

**INSIDE THIS ISSUE**

UW Extension Information.....2  
State & Regional Events.....5  
Cent\$ible Nutrition.....18  
Master Gardener.....20  
Extension Calendars.....25

**SPECIAL POINTS OF INTEREST**

- Shooting Sports Trainings (page 8)
- Record Book How-To's (page 9)
- State Volunteer Trainings (page 15)
- Cloverbud Home Activity (page 23)

the

# CLOVER CHATS



**University of Wyoming Extension  
Sweetwater County  
307-352-6775**

**Winter Hours**

Monday - Friday  
8:00 am - 5:00 pm

**Summer Hours**

(May 15th - August 25th)

Monday - Thursday  
7:00 am - 5:00 pm  
Closed Fridays

**Marty Henry**

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Administrative Assistant  
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**2500 College Drive, A-700  
Room #2011  
Rock Springs, WY 82901**

**State 4-H Website: <http://www.uwyo.edu/4-h/>**

**4-H Enrollment: <https://4h.zsuite.org>**

**Sweetwater Co. Extension: <https://wyoextension.org/sweetwatercounty/>**

# *February Birthdays*

**Ivory Neher**

**Cooper Potter**

**Kyra Folks**

**Emma Curtis**

**Gatlin Pendleton**

**Ryan Meagher**

**Evie Long**

**Alison Sagely**

**Macey Tait**

**Haley Jones**

**Cooper Davies**

**Rainey Davies**

**Audrey Sagely**

**Jax Wertz**

**Sofia Millens**

**Ridge Spence**

**Kolby Muir**

**Jax Wertz**

**John Norris**

**Isaac Baker**

**Mabel Mathis**

**Nixon Jarvie**

**Cooper Potter**

**Jenicka Floyd**

**Hallee DeCoteau**

**Kove Price**

**Isaac Loftus**

**Rebecca Britton**

**Garrison Mines**



## LEADERS

Your Club Charter Renewal, Secretary Book and Treasurer Book were due to the Extension Office on November 14th.

Please get them turned in ASAP! The packet containing this paperwork was mailed out to the main club leaders.

## 4-H Scholarships

**\*2023 Wyoming 4-H Foundation Scholarships - due February 15th**

**\*Wyoming CattleWomen Scholarships - due February 28th**

**\*Sweetwater 4-H Council Scholarship - due April 1st**

**\*Gary Grubb Scholarship - due April 1st**

**\*Shooting Sports Scholarship - due May 1st**

Please log-in to ZSuites and Facebook regularly so that you don't miss out on important announcements.

## BEEF Tagging Deadline

All 4-H/FFA Market Beef need to be tagged by February 1st and information uploaded to ZSuites.

Members will need to come to the Extension Office to pick-up the tags.



# Wyoming State & Regional Events

(more information online at: <http://uwyo.edu/4-h/>)

**2023 Wyoming 4-H Foundation Scholarship Opportunities:** The Wyoming State 4-H Foundation is proud to manage scholarship opportunities to students that are current and/or past 4-H members in Wyoming. Each year the Foundation awards thousands of dollars in scholarships. Applications for 2023 are due by February 15, 2023. For more information and tips on how to apply successfully, please visit the 4-H Foundation Page, <https://www.wyoming4h.org/4hfoundation/scholarships/>.

**2023 Wyoming CattleWomen Scholarships:** They are offering two scholarships to deserving young women from the state of Wyoming. These scholarships will be awarded based on application criteria and an essay component. Each scholarship will be awarded in the amount of \$500. In addition, each awardee will be given a one-year membership to Wyoming CattleWomen. Application deadline is February 28, 2023. The application is available at [wyocattlewomen.org](http://wyocattlewomen.org) or the 4-H office.

**Shooting Sports Certification in Sweetwater County:** Will be held March 4th and 5th, see page 8 for more information on how to register.

**FFA & 4-H Meat Judging Workout:** Will be held March 31st and April 1st at the University of Wyoming Meat Lab. If there are any questions, please contact Mckensie Phillips [Mckensie.Phillips@uwyo.edu](mailto:Mckensie.Phillips@uwyo.edu).

**National 4-H Conference:** Will be held April 14 - 19, 2023. For more information visit <https://4-h.org/parents/national-4-h-conference/>. This is the US Secretary of Agriculture's premiere youth development opportunity. Young people assist in the development recommendations to help 4-H Youth Development programs nationally and in their communities. All Wyoming 4-H members age 15 and older are eligible to apply. Participants are chosen using an application and interview process.

# Wyoming State & Regional Events

(more information online at: <http://uwyo.edu/4-h/>)

**Wool Judging Contest:** The 2023 Wyoming 4-H Wool Judging Contest will take place in Laramie on Friday, April 28th, at the UW Hansen Arena. Contest rules and eligibility can be found on the state's website.

