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TIME TO LEARN WITH OUR 4-H SHOWCASE!

October is here, my favorite month of the year! Join me the second week, October 10th thru October 13th, for a FREE education showcase event sponsored by the University of Maryland Extension and Frederick County 4-H. This four-day event showcases an array of 4-H Club Projects with hands on activities to try. Each night will have a different theme with stations throughout to visit, have your passport card punched and enter the nightly drawing!

The 4-H Showcase will be held at the Downtown Community Room at Evangelical Reformed United Church of Christ, 15 West Church St, Frederick, MD. Parking is conveniently located in the Court Street Parking Garage. Come one night or four and join the fun!

SUNDAY, October 10th: CAKE AUCTION AND CULINARY NIGHT

4:00 PM - Join us for our ribbon cutting ceremony with local leaders, University officials and 4H youth. We will be announcing winners of the Royalty Contest and recognize our Character Counts award recipients!

5:00 PM – 4-H Cake Auction and Educational Demos about Whole Grains, Parts of the Plant, Guess the Herb, Local Farmers Markets information, and more. My favorite will be the “Storywalk” – *How to Feed Your Parents*.

Monday, October 11th at 5:30 PM - STEM NIGHT

Come on out and battle some robots!! Starting at 5:30pm, support our Robo Rangers 4-H Club while building and battling SuGO bots, and then make your way around to play with Ozobots, learn about 3D printing, make a Self-Watering Plant with our Master Gardeners, Lava Lamp, and see if you can Escape Identity Theft by cracking the code to our special lock box.

Tuesday, October 12th at 5:30 PM - OUTDOOR & GARDENING NIGHT

Learn about Crawling Critters and the 4-H entomology project from our Bug Patrol 4-H Club. Also check out Soil Shake Up, Lettuce Be Healthy terrarium, learn to plant Cool Beans, and more!

Wednesday, October 13th at 5:30 PM - ANIMAL NIGHT

Come see members of our Tailwaggers 4-H club with their talented Dogs and then visit our Rabbit Raisers 4-H club members with their Rabbits! Check out our Cow Simulator, Sheep & Fiber display, and more! Be sure to see the Embryology demo to see our very own chicks hatching in an incubator, too!

4-H is the largest youth development program in the United States and Frederick County has the largest 4H program in the state of Maryland. Youth ages 5 to 18 are involved through community clubs, school enrichment programs, after school activities and camps. Here are two favorite recipes from the 4H Frederick County Baking Book.

YEAST DINNER ROLLS

1/2 cup milk
2 tbsp. sugar
1/4 cup water
1 package yeast
2 1/2 cups flour
1/2 tsp. salt
2 tbsp. butter

Heat milk, sugar and water to 120°F. Add yeast and set aside. Mix flour, salt, and butter in a large bowl. When yeast starts to raise add to the dry mixture. Mix until it forms a ball. Divide into 12 dinner rolls. Place into a greased 13x9-inch pan. Bake at 350°F for 20 minutes or golden brown. This recipe can be used for donuts or cinnamon rolls too.

CARROT CAKE

1 1/2 cups flour
1 1/2 cups sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon nutmeg
1 cup cooked mashed carrots
3/4 cup vegetable oil
1 can (8 ounces) crushed pineapple
3 eggs
1 teaspoon vanilla
1 tablespoon hot water
1/2 chopped nuts
1/4 cup raisins

Preheat oven to 350° F. Grease and flour 2 round cake pans. In a large bowl whisk together flour, sugar, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Combine carrots, oil, pineapple, eggs, vanilla, and water. Add to the flour mixture and stir until well blended. Add nuts and raisins. Pour into two pans evenly. Bake for 35 -40 minutes. Let cool on wire racks.

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