



# Tips 'n Topics

A MONTHLY NEWSLETTER FOR 4-H MEMBERS, LEADERS & PARENTS IN SHASTA COUNTY

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 3 — SEPTEMBER 2022

## Did you know ?

Most scheduled 4-H Events have a specific due date for registration.

This allows the office enough time to have everything prepared for the event.

There will be no exception to these due dates.

See attached list for due dates.

## CALENDAR

### September

- 1-5** Inter-Mountain Fair
- 2** Records Books Available for Pick-Up at the 4-H Office
- 5\*** Inter-Mountain Awards
- 10** Valley 4-H Open House / Family Kick-off / Achievement Night
- 21** Valley Council Meeting
- 24** Club Officer Training

### October

- 2-8** National 4-H Week
- 15** Valley Livestock Judging Day
- 19** Valley Council Meeting
- 26** Inter-Mountain Council Meeting

### November

- TBD** Jr & Teen Leader Training Lock In
- 11\*** Veteran's Day
- 12** Inter-Mountain Livestock Judging Day
- 24-25\*** Thanksgiving Holiday
- 30** 2023 Valley Fair Market Livestock Exhibitor 4-H Online Enrollment **Deadline**

### December

- 23\*** Christmas Holiday
- 26\*** Christmas Holiday

### January

- 2\*** New Year's Holiday
- 14** Valley Favorite Foods Day
- 16\*** Martin Luther King Jr. Day

\* Shasta 4-H Office Closed

## Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2021-2022](#)

**4-H Online Enrollment is Year-Round  
[2021-2022 Enrollment](#)**

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)



<https://ucanr.edu/sites/UC4-HResources/>

This site will be updated regularly with guidance and tips on for 4-H clubs, activities and projects both in-person and virtually during the COVID-19 pandemic.

Please note that guidance is subject to change. Please check back regularly for the latest updates.

See these other sites for more information:

**NATIONAL 4-H at Home** - Activity Guides link:  
[4-H at Home Activity Guides | 4-H](#)

**California 4-H State website** - For more information on the California 4-H Youth Development Program, visit [4h.ucanr.edu](http://4h.ucanr.edu)

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**Please submit articles and photos by  
the 15th of each month to:**

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# Inter-Mountain Plant Science Event Results

**Richardo Garcia**  
Lemon Cucumbers

**Senior**  
Blue / Medalist

**Pine Grove**



**Gabriel Jimenez**  
Grape tomatoes

**Intermediate**  
Blue / Medalist

**Pine Grove**



Tomatillos

Blue



Peppers

Red



**Marianna Hiser**  
Crookneck Squash

**Intermediate**  
White

**Hat Creek**



# Opportunities for Financing for Livestock Projects

## FSA YOUTH LOANS

The U.S. Department of Agriculture's Farm Service Agency (FSA) offers operating loans of up to \$5,000 to eligible individual rural youths ages 10 through 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by youths participating in 4-H clubs, FFA, or a similar organization. The project must be an organized and supervised program of work. It must also be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

Who May Borrow? To qualify for a loan, the applicant must:

1. Comply with FSA's general eligibility requirements.
2. Conduct a modest income-producing project in a supervised program of work.

These loans can finance many kinds of income-producing agricultural projects.

The loan fund may be used to:

1. Buy livestock, seed, equipment and supplies
2. Buy, rent or repair needed tools and equipment
3. Pay operating expenses for the project

Please contact Katherine Lewis, Farm Loan Manager at 530-572-3125 or email at [katherine.lewis@usda.gov](mailto:katherine.lewis@usda.gov).

## Steve Moller Memorial Beef Project Revolving Fund

Steve Moller was a long time member and leader of Shasta County Cattlemen's Association and 4-H Beef Leader in Contra Costa County. If ever there was a youth member interested in raising a steer for the local fair he would sell them a steer for market price and deferred payment on the steer until it was sold at the Jr. Livestock auction.

In his memory a fund has been established to help youth purchase beef project animals (steers or bred heifers) that would be exhibited and sold at the Shasta District Fair.

Process and Procedures:

1. The funds and application process are handled by the Shasta County Cattlemen's Association.
2. The upper limit on the funds provided are not to exceed the market value (average price at Shasta Livestock Auction Yard) of an 800-900 lb. commercial feeder steer in the fall plus \$200 (recognizing that sometimes breeders need to charge a little more for selling project animals to youth). This no-interest loan is to be repaid to Association when they receive their check from the Jr. Livestock Auction.
3. Open only to applicants qualified to exhibit at the Shasta District Fair.
4. Applications will be sent to appropriate 4-H & Grange Leaders and Vocational Agriculture Instructors in September.
5. Applications will be reviewed and recipient(s) determined by a committee of two which are appointed by the Shasta Co. Cattlemen's Association Board of Directors and Karen Moller, or her designee.

For information associated with this revolving fund, please contact Larry Forero at 530-224-4900 or email [lcforero@ucanr.edu](mailto:lcforero@ucanr.edu).

# Opportunities for Financing for Livestock Projects

## Walt Johnson Memorial Beef Project Revolving Fund

Walter H. Johnson served as the University of California Cooperative Extension Livestock Farm Advisor/County Director in Shasta County from 1962 until he retired in 1988. Walt spent most of his career conducting range and beef cattle research with the cooperation of beef cattle producers.

When Walt died in 1997 a fund was established in his memory through which college scholarships were funded. In 2020, Walt's sons approached the Fall River-Big Valley Cattlemen's Association to use the funds to establish a program that will help youth purchase beef project animals (steers) that would be **exhibited and sold at the Intermountain Fair**.