**Livestock Judging Contests:** There are back to back contests being held in Cheyenne and Torrington on May 19th and May 20th. Register on the same link for both contests, <https://bit.ly/LivestockJudgingContests>

**Meats Judging Contest:** The 2023 Wyoming 4-H Meats Judging Contest will take place in Laramie on Saturday, April 29th, at the UW Meats Lab. Current contest information including rules and eligibility can be found on the state's website.

**Showcase Showdown:** June 20 – 22, 2023 in Laramie. Showcase Showdown offers an opportunity for youth to explore various industries through contests and workshops. The event takes place at the University of Wyoming. Youth can participate in contests, workshops, tours and activities over the course of three days. There are also two award ceremonies that recognize youth for their efforts.

**Wyoming State Shoot:** The 2023 Wyoming 4-H State Shoot is scheduled to be held in Douglas, Wyoming July 6 - 9, 2023.

**Wyoming State Fair:** The Wyoming State Fair is an opportunity for 4-H members to exhibit their projects and demonstrate what they have learned. The 2023 WSF dates will be August 14 - 20, 2023.



# MAKE A DIFFERENCE, VOLUNTEER TO HELP YOUTH IN THE WYOMING 4-H PROGRAM.

We have a position for your time, your talents, and your abilities.

## 5 easy steps to change the future of youth!

1

**Enroll in ZSuite.**

Does your family have a Zsuite profile?

N

Y

Create a profile at:  
[4h.zsuite.org](http://4h.zsuite.org)

Add a new  
family  
member

2

Complete a training on working  
with youth in 4-H

3

Complete a background check and a driving records check.

4

Meet with our local 4-H Educator.

5

**Get started**



Give us a call  
307-766-5170



Send us an e-mail  
[4h@uwyo.edu](mailto:4h@uwyo.edu)



UW | Wyoming 4-H



# 2023 4-H Shooting Sports Leader Certification Trainings

The Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last certification, plan to attend one of these certification/training opportunities.



CHANGING THE FUTURE OF  
YOUTH SHOOTING SPORTS



**Meredith**  
We inspire. She makes it happen.™

*Warren Crawford*

*Youth Development Specialist*

*University of Wyoming Extension*

*College of Agriculture and Natural  
Resources*

*1000 East University Ave. Dept.  
3354*

*Laramie, WY 82071*

*(307) 766-5170*

[crawford@uwyo.edu](mailto:crawford@uwyo.edu)

## **Sweetwater County, Rock Springs**

- Dates - March 4- 5, 2023
- [Registration link: Sweetwater County](#)

## **Hot Springs County, Thermopolis**

- Dates - March 11-12, 2023
- [Registration link: Hot Springs County](#)

## **Campbell County, Gillette**

- Dates - March 25-26, 2023
- [Registration link: Campbell County](#)

## **Albany County, Laramie**

- Dates - April 15-16, 2023
- [Registration link: Albany County](#)

## **Shooting Sports Development Committee Meeting**

- Date - February 18, 2023, Casper

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."



# ZSuite 4-H Record Books & You!

Filling out your record book



## Why complete a record book?



- Responsible Record Keeping
- To see where you've been , so you can decide where you're going
- Gives you a place to start with projects
- Head start on how to keep records
- Scholarships
- Gives accurate record of what you've learned
- Resumes
- Job Applications
- Fun to see how far you've come over the years!



## ***Don't Wait!***

Portfolios can be time consuming. It's best not to wait until the last minute. Update information as it is happening.

January 2023 Clover Chats included information on setting goals. This month we talk about recording your expenses and income and providing your project summary. Please complete a record book for each project you are enrolled in, do not combine them into one.



# ZSuite 4-H Record Books & You!

## Filling out your record book



Project  
This is where you will enter any data about your project such as Goals, Supplies, and any other topics you

GOALS SUPPLIES **EXPENSES/INCOME** SUMMARY PICTURES

## Project Sheets

### Project Sheets • Expenses & Income

- What were your expenses?
  - What did you have to pay for?
    - Cost of project item (steer, pottery, fabric, notions, frosting, etc...)
    - Feed
    - Supplies, equipment, material
    - Fuel
  - Participation Fees (contest fees, enrollment fees, etc..)
  - Were any expenses covered?
    - Ex: bows/ammo for county shoot is provided by the county
      - 4-H Shooting Sports Committee. This expense is valued at \$30.

**Expenses**

*What expenses (supplies, equipment, etc.) did you incur for your project?*

Type of Expense	Description of Item	Cost or Value	Source? Where did you get it?	Edit
+ Expense				

---

**Income**

*What income (equipment, supplies, etc.) was provided by you and the project?*

Description of Item	Where is it now?	To Whom?	Value?	Edit
+ Income				

- What was your Income?
  - What did you bring in or start with?
    - Sale Price-did you sell your animal, equipment, supplies?
    - Value of previously owned equipment





# ZSuite 4-H Record Books & You!

Filling out your record book



**Project**  
This is where you will enter any data about your project such as Goals, Supplies, and any other notes you

GOALS   SUPPLIES   EXPENSES/INCOME   **SUMMARY**   PICTURES

## Project Sheets

### Project Sheets • Summary

**Summary**

What is something NEW this year that you learned to Do or learned ABOUT?

