



I want to say **THANK YOU** to all who helped make the Doniphan County Fair such a **Wonderful success!** Your support and contributions are

tremendous! Thank you for giving your time and talents to the 4-H Youth!

AGENDA

DCHC VAN TRIP TO LEAVENWORTH KANSAS

**THURSDAY,
OCTOBER 12, 2017**

**COST \$15 -
INCLUDES TRAVEL
AND MUSEUM
TOURS
LUNCH NOT INCLUDED**



- 8:00 am LEAVE TROY EXTENSION OFFICE**
- 9:00 am ARRIVE LEAVENWORTH C.W. PARKER CAROUSEL MUSEUM**
- 10:00 am TOUR CHAPEL OF THE VETERANS**
- 11:30 am LUNCH AT "THE DEPOT"**
- 1:00 pm TOUR CARROLL MANSION**
- 2:00 pm TOUR FRED HARVEY MUSEUM**
- 3:00 pm SHOP CANDLE QUEEN CANDLES**
- 4:00 pm HEAD HOME**
- 5:00 pm ARRIVE IN TROY**



REGISTER/PAY AT
THE EXTENSION
OFFICE BY
OCTOBER 6TH



**FALL EVENT -
FRIDAY,
NOVEMBER 3RD**

All EHU members and guests are welcome to join us for a morning of fun lessons and

laughter! We will start the morning at 9:30 a.m. with registration, coffee, juice & cookies.

We will also be having Holiday craft/food booths. Please call the office to reserve a table if you would like to set one up.

We will have a noon potluck luncheon.

Club Duties:

Moray - Name tags, registration and in charge of prize drawings. Each club is asked to furnish a \$10 gift for the drawings.

Helping Hands - Morning coffee, juice & cookies.

Bendena - Set up for potluck lunch

Pollyanna- Coffee, tea, water & ice for lunch

Happy Time - Table Decorations.



BAKE FOR GOOD WITH KIDS



King Arthur Flour (KAF) wants to help kids bake for good! Bring this program to your local community to teach kids to make bread from scratch, bake the dough into bread or rolls, then share with the community and at home!

You can invite a KAF instructor to come to your community or do a self-directed group baking event. The in-school demonstration is for grades 4-7 and at least 50 kids. They give a 50-minute demonstration, provide flour and materials, kids bake the dough at home, then bring a loaf back to school to donate and keep a loaf at home.

Learn more about this fun program at www.kingarthurflour.com/bakeforgood/kids/. Apply for the program at <https://bfgk.wufoo.com/forms/z4hmb1x05n5vfm/>.



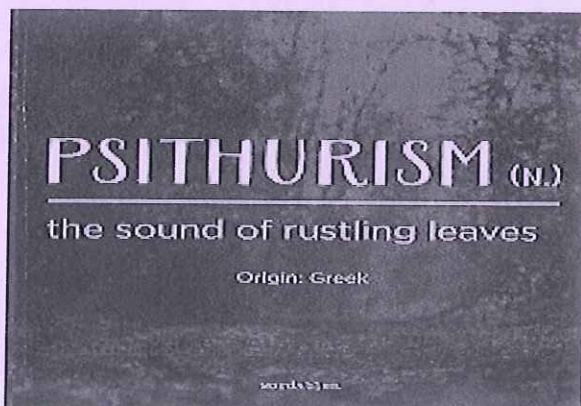
SPINACH AND KIDNEY STONES

Spinach is a nutritious and economically

important vegetable in our diet. But, many varieties contain high amounts of oxalate, a natural compound in the plant, that can lead to kidney stone formation. Researchers have now identified eight spinach varieties with low oxalate levels. They analyzed the genetic code of 310 spinach varieties and identified six DNA markers that contribute to oxalate levels. Knowing the amount of oxalate concentrations in these varieties can help breeders reduce oxalate concentrations.

Spinach contains higher concentrations of oxalate than most crops, but it is an economically important vegetable crop worldwide and it's considered healthful because of its high concentration of a number of key nutrients. Foods such as beets, rhubarb, strawberries, nuts, chocolate, tea, wheat bran, and almost all dry beans also are known to increase oxalate in the urine and may contribute to kidney stone formation.

"The Sound I Love to hear in Autumn has a definition"



DRYING MEAT SAFELY

As fall hunting season approaches, there are many ways to preserve the meat. One of those is dehydrating meat jerky.



Optimum drying temperature is 140°F. But, meat must be heated to 160°F to eliminate possible E. coli bacteria. Pick one of these methods for safe jerky.

Prior to drying, heat the strips of meat in the marinade by boiling them for 5 minutes, drain, and pat dry. Proceed with dehydrating the meat.

After dehydrating the meat, place the jerky on a baking sheet and put into a 275°F oven for 10 minutes.

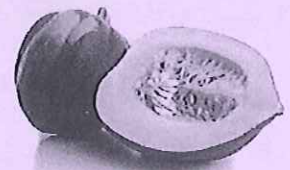
Learn more at www.bookstore.ksre.ksu.edu/pubs/MF3173.pdf

GIVE ACORN SQUASH A TRY!

September 7th

is designated

Acorn squash day. So give it a try! It can be served as a main dish, a side, or even dessert.



Roast or steam for easy preparation. Then add it to pasta, puree into a soup, or stuff with your favorite meatloaf mix or apple mixture.

Save the seeds and toast them like pumpkin seeds for a snack. The shells are useful as a serving bowl or soup bowl.

Learn more at www.fruitsandveggiesmatters.org/acornsquash.

