



# HOT OFF THE PRESS

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May 2015

**4-H at school!**  
Charlotte County 4-H teamed up with Sallie Jones 3rd grade on April 7th and 8th! The 3rd graders learned the basics of sewing and created tissue bags for the local Nursing Homes!



Charlotte County 4-H  
Newsletter



## Camp Cloverleaf 2015

Nestled on the banks of Lake Francis in Highlands County, its private facilities, open spaces and good fishing allow participants to play, learn, and work in a safe and enjoyable environment!

Counselors- Ages 16 and up by September 1, 2014  
Jr Counselors- Ages 13 and up by September 1, 2014  
Campers- Ages 8-11 by September 1, 2014

When: June 29- July 3, 2015

Costs: For Active 4-H members: \$230  
For Non-Active Campers- \$250

Contact: Pam Phillippe at  
pam.phillippe@charlottecountyfl.gov







# Hot Off The Press

## Club Updates:

### Shirt Orders

\$10.00 per shirt. The shirt was designed by 4H-ers, CJ and Michelle Rambo!

*Camp Cloverleaf Teen Counselors* – I haven't been told yet how many cabins we will be allowed, so I'm not sure of how many teens I can take as Counselors and/or Counselors-in-Training (CIT). The requirements for Counselors are: 16 years old, pass a fingerprinting and background check, and attend all of the counselor trainings. We can take Counselors-In-Training (CIT) 14 – 15 years old. Only active 4-H members may apply for counselor or counselor-in-training positions. Please let me know as soon as possible if you are interested in applying. CITs pay half price for camp, and there is no charge for counselors.

*Camp Cloverleaf* – Mark your calendar! June 29<sup>th</sup> to July 3<sup>rd</sup> is Camp Cloverleaf! We will begin accepting applications March 2<sup>nd</sup>. We are going to have more counties camping with us this year, so the number we are allowed will be less than normal. Cost will remain at \$250.00 for non-4-H members, and \$230.00 for active 4-H members. Full payment will be due by June 1<sup>st</sup>.



## Easy Black Bean and Cheese Quesadillas



### Ingredients:

- 1 Tablespoon oil
- ½ small onion, diced
- 1 cup black beans, un-drained
- ¼ tsp seasoned salt
- ½ cup Monterey Jack Cheese, shredded
- 4 (8-inch) whole wheat tortillas.



### Directions:

1. Heat heavy skillet over medium heat. Add oil and sauté' onion and seasoning salt until onion is tender.
2. Add beans and heat through, about 2-3 minutes.
3. Transfer mixture to clean bowl.
4. To make quesadilla, spray non-stick spray in a heavy skillet. Add one tortilla.
5. Spread with ½ cup bean mixture then ¼ cup cheese.
6. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to other side.
7. Brown for 1 to 2 minutes.
8. Remove to cutting board or plate. Cut into wedges and serve.

Makes four servings. Each serving contains 268 calories, 12 g fat, 30 g carbohydrate, 9 g fiber and 670 mg sodium.

<http://food.unl.edu/easy-black-beans-and-cheese-quesadillas>



# Start your very own Butterfly Garden!

Butterfly gardens are very important to have in the sunshine state! Unfortunately, butterflies have lost their habitat due to urbanization. This summer is a great opportunity to start your very own butterfly garden so that we may conserve these beautiful creatures!

To start, find a place that gets most of the sun throughout the day. Although full sun is desirable for the garden, butterflies will benefit from having a windbreak nearby for those days with gusty winds. The same windbreak can provide shade on those very hot days in Florida. If the windbreak includes shrubs, the butterflies may also use the plants as a roosting area at night which means they will not go far! In order to keep plants happy and alive, make sure you test your soil. Also, when choosing a spot for your garden—make sure you have water close by so that you may water your garden!

Make sure that your garden has both host plants and nectar plants. Host plants are those where the adult butterfly lays her eggs and the caterpillar will feed. Several good host plants include milkweed, passionvine, cassia, wild lime, and pawpaw. Nectar plants will provide the food for the adult butterflies. Several good nectar plants include zinnas, goldenrod, butterfly bush, plumbago, verberna, firebush, pentas and porterweed.

Also, add an artificial puddle; to keep your puddles from becoming a source of mosquitoes, bury a shallow potted plant saucer to its rim in an area receiving full sun in the butterfly garden. Fill the saucer with coarse pine bark or stones and fill to overflowing with water. The butterflies are able to drink from the cracks between the pine bark pieces or the stones while the mosquito larvae have a difficult time becoming established. Occasionally adding a small piece of over-ripe fruit, or a tablespoonful of composted cow manure or leaf compost to the puddle will provide the salts and amino acids that the butterflies need.