✓

Reflecting on your project experiences this year how (or what) will you do differently or improve upon next year?

✓

**Export**

(All sharing permissions will have a (privacy icon))

Date	What did you share/show?	Where?	Ribbon/Placing (if applicable)?	Edit
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Look back at your goals and explain how you accomplished them.

### Think about...

1. What you did to achieve your goals
2. What skills someone may have taught you
3. Where you got the information you needed to succeed
4. What is something new you have learned?
5. How will you apply or use what you have learned?

**Use full sentences and punctuation!**

How did your project do at each level of competition?

- What ribbons, awards or placing's did you receive for that project?

*What a great year!*



## SCHOLARSHIP OPPORTUNITY

from the Wyoming CattleWomen for deserving young women from the state of Wyoming



The Wyoming CattleWomen have a scholarship opportunity to boost your future in the Agriculture Industry

visit [wyocattlewomen.org](http://wyocattlewomen.org) for details

We are currently taking applications for two scholarships to be awarded in the spring of 2023

## CITIZENSHIP WASHINGTON FOCUS

JUNE 10 - 16, 2023



### ABOUT CWF

Experience Washington D.C and connect with other young leaders while getting hands on experience to become representatives of change.

### DETAILS

- Estimated cost is \$2250 per person, with scholarships available.
- Open to youth 14 and Older.
- Apply by March 17, 2023 at <http://wyoming4h.formstack.com/forms/cwf>

Visit the Opportunities section on the state 4-H website for more detail or contact your County Educator with any questions.

## 2023 Rabbit Clinic

Clinics start @ 9AM, Location: ARLC Building

Sign up at : <https://www.facebook.com/oil-city-thumpers-398801110535193/>

- **January 14, 2023:** Rabbit Housing & Feeding- Casper Room
- **February 11, 2023:** Meat Pens- Midwest/Edgerton Room
- **March 18, 2023:** Committee Meeting- Mills/Evansville Room
- **April 15, 2023:** Breed ID, Breed Tattoo, Showmanship, ID Forms Clinic- Casper Room. Bring your healthy, clean rabbits and carpet square
- **April 26, 2023:** Tattoo Clinic - Time TBD PIC
- **May 14, 2023:** Getting ready for Fair - Fair Prep- Mills/Evansville Room
  - o No Rabbits needed.
- **June 3, 2023:** Mandatory Meat Pen Tattoo Clinic/Mock Show- Casper Room
  - o We will have separate areas set-up for showmanship. Please make sure your rabbits are clean and healthy. We also ask you to dress like you will for the show at fair and bring a clean carpet square for showmanship.
  - o We will only be offering two tattoo clinics this year. Please plan accordingly.

## TELL US SWEETWATER COUNTY'S STORY

JOIN US FOR A CONVERSATION ABOUT EDUCATION, EMPLOYMENT, AND COMMUNITY RESILIENCE IN SWEETWATER COUNTY.

LET'S COMPARE YOUR TOWN'S STORY WITH YOUR NEIGHBORS' AROUND THE STATE!



## ROCK SPRINGS

WEDNESDAY, FEBRUARY 8TH  
6-7PM

ROCK SPRINGS LIBRARY  
FERRERO ROOM  
400 C STREET

## WYOMING COMMUNITY RESILIENCE CONVERSATIONS

[UWYO.EDU/WALLOP](http://UWYO.EDU/WALLOP)  
[WALLOP@UWYO.EDU](mailto:WALLOP@UWYO.EDU)







**FFA & 4-H**

# MEAT JUDGING

## Workout

**MARCH 31 | 8AM-4PM**  
**& APRIL 1 | 4PM**

COME AND GO AS YOU PLEASE  
UNIVERSITY OF WYOMING CAMPUS MEAT LAB

**BEEF LAMB PORK**  
**CLASSES & RETAIL ID**

CONTACT: MCKENSIE.PHILLIPS@UWYO.EDU




# State 4-H

## WOOL AND MEATS JUDGING CONTEST

**FRIDAY, APRIL 28TH**  
**SATURDAY, APRIL 29TH**

LARAMIE, WYOMING

**MORE INFORMATION WILL BE RELEASED IN LATE JANUARY 2023.**

COUNTY EDUCATORS WILL REGISTER INDIVIDUALS AND TEAMS.

CONTACT YOUR COUNTY OFFICE WITH QUESTIONS OR IF YOU ARE INTERESTED IN PARTICIPATING.




# 2023 SHOWCASE SHOWDOWN

**JOIN US TO COMPETE IN STATE CONTEST, WORKSHOPS, UW CAMPUS ACTIVITIES AND MORE!**

Contest and Workshops will be presented from various industries. Youth will be able to explore different areas/industries.

**JUNE 20 - 22, 2023**

MORE INFORMATIONS TO COME, PLEASE CONTACT YOUR COUNTY OFFICE WITH ANY QUESTIONS.

