



# MONROE COUNTY 4-H WEDNESDAY WEEKLY

MAY 27, 2020

Monroe County 4-H

on Social Media



SAVE TIME. SAVE MONEY. EAT HEALTHY.

**Submission deadline is Friday, May 29**

## MILK MATTERS KIDS RECIPE CHALLENGE!

To celebrate June as Dairy Month, Cornell Cooperative Extension is searching for delicious recipes from kids that feature low fat (1%) or fat free dairy products. The winning recipe will be featured on our Facebook sites, and a grand prize awarded. (it's a surprise!)

Look [HERE](#) for official submission rules.

## NYS VIRTUAL 4-H FORESTRY SERIES 2020



There's still time to register for upcoming sessions!

Join youth from across the state in a virtual series and learn about the various forestry topics and activities typically covered at Forestry Weekend.

Join CCE educators on Saturday at 6:30 p.m. Open to youth aged 10 and up (as well as staff and volunteers) interested in learning more about forests.

Register by Friday, May 29:

**Saturday, May 30 - Invasive Species & Pests**

Register by Friday, June 5:

**Saturday, June 6 - Forest Ecology**

Please contact Susan at [smc226@cornell.edu](mailto:smc226@cornell.edu) to register. Registration form found [HERE](#).

**FORCES OF NATURE**  
HOSTED BY AMERICORPS VISTA MIKE

**TODAY!**  
May 27

**ICE** 4 p.m.  
Facebook

**FORCES OF NATURE**  
HOSTED BY AMERICORPS VISTA MIKE

**EROSION**

Wednesday, June 3, 4 p.m. Facebook

Cornell Cooperative Extension | Monroe County 4-H GROWS HERE

**Beaded Garden Ornaments & Painted Rock Labels**

Looking to snazz up your garden for the summer? Trim for your tomatoes? Pizzazz for your peppers?

4-H Educator Jessica demonstrates how to create some fun, colorful crafts for your garden.

For these projects, you will need:  
Beaded Garden Ornaments: Beads, scissors, and string/wire/fishing line that will fit through your beads.

Painted Rock Labels: Rocks, paint, and paintbrushes (Optional: outdoor sealant, paint pens)


**PREMIERING ON FACEBOOK:  
MONDAY, JUNE 1 AT 10 A.M.**

**Ready to Pledge Your Health to Better Living?**

Looking to support eating local produce?

Check out CCE-Monroe's [Nutrition webpage](#) for new recipes, farm market locations, and more. Record your cooking sessions to share with other 4-H'ers on [our Facebook page!](#)

It's almost strawberry season! Why not try homegrown?



## Monroe County 4-H Staff

We're working remotely but we're here for you!

[Susan Coyle](#)  
4-H Program Leader

[Mike Dondorfer](#)  
AmeriCorps VISTA

[Lori Koenick](#)  
4-H Educator

[Jessica Reid](#)  
4-H Educator

[Michele Schepisi-Ritchie](#)  
Admin Assistant

**4-H at Home**

compiled by the Monroe County 4-H staff

**#4HMASKTASK**

Join the **NYS 4-H MASK TASK!**

Let's put our HEADs together and use our HANDS to make masks!

By opening up our HEARTs...we can protect the HEALTH of our community with this simple task!

**LEARN MORE**  
[bit.ly/NYS4HMaskTask](http://bit.ly/NYS4HMaskTask)



To participate in Monroe County, please contact Mike at [mpd94@cornell.edu](mailto:mpd94@cornell.edu)

## **COMING SOON!**

- Teen Garden Craft
- Health & Fitness
- June Mighty Monday
- Horse Week

MORE INFO NEXT WEEK IN JUNE NEWSLETTER (JUNE 3.)

## **TUTORIAL**

**OJ Carton Birdfeeder**  
Premiering on **Facebook**  
Friday, May 29 at 10 a.m.

Looking to attract more birds to your backyard? Learn how to create a simple bird feeder using an empty orange juice bottle. You can also use a paper carton, a milk jug, or other large sized bottles to create this bird feeder!

### Supplies You Will Need:

- Orange Juice Bottle (or other large carton/bottle)
- Scissors (Optional: An adult to help with an exacto knife)
- Marker or Sharpie
- String or Wire
- Birdseed (Optional: Stick/Dowel/Pencil for a perch, nail)

