

# Tensas Cloverleaf

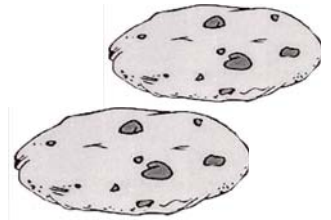
## 4-H CAN FIGHT HUNGER



The annual 4-H CAN Fight Hunger Campaign begins this month. Students are being asked to collect canned soup to pass out to the elderly in our community. The campaign will end before the Christmas holidays.

## 4-H COOKIE CONTEST

The annual Elementary 4-H Club Cookie Contest will be held Friday, November 30<sup>th</sup>. Simply bake your favorite cookie recipe and bring (1 half dozen) to school. The contest is held in each elementary school club.



## PARISH BEEF COOKERY CONTEST



The Parish Beef Cookery Contest will be held Friday, November 16<sup>th</sup> at the 4-H Office in the Tensas Community Center, located on Highway 65. Dishes may be dropped off at our office or I will pick them up at your school.

Requirements:

1. The dish must contain a minimum of one (1) pound boneless beef or two (2) pounds bone-beef. All beef should be cooked until gray in color, not pink and juices run clear. Any type of beef dish may be entered.
2. 4-H members ages 9 to 19 are eligible to compete. Elementary and High School will compete together.
3. Dishes must already be prepared and ready to serve in a small disposable container. As with all 4-H food related contest, dishes must be chilled and transported in an insulated ice chest with ice. Dishes not properly chilled will be disqualified.
4. Each 4-H'er may enter a maximum of two (2) dishes in the contest.

## AND THE WINNERS ARE. . . .

Winners of the Parish Commodity Cookery Contest held Thursday, October 25<sup>th</sup> were:  
 Sweet Potato: Keisha James – 1<sup>st</sup>; Victoria Allen – 2<sup>nd</sup>; Raquedra Lee – 3<sup>rd</sup>; Dairy: Kelli Strahan – 1<sup>st</sup>; Gracie Graco – 2<sup>nd</sup>; Alanta Graham – 3<sup>rd</sup>; Chicken: Alphonse Coco – 1<sup>st</sup>; Egg: Bailey Keyes – 1<sup>st</sup>; Catfish: Alphonse Coco – 1<sup>st</sup>; Pecan: Madison Keyes – 1<sup>st</sup>; Corn: Malorie Gossett – 1<sup>st</sup>; Rice: Mary Katherine May – 1<sup>st</sup>.

# UPCOMING EVENTS

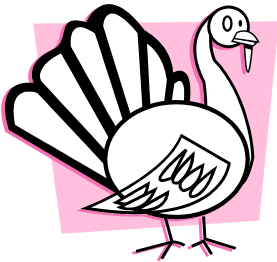
*Junior Leadership Meeting (7<sup>th</sup> - 12<sup>th</sup> grade) - November 15<sup>th</sup>  
Beef Cookery Contest - November 16<sup>th</sup>  
Elementary 4-H Club Cookie Contest - November 30<sup>th</sup>  
Agricultural 4-H Photography Contest - December 21, 2007  
4-H Honey Beef Essay Contest - January 15<sup>th</sup>, 2008*

## AGRICULTURE 4-H PHOTOGRAPHY CONTEST

The annual Agriculture 4-H Photography Contest will be held at the Ag Expo/Ag Alley and Ag Adventures 2008. All entries must be in our office by December 21, 2007. Rules and Regulations: 1.) All pictures must relate to Agriculture. 2.) Open to all 4-H youth 4<sup>th</sup> - 12<sup>th</sup> grade. 3.) Divisions include 4<sup>th</sup>-6<sup>th</sup> and 7<sup>th</sup>-12<sup>th</sup> grades. 4.) Pictures must be taken by individual on entry label. 5.) Entry label must include name, parish, grade and category (provide by 4-H office). 6.) All entries must be 8" x 10" (color or black/white). 7.) All 8" x 10" pictures must be mounted on a 8" x 12" thin art/mount board this will allow a 1" border. 8.) Each photograph must include a one-line title mounted on thin art/mounted board below picture. 9.) Entries can not be duplicated.



### • NOVEMBER IS NATIONAL TURKEY MONTH



Turkey is a great alternative to fattier meats like beef and pork. It is a meat so it is a good source of protein. Protein is what your body needs to help your muscles grow and get strong. You can have turkey cooked many different ways: baked, grilled, broiled, ground and made into sausage or burgers. The possibilities are endless! So what do you do with that leftover Thanksgiving Turkey? Turkey sandwiches are always an option and I'm sure you're mom has plenty of casserole recipes. How many different ways can you think of to

use the leftover turkey?

### CHARACTER CORNER:

*Good Character, like good soup, is usually homemade.*

**Tensas Parish 4-H**  
107-A Arts Drive – Highway 65  
St. Joseph, LA 71366  
(318) 766-3320



Made Available By:  
Kayla Sevier – Associate Extension Agent (4-H)

*NOTE: If you have a disability that requires special assistance for your participating in any of the meetings or activities, please contact Tensas Parish LSU AgCenter Office at 766-3320.*

• These materials are printed in conjunction with USDA, Food and Nutrition Service, Food Stamp Nutrition Education Program