

TEXAS A&M AGRI LIFE EXTENSION

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Clover Connection

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Does anyone else find it hard to believe it is already November?! With the holidays coming right around the corner it's hard not to think about food. Of course, we need to eat balanced diets that include a variety of fresh and wholesome foods, but that doesn't mean we can't enjoy a few holiday treats (in moderation). My favorite is pecan pie with chocolate chips!

All of this talk about food is starting to make me hungry, but it is also a reminder that our 4-H Food Show is coming up soon. This year's theme is "Family Favorites". There are a couple of different ways 4-Hers can participate in the food show. One is an individual entry where they pick out and prepare a recipe to present to a panel of judges. The other is called "Food Challenge" which is a team event.

The "Food Challenge" is a little like the show on Food Network called "Chopped". Each team gets the same ingredients to transform in to a tasty dish. There is a time limit and they must also prepare information about their dish (nutrition facts, approximate cost per serving, etc.).

If you'd like to learn more about some of the 4-H Foods and Fashion projects, we are holding a day camp on Monday, November 21st. It will be an all-day affair held at the Cain Center in Athens (9:30 a.m. – 3:00 p.m.). It's open to all youth ages 8-18 (need not be a current 4-H member to attend). We do need RSVP's by Monday, November 14th if you plan to attend so we can make sure to have enough supplies.

We're going to be doing some comparison baking and I also heard something about making our own pizza's for lunch! We'll transition into some fashion and sewing related projects during the afternoon. It's going to be a great day of learning and fun. Please drop me an email (kate.pittack@ag.tamu.edu) or call 903.675.6130 if you have questions or want to sign up.

Kate Pittack is the Henderson County Extension Agent – 4-H & Youth Development for Texas A&M AgriLife Extension Service. Contact her at: kate.pittack@ag.tamu.edu & visit our webpage at <http://henderson.agrilife.org>

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