



4-H Cabin Fever Friday!

May 15, 2020

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Cabin Fever Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and Safer at Home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at holly.luerssen@wisc.edu, with the subject line: 4-H Cabin Fever Friday Photo and each family will be entered into a drawing at a later date for some special gifts!

Design a Bee Garden in an Egg Carton



UW-MADISON EXTENSION
Langlade & Lincoln Counties

Did You Know?

Attracting helpful bees to your garden by making an egg carton nursery and planting flower seeds that bees like. Then observe bees pollinating as they travel from flower to flower.



4-H Project Area: Plants and Soils

Life Skill: Gardening

Time: 20-30 minutes

Supplies:

- Egg Carton
- Pencil
- Potting Soil
- Plate or Tray
- Bowl
- Spray Bottle
- Water
- Seeds (flowers for bees—alyssum, geraniums, poppies, aster lavender, and black-eyed Susan.)
- Coffee Grounds (optional)

Design A 'Bee'-utiful Garden

1. Use a pencil to poke three small holes in the bottom of each individual egg cup.
2. Fill each egg carton cup three-quarters full with potting soil. As an option, you can mix used coffee grounds with soil in a ratio of three-quarters soil to one-quarter coffee grounds.
3. Place a few seeds in each cup, then cover with a thin layer of soil.
4. Place the egg carton on a waterproof plate or tray and set it in a warm, sunny spot inside your house.
5. Spray a small amount of water on the carton every other day, keeping the soil moist but not soaked. If you see water coming out of the bottom of the egg cups, you've used too much!
6. Keep seeds indoors for four to five weeks. Once the seeds sprout and have multiple sets of strong leaves, they can be taken outside.
7. Egg cartons made of paper can be planted directly into the ground because they will biodegrade. Cartons made of Styrofoam will not break down; instead, remove the plants and soil and transplant them into the ground or larger pots.

What's happening?

- For the first few days, you won't see much going on. But under the soil the seeds are germinating.
- After a week, little green stems should poke out of the soil.
- When the plants are bigger, replant the flowers in garden spot that is good for bees.

Museum of Science+Industry Chicago

Apple Crisp

With Honey—No Sugar

Supplies:

- ¾ cup all-purpose flour
- ¾ cup brown sugar, lightly packed
- ½ teaspoon salt
- ½ cup honey + ¼ teaspoon of baking soda*
- ½ cup butter, cut into pieces
- 1 cup rolled oats
- 3 pounds apples, peeled, cored, and cut into ½-inch chunks
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon

*Honey was substituted for sugar. The original recipe called for ½ cup sugar + 2 tablespoons sugar. When substituting honey for sugar, use 1 part honey for every 1 ¼ cups of sugar and add ½ teaspoon of baking soda for every 1 cup of honey (the baking soda helps to reduce the acidity and weight of the honey)

Objective: To substitute honey for sugar.

Instructions:

- In a large mixing bowl combine flour, brown sugar, salt, and 2 tablespoons sugar. Cut butter into flour mixture, using a pastry blender. Add oats and use your clean hands to toss and squeeze mixture until large, moist clumps form. Chill while you prepare apples.
- In a 2 quart baking dish, combine apples with lemon juice, cinnamon, and remaining ½ cup sugar. Sprinkle with oat mixture.
- Place baking dish on a cookie sheet and bake the crisp at 375°F for 55 to 60 minutes, or until golden brown and bubbling. Cool for 10 minutes before serving warm.



Belch Model

How does a burp work?



Objective: To have the opportunity to see how the stomach work when belching or burping...Excuse Me!

Time: 15 Minutes

Supplies:

- Vinegar
- Medium or large balloon
- Funnel
- Baking soda
- Teaspoon

What to "Do":

1. Pour 2 teaspoons of vinegar into the bottom of balloon (your stomach).
2. Place funnel into neck of balloon; add one heaping teaspoon of baking soda to balloon stomach.
3. Very quickly close the balloon by pinching its neck (your esophagus).
4. Watch your balloon stomach expand with gas.
5. Stretch and slightly un-pinch the esophagus to release gas (belch!).
6. Keep practicing the pinch release

REFLECT:

- What was your favorite part?
- Do you think this is like our stomach?

APPLY:

*Inside your stomach is a little pocket of air. When this air becomes squeezed, or when you add extra gas from drinking carbonated drinks or talking fast, you belch. In both of these cases, your stomach does nothing to create new gas.

*If you take an antacid or sodium bicarbonate for an upset stomach, you may belch like crazy. Now you've actually produced gas in your stomach. Your stomach excretes lots of acid to break down food. When you're uncomfortable with too much of that acid, you might take an antacid. When the chemicals in the antacid react with the acids in your stomach, gas is created. The gas builds up and up until you just can't hold it anymore BELLLLLCH.

Aggie Adventures - Utah State Extension

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