**UNIVERSITY OF WYOMING - LARAMIE, WY**



## Two Livestock Judgings Back-to-Back

### Eastern Wyoming College



**Saturday ~May 20, 2023**

Registration 9:30 a.m.  
Contest: 10:00 a.m.

EWC - Agricultural Technology  
Education Center Building  
3401 West C Street in Torrington, WY

Contact: Georgia Younglove  
(307) 799-5419

### Laramie County 4-H

**Friday May 19, 2023**

Registration 2:00 p.m.  
Contest: 2:30 p.m.



LCCC - Ag. Pavilion - 1400 E. College Drive, Cheyenne, WY

Contact: Dawn Sanchez  
(307) 633-4383

Thanks to LCCC Livestock Judging Team for officiating this contest

Each contest will include 4 reasons for seniors, 2 reasons/2 questions for intermediates, 4 questions or 3 questions/1 reason for juniors

Registration Fee ~ \$15.00 per contest - pay day of contest

Register at: <https://bit.ly/LivestockJudgingContests>



EXPLORING YOUR FUTURE AND GROWING A CAREER

# VIRTUAL CAREER FAIR

MARCH 21, 2023

6:00 PM MDT VIA ZOOM



Meet with professionals in a variety of fields to explore your interests!  
Scan the QR code to visit our website to learn more or get registered.



Questions?  
Contact:  
**AMBER ARMAJO**  
amwall@uwyo.edu  
(307)347-3431

WYOMING4H.ORG/VIRTUAL-CAREER-NIGHT

Have you ever thought about being a zookeeper, a chef, a police dog trainer, doing livestock embryo transfer, an electrician or even being a doctor? Then this event is for YOU! Join us to explore a variety of career options and get your questions answered about what degree do you need, should you do an internship, what you need to do in high school to get ready for a career and much more! We will have door prizes we are giving away and lots of fun to be had throughout the evening. Join us March 21st at 6pm (MST) for a fun evening of exploring careers. For more information and to register for this free event go to: <https://wyoming4h.org/virtual-career-night/>





# Volunteers Share Your Voice!

Please [join us to share](#) your ideas, questions, thoughts, successes, and challenges as a 4-H volunteer and parent. Each month we start each sharing session with a general topic. We ask that YOU join us to share your thoughts on the question. This will allow us all to learn from each other and gain new ideas.

All meetings will be held via zoom, with some county offices hosting face to face cohorts during the zoom meetings. There will be NO AGENDA for these meetings, so your voice, your opinions and your thoughts are an important part of success. Check out the dates and general topics below.

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## **TOPIC: Creating a Welcoming Environment January 11th @ 6:15 pm**

ZOOM LINK: <https://uwyo.zoom.us/j/7575233387>

Questions to think about:

How does your club make members feel welcome?

How do you manage meetings when you have a lot of members?

Do you use parli pro, does it work for your club? What tricks do you have?

How do you shorten your business meetings so that members can focus on fun and learning?

## **TOPIC: Leadership and Communication February 8th @ 6:15 pm**

ZOOM LINK: <https://uwyo.zoom.us/j/7575233387>

Questions to think about:

What kind of leadership positions do you have in your club?

What communication methods work well with members and parents?

How do you share opportunities outside of your club with members?

How do you keep older members active and involved?

Why do youth in your club choose to do 4-H and spent their time doing 4-H?

## **TOPIC: Recordbooks March 7th @ 6:15 pm**

ZOOM LINK: <https://uwyo.zoom.us/j/7575233387>

Questions to think about:

How do you encourage completion of recordbooks?

Do you incorporate recordbooks into your monthly meetings?

Do you have tools to help your members record the things they are doing?

What kind of leadership can kids do in your club to put in their books?

## **TOPIC: Community Service, Fundraising, and Fun April 3rd @ 6:15 pm**

ZOOM LINK: <https://uwyo.zoom.us/j/7575233387>

Questions to think about:

What kind of things do you do for fun, community service, fundraising?

How do you find new things to do, not the same old same old?

How do you get members to attend things outside of the club meeting?

## ***Attention Graduating Seniors!***

***Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships to youth that will be attending a college, university, or technical school to further their education.***

***Applications are due by February 15, 2023, and uses a resume built from your 4-H record books.***

***As you consider your next steps in your education and career path, 4-H involvement may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated the 4-H Scholarship application. Find out details at <https://www.wyoming4h.org/4hfoundation/scholarships/>.***

***Click on each scholarship for its specific criteria and then use the universal application to apply. There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!***

***Remember - the best way to be awarded a scholarship is to APPLY! Please call the State Office if you have any questions, (307) 766-5170.***

***Do Not Delay - Apply by February 15th!***

# BARNYARDS & BACKYARDS *Live!!!*

Is back!



**JOIN US FOR OUR 4TH SEASON  
FEBRUARY 3RD 10 AM**

**Barnyards & Backyards: Rural Living in Wyoming** - Join our hosts online as we have a friendly chat with our guests about a variety of interesting subjects – making maple syrup, equine health, high tunnel tips, hummingbirds and more!