To keep the plants in your butterfly garden productive, scatter a slow release fertilizer two to three times during the summer. Do not over fertilize.

[http://santarosa.ifas.ufl.edu/documents/lg\\_butterflygardening.pdf](http://santarosa.ifas.ufl.edu/documents/lg_butterflygardening.pdf)

## FOOD THAT MAGICALLY REGROWS ITSELF...

Growing anything from a seed is impressive but also difficult, unless you're blessed with a green thumb. Sure, it saves on money but there has to be an easier way... and there is! You can actually grow food from kitchen scraps. There is something very MacGyver about that, no? It's true! You can upcycle everything from celery scraps to onion butts with a great chance of success. Use organic fruits and vegetables for the best results.

**Green onions, lemongrass, leeks, fennel, & spring onions**

- Place your scraps in water for about 24 hours, changing the water daily.
- Fill a 2-gallon growth baggie. Harvest the greens when full. This regrows the greens.
- Plant in a pot. Lemongrass needs to be cut a few times a week. Harvest as you need it. Simply cut off what you need without harming the plant.

**Celery, cabbage, romaine lettuce, & bok choy**

- Submerge the stems, leaving the tops above the water line.
- Trim with water a single time a week, replacing the water every few days. Leaves will sprout in about a week.
- Place the cutting with roots in a pot of soil. Harvest when fully grown (about a month).

**Ginger**

- Soak the chunks of ginger overnight.
- Submerge in moist soil. Place in a warm, sunny spot.
- Ready to harvest in 4-6 weeks. Simply harvest what you need and re-plant.

**Onion**

- Plant root end and lightly cover to let soil keep soil moist.
- Carefully separate the two onions, leaving the roots attached, and plant them.
- Continually cut the leaves down to prevent full growth. It can take up to 2 months. Harvest to harvest enough for the future.

**Garlic**

- The larger the cloves, the larger the resulting bulb.
- So the plant in a sunny window, keeping the soil moist.
- The bulbs will be ready for harvest in early winter when the bottom 1/3 of the leaves have yellowed.

**Mushroom**

- This is a mixture of mushroom and soil.
- Place the mushroom stem in the soil with only the top 1/3 of it exposed.
- If the weather is hot, use a spray bottle to keep the mushroom moist.

**Potatoes & Sweet Potatoes**

- Cut into 2 pieces, each having a "eye" or "tuber" on it. Soak for 24 hours, then plant in soil.
- Add water and let the plant grow until it is about 6" tall.
- Plant several potatoes in a sunny, dry place by a window before leaving. This is what makes them grow.


**Pineapple**

- Place all the green leafy top and remove all fruit. Carefully remove the bottom leaves until you see roots.
- Place in water for roots to form.
- Transfer to a pot with soil. Water once a week for 2-3 weeks before harvest.







AgVenture  
2015 

Thank you Teen Leaders and  
4-H Leaders/ Volunteers  
for all of your help! 

*Congratulations to those Manes N' Reins  
4-H club members that  
qualified for State Competition!!*

Lara Shelatz  
Maegen Baird  
Christopher Jen






# Stopmotion Explosion




On April 2nd and 3rd, Charlotte County 4-H hosted an Introduction to Stop-Motion Animation.



This type of animation was used in movies like The Nightmare Before Christmas, Paranorman, Chicken Run, Frankenweenie and recently The Boxtrolls.



# MAY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Cloverbuds</i> 6:00pm (CES)	5	6 <i>Dog Club</i> 6:30pm (SCRP)	7 <b>Fur N' Feathers</b> 6:30pm CES	8	9
10 <b>HAPPY MOTHER'S DAY!</b>	11 <i>Marine Ecology Club</i> 6:30pm	12 <b>Cows N' Plows Club</b> 6:30pm (CES)	13	14 <i>Teen Leadership</i> 6:30pm (CES)	15	16
17	18	19	20 <i>4-H Association</i> 6:30pm (CES)	21 <i>Goat Club</i> 6:30pm (CES)	22	23
24 <i>Horse Club</i> 3:00pm (CES)	25 	26	27	28	29	30

18 USC 707

**CES = County Extension Service**  
**SCRP= South County Regional Park**







**4-H Youth Development**

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**NEWSLETTER INFORMATION**

If you have anything you'd like to include in future issues of Hot Off The Press (geared toward 4-H youth), please mail to the address listed above. You may also email us at [ana.cardwell@charlottecountyfl.gov](mailto:ana.cardwell@charlottecountyfl.gov) If your articles contain photos, please attach as a separate "jpeg" file in the email.

This is our main source of communication between the 4-H office, 4-H members, and 4-H leaders. Everyone is encouraged to utilize it to their advantage.



*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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