



HOT OFF THE PRESS

Charlotte County Extension Services - 25550 Harbor View Road, Suite 3 - Port Charlotte, Florida 33980-2503 - 941.764.4345

In This Issue

CLUBS _____ 2

CLUB UPDATES/ RECIPE _____ 3

BUTTERFLY GARDEN/ FOOD THAT GROWS ITSELF _____ 4

AGVENTURE/ AREA F _____ 5

STOP-MOTION ANIMATION _____ 6

MAY CALENDER _____ 7



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



CLUBS

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. For more information, call Nancy Lee at 941-637-0821 or Jackie Andrews at 941-628-6815.

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. For more information, call Michael Flowers at 941-575-7912

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. Contact Club Leader April Crane at 941-380-4073.

Special Interest Groups

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

Contact Pamela Phillippe at (941) 764-4345.

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.



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 29th to July 3rd is Camp Cloverleaf! We will begin accepting applications March 2nd. 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 1st.



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

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 in a 6-inch pot. Harvest as you need and without watering 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 to 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. Plant, watering and change again.
- Ready to harvest in 4-6 weeks. Harvest in small plants, eat when you need and regrow.

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 bottom of it exposed.
- If the weather is hot, use a grow light. Mushrooms grow quickly.

Potatoes & Sweet Potatoes


- Cut into 2 pieces, each having a "eye" or "tuber" on it. Soak for 24 hours, then plant in soil.
- Add more soil as the plant grows until it is about 6" tall.
- Harvest sweet potatoes in a sunny, dry place by a week before leaving. This is when most of the roots are ready.

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. Harvest in 4-6 weeks. Harvest in 4-6 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 Cloverbuds 6:00pm (CES)	5	6 Dog Club 6:30pm (SCRP)	7 Fur N' Feath- ers 6:30pm CES	8	9
10 	11 Marine Ecology Club 6:30pm	12 Cows N' Plows Club 6:30pm(CES)	13	14 Teen Leadership 6:30pm (CES)	15	16
17	18	19	20 4-H Association 6:30pm (CES)	21 Goat Club 6:30pm (CES)	22	23
24 Horse Club 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

**UF/IFAS CHARLOTTE COUNTY
EXTENSION SERVICE**

25550 Harbor View Road, Suite 3
Port Charlotte, Florida 33980-2503

Phone: 941.764.4340 Fax:
941.764.4343
<http://charlotte.ifas.ufl.edu>

AGENTS & STAFF

RALPH MITCHELL

Extension Director & Horticulture
Agent
ralph.mitchell@charlottefl.gov

PAMELA PHILLIPPE

4-H/Youth Development Agent
pam.phillippe@charlottecountyfl.gov
Mobile#: 941.628.6793

LANA CARDWELL

4-H Program Assistant
lana.cardwell@charlottecountyfl.gov

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 lana.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.

All programs and related activities sponsored for, or assisted by, Charlotte County Extension Service are open to all persons regardless of race, color, age, sex, disability or national origin. Information from this publication is available in alternate formats. If you are a person with a disability and require auxiliary aids, services, or other accommodations for extension program offerings, please contact our office to discuss what accommodations are necessary.

The use of trade names in this newsletter is solely for the purpose of providing specific information. The Florida Cooperative Extension Service, University of Florida, and the Charlotte County Board of County Commissioners do not endorse or condemn the products named and do not intend discrimination against similar unnamed products that also may be available.