\*Making maple syrup in Wyoming - Feb 3, 2023

\*Be prepared for emergencies! - Feb 10, 2023

\*Preserving the harvest - dehydration & freezing - Feb 17, 2023

\*Equine health essentials: Healthy teeth & worm control - Feb 22, 2023 (6:00pm start)

\*Insect management in high tunnels, greenhouses & other indoor spaces - March 3, 2023

\*Tips & tricks for healthy trees in Wyoming - March 10, 2023

\*Wyoming hummingbirds & plants that support them - March 24, 2023

\*Tips for growing in high tunnels - March 31, 2023

Friday mornings at 10 am on Zoom or Facebook Live (follow us at <https://www.facebook.com/BarnyardsBackyards/> to receive notices on the show). Have questions for our guests? Type them in the Zoom Q&A box, chat or Facebook comments as we go along.



## CNP Life Hack

When serving meat, remember portion size. A portion of 3-4 ounces looks like the size of a deck of cards. Adults need 5-7 ounces of protein a day.



Information and graphics taken from the Cent\$ible Nutrition Program Facebook Page, <https://www.facebook.com/UWCNP>, January 18, 2023:

“The last few months, we've seen grocery prices climb and climb. One thing we can do to help our budgets stretch is to pay attention to what is in our cart. Meat tends to be one of the more expensive items, and it is one of the foods Americans often eat more of than they need to be healthy. When buying and serving meat, keep in mind portion sizes. A portion of 3-4 ounces looks like a deck of cards. This is about half the recommended ounces of protein for adults a day. To reach the recommendation, consider adding beans, lentils, nuts, seeds, canned fish, and other plant-based proteins to your plate and enjoying meat once a day. You can learn more at: <https://www.myplate.gov/eat-healthy/protein-foods>”

Family & Consumer Science  
*Cent\$ible Nutrition Program*  
“Helping Families Eat Better for Less”

 UNIVERSITY  
OF WYOMING  
EXTENSION





## Vegetable Beef Soup

Vegetable Beef Soup makes a quick, filling meal on cold winter days.

### Ingredients

- 4½ cups low-sodium broth
- ½ cup onion
- 2 teaspoons Italian Seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 10-ounce package frozen mixed vegetables (2 cups)
- 15-ounce can diced tomatoes
- 14.5-ounce canned beef or 2 cups cooked, ground meat

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Chop the onion.
3. In a large saucepan, mix broth, onion, Italian Seasoning, bay leaf, and black pepper. Heat.
4. Stir in mixed vegetables and beef, but not tomatoes.
5. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
6. Stir in tomatoes. Heat through.

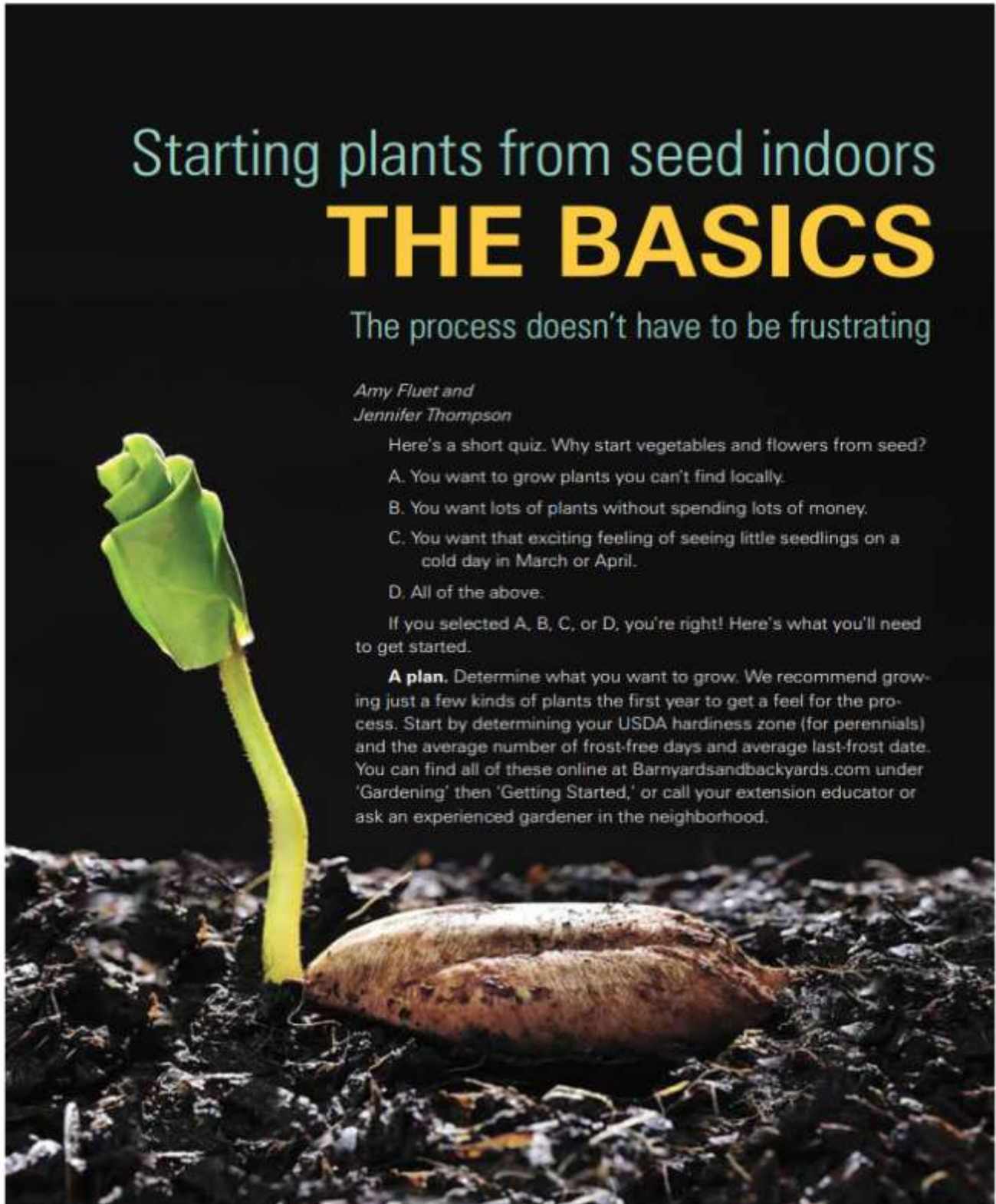
Makes 8 servings.

