

January 2008

Tensas Cloverleaf



2008 Area 4-H Commodity Cookery Contest



Tensas Parish 4-H Commodity Cookery Contest winners will be testing their cooking skills in the area contest. The area contest will be held January 30th, 2008 at Ag Adventures in Delhi. Those to compete are:



Sweet Potato - Keisha James; **Pecan** - Madison Keyes; **Egg** - Bailey Keyes; **Beef** - Glenda Thompson; **Chicken** - Alphonse Coco; **Corn** - Malorie Gossett; **Rice** - Mary Katherine May; **Catfish** - Alphonse Coco

New 4-H Agent Joins Staff

The Tensas Parish 4-H office would like to welcome to our staff, Mrs. Betsy Crigler. Mrs. Crigler will begin working with 4-H members in the parish school systems, January 22, 2008.

Mrs. Crigler is married to Allen Crigler and lives in St. Joseph. Betsy and Allen are the proud parents of three children, Scott, Thomas and Mary Liz. *Join us in welcoming her aboard!!*

UPCOMING EVENTS

- January 7, 2008 - District Livestock Show Entries due to 4-H Office
- January 7, 2008 - Agriculture Photography Contest Entries due to 4-H Office
- January 15, 2008 - 4-H Honey Bee Essay Contest Entry due in 4-H office
- January 15, 2008 - La. Legislative Youth Advisory Council Applications due
- January 16 - 19, 2008 - AgExpo and AgAlley in Monroe, LA
 (16-17th Ag-Alley for 4th graders; 18-19th Ag-Alley for the public; 19th Livestock Show)
- January 28-29, 2008 - Ag Adventures - Delhi
- January 30, 2008 - Area 4-H Commodity Cookery Contest
- January 30 - February 2, 2008 - District Livestock Show - Delhi, LA
- January 31, 2008 - Junior Leadership Conference Registration
- February 8, 2008 - Deadline for ordering Hoops & Clovers Tickets
- February 23, 2008 - Hoops and Clovers Game in New Orleans



A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating

4-H CAN FIGHT HUNGER CAMPAIGN

Tensas Parish Elementary 4-H club members collected over 300 pounds of canned soup. The 4-H club members delivered soup bags to the Council on Aging in St. Joseph and Newellton.



• ARE YOU CHICKEN?

The production and process of poultry in Louisiana made a total contribution of \$1.5 million dollars to the state economy last year. Almost a billion pounds of broilers were produced in Louisiana during 2004, which makes it the states largest animal enterprise. Poultry is produced in 27 parishes in Louisiana, with Union Parish leading the way as the top producing parish.

According to the American Dietetic Association, 3 ounces of baked chicken drumstick with the skin removed has less total fat than the same amount of sirloin steak, beef tenderloin, pork chop or salmon. White meat is lower in fat and calories than dark meat, but dark meat supplies more iron, a crucial nutrient, especially for women. You should leave the skin on the chicken while cooking to hold in the juicy flavor, and then remove before eating to cut out those extra fat grams and calories.

The average American eats 35 pounds of chicken a year.

CHARACTER CORNER:

“Character is what you are in the dark.”

-- Dewight Moody



Tensas Parish 4-H

107-A Arts Drive
St. Joseph, LA 71366
(318) 766-3320



Made Available By:

Kayla Sevier – Associate Extension Agent (4-H)
Betsy Crigler – Assistant 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