### Process and Procedures:

1. The funds and application process handled by Fall River-Big Valley Cattlemen's Association
2. The upper limit on the funds provided will not exceed the market value (average price at Orland Livestock Commission Yard) of an 800-900 lb commercial feeder steer in the fall plus \$200 (recognizing that sometimes breeders need to charge a little more for selling project animals to youth). This no-interest loan would be repaid to Association when the student receives their check after selling at the Jr. Livestock Auction.
3. Open only to applicants qualified to exhibit at Intermountain Fair.
4. Applications will be sent to appropriate 4-H Leaders and Vocational Agriculture Instructors in October. The applications are due to Larry Forero by Tuesday, November 15, 2022.
5. Applications will be reviewed and recipient(s) determined soon after November 15th by a committee appointed by the Fall River-Big Valley Cattlemen's Association Board of Directors.

For information associated with this revolving fund, please contact Larry Forero at 530-224-4900 or email [lcforero@ucanr.edu](mailto:lcforero@ucanr.edu).



# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **persimmons**



## Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

## Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

**Helpful Hint:** Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

[www.fruitsandveggiesmatter.gov/month/persimmons.html](http://www.fruitsandveggiesmatter.gov/month/persimmons.html)

## Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

## PERSIMMON & SPINACH SALAD

**Makes 6 servings.** ½ cup per serving.

**Prep time:** 30 minutes

### Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

*Nutrition information per serving:*

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

## Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

## How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.





Gavin J. 9/1  
Jonathan M. 9/1  
Johanna S. 9/1  
Emma W. 9/1  
Lane W. 9/1  
Sydney M. 9/2  
Adri A. 9/3  
Sienna G. 9/3  
Eleanor H. 9/3  
Logan T. 9/5  
Isabella W. 9/5  
Kalista C 9/6  
Izabelle E. 9/6  
Evan L. 9/6  
Adrian S. 9/6  
Jonathan P. 9/7  
Tara P. 9/7  
Haley M. 9/8  
John Henry M. 9/8  
Jimmy N. 9/8  
Alex O. 9/8  
Jeffrey T. 9/8  
Eliza B. 9/9  
Serenity E. 9/11  
Kathie M. 9/11  
Becky N. 9/11  
Cordell B. 9/12

Sophia H. 9/12  
Leilani J. 9/12  
Kelsey L. 9/12  
Sara R. 9/12  
Lane T. 9/12  
Shelly T. 9/12  
Rowan T. 9/13  
Levi C. 9/14  
Kelsey M. 9/14  
Matthew S. 9/14  
Kasey F. 9/15  
Bailor D. 9/16  
Kyra J. 9/16  
Kayden P. 9/16  
Haley S. 9/16  
Melissa S. 9/16  
Dalton V. 9/16  
Kierra B. 9/17  
Roxanna I. 9/17  
Adilene W. 9/18  
Kylie F. 9/19  
Hope H. 9/19  
Luke K. 9/19  
Juniper F. 9/20  
Jenayah H. 9/20  
Ciara B. 9/22  
Fenia E. 9/22

Trinity E. 9/22  
Bryson J. 9/22  
Emmaline M. 9/22  
Estella M. 9/22  
Hanna S. 9/22  
Bodhi S. 9/22  
Jessie A. 9/23  
Faith D. 9/24  
Paisley H. 9/24  
Hunter P. 9/24  
Carter P. 9/24  
Audrey C. 9/26  
Blaise D. 9/26  
Tucker H. 9/26  
Lindsey H. 9/26  
Mia P. 9/26  
Wyatt P. 9/26  
Brody S. 9/26  
Korbin W. 9/26  
Ezra B. 9/27  
Nathaniel B. 9/27  
Isaiah C. 9/27  
Sofia C. 9/27  
Katherine O. 9/27  
Kaden S. 9/28  
Jaxon G. 9/29  
Hayden S. 9/29  
Tristan H. 9/30



Sept 6 [Read a Book Day](#) <-- my favorite !

Sept 16 [Guacamole Day](#)

Sept 21 [Miniature Golf Day](#)





# Shasta County 4-H Events Registration Due Dates 2022-2023

## November

- 12 IM Livestock Judging Day Event / no registration but Google RSVP required.
- 28 Valley Favorite Foods Day Registration **OPENS**
- 30 2023 Valley Fair Market Livestock Exhibitor 4-H Online Registration **DEADLINE**

## January

- 1 Valley Favorite Foods Day Registration **DEADLINE**
- 3 Presentation Day Registration **OPENS**
- 14 Valley Favorite Foods Day Event

## February

- 1 Fashion Revue Registration **OPENS**
- 5 Presentation Registration **DEADLINE**
- 18 Presentation Day Event

## March

- 1 IM Field & Favorite Foods Day Registration **OPENS**
- 2 Valley Field Day Registration **OPENS**
- 5 Fashion Revue Registration **DEADLINE**
- 17 Council Scholarship Application **DEADLINE**
- 18 Fashion Review Event

## April

- 2 IM Field & FFD Registration **DEADLINE**
- 14 & Inter-Mountain Favorite Foods /
- 15 Home Ec & Ag Stills Day Event
- 16 Valley FFD Registration **DEADLINE**

## May

- 1 Emerald Star Application **Due**
- 5 County Ambassador Application **Due**
- 5-6 Valley Field Day Event
- 12 Shasta District Fair 4-H Contracts for Market Livestock **Due** to the Shasta 4-H Office

***Dates, times, and locations are subject to change.***

***Any changes will be announced as soon as possible.***