**For more information on Cent\$ible nutrition classes contact Wendy Nielson at 307-352-6775 or**

Recipe found online, Wyoming Cent\$ible Nutrition, <https://uwycocnp.org/vegetable-beef-soup/>



Article on pages 19-21, taken from the Barnyards & Backyards Winter 2014 magazine. For more information or questions on Master Gardener or Horticulture topics, contact Amanda Romero at 307-352-6775 or [abramwe2@uwyo.edu](mailto:abramwe2@uwyo.edu).



## Starting plants from seed indoors

# THE BASICS

The process doesn't have to be frustrating

*Amy Fluet and  
Jennifer Thompson*

Here's a short quiz. Why start vegetables and flowers from seed?

- A. You want to grow plants you can't find locally.
- B. You want lots of plants without spending lots of money.
- C. You want that exciting feeling of seeing little seedlings on a cold day in March or April.
- D. All of the above.

If you selected A, B, C, or D, you're right! Here's what you'll need to get started.

**A plan.** Determine what you want to grow. We recommend growing just a few kinds of plants the first year to get a feel for the process. Start by determining your USDA hardiness zone (for perennials) and the average number of frost-free days and average last-frost date. You can find all of these online at [Barnyardsandbackyards.com](http://Barnyardsandbackyards.com) under 'Gardening' then 'Getting Started,' or call your extension educator or ask an experienced gardener in the neighborhood.





*Seed-starting set-up in basement*

**Seeds.** Flipping through a seed catalog (or browsing an Internet site) in January is definitely a boost to the spirits during cabin fever season. As you shop for seed, note the numbers given for days to maturity for vegetable varieties and make sure they work with the number of frost-free days in your area. Sometimes days to maturity is based on the seed germination or on the transplant date. Make sure your calculations are accurate. Be wary of over-the-top claims for plant performance and keep your expectations realistic. Seed left from a previous year can be used – different types of seed will germinate for a number of years – some only up to one year – others up to five years or longer; store seeds in a cool, dry place. If you go overboard on ordering seeds, simply tuck a few packets away for next year.

**Growing medium.** Special soil-less mixes (made up of vermiculite, peat moss, perlite, coconut coir fiber, etc.) are best for starting seed. One of the reasons is that these are usually disease-free. This is important

because seedling diseases such as “damping off” (discussed below) can quickly decimate a flat of young seedlings. Look for a quality, finely textured mix without added fertilizers. We’ve found you generally get what you pay for. Locally owned garden centers are a good source for quality mixes.

**Pots.** Use containers with drainage holes to hold the mix and trays to put the containers in to catch water. You can purchase seed-starting flats or recycle clean containers from around the home. If reusing pots, clean them well with warm, soapy water; we typically finish with a rinse in bleach water (1 part bleach to 9 parts water) and thorough air drying.

**A good location.** A good source of light is important, especially for vegetable seeds and annuals, which will become leggy without it. Shelves with fluorescent lights that can be lowered or raised are very good; a south-facing window can do in a pinch. Shelves can easily be made, and fancy fluorescent bulbs aren’t needed – use either two cool white

bulbs or one cool white bulb and one warm (soft) white bulb to get a broader spectrum of light. Other types of lights are available as well. A timer is useful for turning the lights on and off. You can also get creative with your system: Amy hangs a couple of shop lights under her ping-pong table for added seed-starting space. Choose a spot with reasonable temperatures; cooler temperatures will help keep young plants stocky, but seeds often like warmer soil for germination. Ensure there is reasonable air circulation.

