelley4983@hotmail.com or shelatz@comcast.net

Marine Ecology 4-H Club
Ages 8-18, as of September 1, 2014
Interested in learning about marine life and ecology? Then this club is for you! The club meets the 2nd Monday of each month, with field trips and competitions throughout the year.

Special Interest Groups
These meet intermittently throughout the year in the form of day camps, workshops, or clinics.

Environmental Explorers
Ages 5-18, as of September 1, 2014

Sewing and Consumerism
Ages 11-18, as of September 1, 2014

Fun with Foods
Ages 5-18, as of September 1, 2014

Teen Leadership 4-H Club
Ages 12-18, as of September 1, 2014

Outdoor Adventure 4-H Club
Ages 8-18, as of September 1, 2014

Veterinarian Science
Ages 11-18, as of September 1, 2014

Charlotte Shutterbugs Photography Club
Ages 8-18, as of September 1, 2014

Rockin' Paper and Scissors Scrapbooking Club
Ages 5-18, as of September 1, 2014 Contact Club Leader April Crane at 941-380-4073.
Club Updates:

Animal Science 4-H Camp
Intermediate and Senior 4-H ages
June 22-26, 2015

4-H Fundraiser at Bob Evens
June 23, 2015 from 7:00 a.m. – 9:00 p.m.
Come out to support 4-H, and don't forget to show your flyer after you enjoy a delicious meal.

Camp Cloverleaf – June 29th to July 3rd is Camp Cloverleaf! If your bags are packed and you’re ready to camp, but didn't register in advance it may not be too late. Cost will remain at $250.00 for non-4-H members, and $230.00 for active 4-H members. Don’t hesitate to see if there is still space. We would love for you to join us for a week long fun-filled overnight camp on the shore of Lake Francis in Lake Placid, Florida.

Dairy Cooking Day Camp
July 8th 9:00 a.m. – 3:00 p.m.
4-H will be hosting its second Dairy Foods Cooking Day Camp at the Tringali Center in Englewood, FL. This day camp is open to anyone ages 5-18 years old. The cost is $10 for 4-H members and $12 for non-members.

Bread Baking Day Camp
July 9th 9:00 a.m. – 3:00 p.m.
4-H will be hosting its second Breads Baking Day Camp at the Tringali Center in Englewood, FL. This day camp is open to anyone ages 5-18 years old. The cost is $10 for 4-H members and $12 for non-members.

Hot Off The Press
July 2015

Fruit Kabobs with Yogurt Dip

Ingredients:
1 cup watermelon (chunks)
1 cup pineapple (chunks)
1 cup grapes, red seedless
1 cup strawberries (stemmed)
2 kiwi (peeled and cut in quarters)
8 bamboo skewers (6 inches long)
1 cup yogurt, light strawberry

Directions:
Place fruit chunks on bamboo skewers and enjoy with strawberry yogurt.

Nutrition Facts: Recipe makes eight servings.
Amounts per serving: Calories: 78; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 1 mg; Sodium: 19 mg; Total Carbohydrate: 18 g; Dietary Fiber: 1 g; Sugars: 15 g; Protein: 2 g; Vitamin A: 11 mcg RAE; Vitamin C: 70% DV; Calcium: 6% DV; Iron: 0% DV (DV = Daily Value, based on a 2,000 calorie diet)

Summer Intern
Katelyn Mulinix
Katelyn, a former 4-H member is now a senior Animal Science Major at the University of Florida. She will be spending her summer completing an internship with Pam and organizing an Animal Science day camp for intermediate and senior aged individuals interested in Veterinary medicine.
Food Safety

As the summer heats up and the BBQs are being fired up, your families’ safety is the most important. Preparing your food property is the first step to protecting your family over the 4th of July holiday. An outdoor meal can be as nutritious as those that are prepared inside, it is important to prepare those meals with the same precautions as indoors.

Making sure to clean cutting boards and utensils with warm water and soap will keep harmful bacteria from spreading from cooked foods or cold salads. Cross contamination can result from foods coming in contact with raw meats.

Becoming familiar with the danger zones (40F - 140F) while preparing meals is important. Cold foods should stay cold below 40 degrees F and hot foods should stay above 140 degrees F.

Cooking Temperatures

Steaks, roasts and chops 145 F
Ground meat and egg dishes 160 F
Poultry, leftovers, and microwave foods. 165 F

There are 4 simple step to food safety set in place by the US Department of Health and Human Services: clean, separate, cook, and cool.

With melon season in full swing, there are a few tips to serving the perfect melon. It is important to remember melons are grown on the ground and come in contact with harmful bacteria. Creating a habit to wash melons before cutting can reduce the risk of consuming those bacteria.

Firework Safety

Fireworks are a great way to enjoy the 4th of July holiday, but leaving it to the professionals and watching from afar is the safest way to enjoy the fire-filled sky. If fireworks are being set off at home the American Red Cross has prepared a few tips to keep you and your family safe this holiday weekend:

- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight “a dud.”
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Leave any area immediately where untrained amateurs are using fireworks

Protect your body from harmful UV rays:

Don’t forget your sunscreen while outdoors. It is recommended to wear a minimum of 15 SPF while engaging in outdoor activities and reapply it often. Along with protecting your skin, wearing sunglasses that absorb 100% of UV light will protect your eyes.

And most importantly, STAY HYDRATED in the Florida heat. Drink plenty of water while taking part in outdoor activities this summer.

http://www.redcross.org/
http://www.foodsafety.gov/
On June 10th & 11th the Charlotte County 4-H sponsored two cooking day camps. The first day was spent learning about the day to day life on a dairy farm and exploring healthy snacks and meals prepared with dairy products. Campers prepared these foods with yogurt, liquid milk, and dry powdered milk. Along with having the opportunity to use different forms of milk, the campers tried cheeses from around the world and learned the main breeds of dairy cattle through a “hoof stomp.”

The second cooking day camp that was offered was a Breads Baking day. The campers worked in teams to make three different breads. The morning began with a bread-in-a bag activity. They practiced their measuring skills while following written directions and learning the importance of yeast and how yeast makes the bread rise. Along with making fresh yeast bread, the campers mixed up loaves of apple cinnamon quick bread and then rounded out the day twisting up homemade pretzels. Throughout the baking processes we took another trip around the world becoming familiar with where the different types of breads we eat originated.

There will be another series of cooking day camps held at the Tringali Center in Englewood, FL on July 8th and 9th. If you are interested in joining the fun please feel free to contact the Charlotte County 4-H Extension office.
Bob Evans Community Fundraiser
Dine to make a difference

Charlotte County 4H

Tuesday, June 23, 2015
7:00 A.M. - 9:00 P.M.

Bob Evans will donate 15% of sales when you present this flyer* to

Bob Evans

4080 Tamiami Trail in Port Charlotte
www.BobEvans.com/BEkind

*Flyer must be presented at time of check out.
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CES = County Extension Service  
SCRP= South County Regional Park
The Mission of UF/IFAS is to develop knowledge in agricultural, human and natural resources, and to make that knowledge accessible to sustain and enhance the quality of human life.

The enclosed material is provided as one of the many services relating to the educational programs offered by this agency. Our statewide network of faculty is prepared to provide current information on food, agriculture, marine and natural resource science, energy, nutrition, family and 4-H youth, and related fields. We will be happy to help you with additional information upon request.

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