



# 4-H Cabin Fever Friday!

June 12, 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](mailto: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!



Langlade & Lincoln Counties

## JUNE IS DAIRY MONTH

### Did You Know?

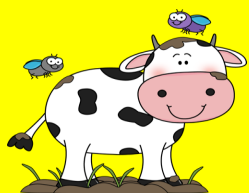
As we enter the month of June and continue physical distancing, there are still ways to recognize and celebrate **June Dairy Month!** For this Cabin Fever Newsletter, test your knowledge with some dairy trivia (*answers are on the next page*), make ice cream in a bag, and create a cow bookmark!

Check out this website for more dairy highlights, recipes, and more... <https://www.wisconsinmilk.com/national-dairy-month>

- It takes how many pounds of milk to make one pound of Wisconsin cheese?  
a. one    b. five    c. ten    d. twenty
- How much does the average cow weigh?  
a. 700 pounds    b. 1400 pounds    c. 2000 pounds    d. 500 pounds
- How much milk does the average Wisconsin dairy cow produce each day?  
a. 2 gallons    b. 5 gallons    c. 10 gallons    d. 7.5 gallons
- How many different types, varieties and styles of cheese are crafted in Wisconsin?  
a. 50    b. 75    c. 250    d. 600
- The first June Dairy Breakfast occurred in what year:    a. 1970    b. 1980    c. 1990
- What percentage of Wisconsin dairy farms are family owned? a. 1%    b. 20%    c. 95%    d. 100%
- Roughly 1/3 of Wisconsin's Cheese production goes to what Italian-style cheese? a. Asiago    b. Mozzarella    c. Parmesan
- How many stomachs does a cow have?    a. 1    b. 2    c. 4    d. 6
- Which Wisconsin county is home to the only Limburger factory in the United States?  
a. Rock    b. Walworth    c. Marathon    d. Green
- Which vitamin in milk can help you see in the dark?    a. Vitamin A    b. Vitamin D    c. Vitamin B-12
- How much milk does it take to make 1 pound of butter: a. 10 pounds    b. 16 pounds    c. 22 pounds
- Cows have an acute sense of smell, how far can they smell? a. Two feet away    b. Three miles away    c. Six miles away
- How many teeth does a cow have?    a. 12    b. 32    c. 56    d. 75



Source: Thank you Waupaca County 4-H for sharing these newsletter ideas!



# Cow Bookmarks

While you enjoy your favorite books this summer, have fun with these cow bookmarks to keep you "mooving" through the pages!

## Supplies:

- ◆ Square piece of regular typing paper (8 ½ x 8 ½ works great)
- ◆ Glue
- ◆ Scissors
- ◆ Black marker
- ◆ Small amount of brown & pink construction paper



## Directions:

1. Follow the steps in the above photo.
2. Fold paper in half diagonally (make a triangle)
3. Fold in half again to make another triangle, then open it back up
4. Fold the points up to meet in the middle, then open back up
5. Fold one layer of the original triangle down to meet the bottom
6. Fold the points inside of the opening made by the previous fold
7. Add the nose and horns, decorate and enjoy!

### Dairy trivia answers from front page:

1.C    2.B    3.D    4.D    5.A    6.C    7.B  
8.A (a cow has only 1 stomach, but 4 compartments)  
9.D    10.A    11.C    12.C    13.B

# Ice Cream In A Bag

In recognition of June Dairy Month, try making your own ice cream in a bag!

(Hint: you may want all of your family members available to help!)

## Supplies:

- \* 1 gallon zipper-style bag (heavy duty freezer bag)
- \* 1 quart zipper-style bag
- \* 4 cups ice
- \* 1 cup ice cream salt or table salt
- \* ½ tablespoon sugar
- \* ½ cup light whipping cream
- \* 1 teaspoon vanilla extract
- \* Cups and spoons



## Steps:

1. Pour the cream, vanilla extract, and sugar into the small zipper bag. Squeeze as much air out as possible, mix well and seal the bag carefully.
2. Place the small zipper-type bag into the large bag. Cover with ice and salt. Seal the large bag tightly.
3. Shake, toss and flip the "ice cream machine" for 5 to 10 minutes. If the bag gets too cold to handle, wrap it with a towel or pass it from person to person. If the mixture hasn't frozen after 10 minutes, add more salt and ice.
4. Open the larger bag and remove the smaller bag. Wipe the smaller bag thoroughly before opening it so the salty water does not contaminate the ice cream. The ice cream should be the consistency of soft serve ice cream.
5. Eat right out of the bag or serve in small cups.

## Reflect:

What happened during this activity?  
How has technology made the production easier than this process?

Source: Acres of Adventures, book 1, National 4-H Curriculum

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