**Time to plant.** Read all the seed packets and separate them into groups by the recommended weeks before the average last frost that they should be planted indoors (for example, one pile for those needing eight-10 weeks, six weeks, four weeks, etc.). Now look on the calendar and mark when those average last frost dates are. For example, start seeds March 28 for an average last frost date of June 6 and seeds that need 10 weeks to grow before transplanting.

Pre-moistening the mix with warm water makes initial watering easier. Fill containers with mix to about 1 inch from the top edge. Tamp lightly to slightly compact the mix. Sprinkle the seeds on top of the mix. The number of seeds planted in each “cell” or container depends on how many plants are wanted there. A few seeds may not germinate, but most should. Cover the seeds with soil. Seed packets will generally have guidelines for how deeply seed should be planted. A few plants like lettuce need some light to germinate, so cover those very thinly or simply sprinkle them on top of the soil and then gently tamp the surface again to make sure the seeds are in good contact with the soil surface.



Label containers with the name of the variety. We have learned that immediate labeling saves many headaches down the road.

Water the pots with a gentle surface spray (so as not to dislodge the seeds) or place the pots in a shallow container filled with water to bottom-water the plants. We generally use warm water for the first watering.

Once the soil is moist, keep it moist until seeds germinate. You can use "greenhouse" tops on the trays or slip the containers in a clear plastic bag (to let light in); just leave some room for air circulation. The goal is to have the soil stay moist but not soggy.

Place containers in a comfortably warm spot with some light, but not strong direct sunlight, which can "cook" the seeds if covers are in place. Watch for signs of growth. When plants start to break the soil surface, remove any covers and move the containers to a place with good light. If growing plants under fluorescent lights, keep the plants just a couple of inches below the lights and keep the lights on for 12-16 hours a day.

- Raise the lights as the plants get taller.
- Monitor the moisture of the soil as the plants grow. Aim for damp but not soggy soil; overly wet soil can lead to problems for seedlings. The most common of these is "damping off," which results in seedlings that collapse at the soil line and is caused by a variety of fungi. To reduce chances of damping off, use a soil-less mix, make sure containers are clean, and let the soil dry out slightly between waterings.

**Amy Fluet** believes that ordering too many seeds in the spring is indicative of strong character and resilient spirit. She can be reached at [amyafluet@gmail.com](mailto:amyafluet@gmail.com). **Jennifer Thompson** is the Small Acreage Outreach coordinator and can be reached at (307) 745-3698 or [jsjones@uwyo.edu](mailto:jsjones@uwyo.edu).

- If seedlings are growing too tall too quickly (often referred to as being floppy or "leggy"), the light source might not be strong enough or close enough to the plants or the temperature might be too warm.

### Transplant when the seedlings are ready

When to transplant seedlings into individual pots (or into the garden) varies with the species. The plants need at least two true leaves (not their first seed leaves) and shouldn't be overly crowded.

Carefully tip the pot of seedlings onto its side and ease out the entire soil mass being careful not to damage those fragile stems. Alternatively, you can prick out individual seedlings from a pot by levering them up gently with a pencil or similar implement.

Roots that are present throughout the soil or that have started circling in the container indicate you should have transplanted the seedlings earlier. Use those seed leaves (or a true leaf) to carefully lift the seedlings and lower them into individual (labeled!) pots (or into a planting hole in the garden). A plant with a damaged leaf is likely to survive, but one with a damaged stem will most likely die.

If transplanting into larger containers, use a variety of soil and soil-less mixes depending on the needs of your plants. A soil-less mix does not have a lot of nutrients. Consider watering seedlings periodically as they grow with a very weak fertilizer (diluted to one-quarter or one-half strength).

### Hardening Off

Hardening off gradually gets plants used to outdoor conditions (bright light, cooler temps, wind, etc.). One way to harden off plants is to place pots of young plants in a sheltered area outside and then gradually move them into more exposed locations. Move them back inside (the house, garage, etc.) if frost or severe weather is possible. A second way is to transplant plants directly into the garden and then protect them from the elements with covers or wind shelters until they adjust to outside conditions.

Starting plants from seed is not a difficult task. It does, however, benefit from a little planning and requires tending your plants once they have started to grow. The benefits of this process are many. Not the least is seeing those fresh, green leaves unfurl with their promise of spring as the winds and snows of winter still howl.





# Cloverbud Activity February 2023

From the Big Book of 4-H Cloverbud Activities brought to you by our extension friends in Ohio.

**CFAES**

OHIO STATE UNIVERSITY EXTENSION

## The Big Book of 4-H Cloverbud Activities at Home

### Making Kazoos and Patriotic Marching Band from Citizenship and Civic Engagement



#### **MATERIALS NEEDED:**

- Empty toilet paper rolls
- Rubber bands
- Wax paper
- Markers
- Star stickers



#### **APPLICATION:**

Ask

- What kind of instruments do musicians in marching bands play. (Look at examples on television, in a parade or at a local sporting event.)
- Ask the children to listen for patriotic music.



#### **BOOKS TO READ:**

*Froggy Plays in the Band* by Jonathon London  
*Happy Birthday, America* by Mary Pope Osborne  
*Our Marching Band* by Lloyd Moss

#### **WHAT TO DO:**

1. Have an adult make a hole in the tube similar to the picture.
2. Cut one or 2 pieces of wax paper (enough to cover one end of the tube).
3. Secure the wax paper with a rubber band.
4. Decorate the toilet paper roll with markers and stars.
5. Test the kazoo by placing the end of the roll lightly to your mouth and hum or sing. The vibration of layers of wax paper should make the kazoos sound great.
6. You can experiment with the brand of wax paper you use, the number of layers, the number of holes...

*A Patriotic Song to Sing...*

#### **Yankee Doodle**

Yankee Doodle went to London  
Just to ride a pony  
Stuck a feather in his cap  
And called it macaroni.  
Yankee Doodle, keep it up  
Yankee Doodle Dandee  
Mind the music and your step  
And with the girls be handy

Source: This Big Book of 4-H Cloverbud Activities at Home works well with Chapter 33 "Our Flag" in *The Big Book of 4-H Cloverbud Activities* available through OSU Extension offices or online at [extensionpubs.osu.edu](http://extensionpubs.osu.edu). Ohio residents get the best price when they order and pick up their purchases through local Extension offices.

Activity compiled by Christy Millhouse, Extension Educator, Preble County

## Clover Chat Additions

There is always space in the Clover Chats for important information you would like to share with all 4-Hers. If you have an activity, club meeting, event or community service opportunity, etc... coming up, please send an email to [tmeats@uwyo.edu](mailto:tmeats@uwyo.edu) with the information/contact and it will be included. Emails can also be sent out to everyone or certain clubs, especially if the date conflicts with the production of this newsletter.



# February 2023


SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1 4-H/FFA Market Beef Tagging Deadline and info. uploaded to ZSuites</b>	<b>2</b> Hotdoggers Meeting, 6:30-7:30pm, Small Hall	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Farson Shooting Practice 6pm Project Hope Mandatory Livestock only Meeting at 6:30pm (library)	<b>7</b>	<b>8</b>	<b>9</b> Hotdoggers Meeting, 6:30-7:30pm, Small Hall	<b>10</b> Shooting Sports Archery Practice - see club for sign ups times	<b>11</b> Shooting Sports Air Practice - see club for sign up times
<b>12</b>	<b>13</b> Farson Shooting Practice 6pm	<b>14</b> 	<b>15</b> Shooting Sports Monthly Club Mtg. 7pm Bison Room <b>WY 4-H Scholarship Application Deadline</b>	<b>16</b> Sagehoppers Meeting, 6:30-8:30pm, Small Hall	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Farson Shooting Practice 6pm	<b>21</b>	<b>22</b>	<b>23</b> Hotdoggers Meeting, 6:30-7:30pm, Small Hall	<b>24</b> Shooting Sports Archery Practice - see club for sign ups times	<b>25</b> Shooting Sports Air Practice - see club for sign up times
<b>26</b>	<b>27</b> Farson Shooting Practice 6pm	<b>28</b> Fair Board Meeting, 7pm Meeting Room				

# March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	3	4 Shooting Sports Leader Certification Trainings (all day)
5 Shooting Sports Leader Certification Trainings (half day)	6 Farson Shooting Practice 6pm	7	8	9 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	10 Shooting Sports Archery Practice - see club for sign ups times	11 Shooting Sports Air Practice - see club for sign up times
12	13 Farson Shooting Practice 6pm	14	15 Shooting Sports Monthly Club Meeting, 7pm Bison Room	16 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	17 	18
19	20 Farson Shooting Practice 6pm	21	22	23 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	24 Shooting Sports Archery Practice - see club for sign ups times	25 Shooting Sports Outdoor .22/ muzzleloader practice - see club for times
26 Shooting Sports Shotgun Practice - 12pm	27 Farson Shooting Practice 6pm	28 Fair Board Meeting, 7pm Meeting Room	29	30 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	31	



# April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Farson Shooting Practice 6pm	4	5	6 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	7 Shooting Sports Archery Practice - see club for sign ups times	8 Shooting Sports Outdoor .22/ muzzleloader practice
9 Shooting Sports Shotgun Practice - 12pm 	10 Farson Shooting Practice 6pm	11	12	13 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	14	15
16	17 Farson Shooting Practice 6pm	18	19 Shooting Sports Monthly Club Meeting, 7pm Bison Room	20 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	21 Shooting Sports Archery Practice - see club for sign ups times	22 Shooting Sports Outdoor .22/ muzzleloader practice
23 Shooting Sports Shotgun Practice - 12pm	24 Farson Shooting Practice 6pm	25 Fair Board Meeting, 7pm Meeting Room	26	27 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	28	29
30						



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