UW

College of Agriculture and Natural Resources

Extension
Lincoln County

Lincoln County
Chit Chat

State 4-H Website: http://www.uwyo.edu/4-h/; 4-H Enrollment: https://wy.4honline.com/;
or Lincoln Co. Extension: https://wyoextension.org/lincolncounty/

| Afton Office – 307-885-3132 | June 2020 | Kemmerer Office – 307-828-4092 |

Upcoming Events

PER GOVERNOR GORDON'S COVID-19 RECOMMENDATIONS AND GUIDELINES OF 25 PEOPLE OR LESS AND 6 FT APART SOCIAL DISTANCING, EXTENSION EVENTS AND CLUB MEETINGS CAN START. THEY MUST FOLLOW THE SANITARY GUIDELINES FROM THE PUBLIC HEALTH.

Jun 01	**MARKET ANIIMAL OWNERSHIP, TAGGING, INFORMATION UPLOAD DEADLINE**
Jun 01	**YQA Online Webinar Deadline**
Jun 03	Livestock Skill-a-thon Zoom Mtg, 4 pm
Jun 05	Showcase Showdown Registration Due
Jun 15	SV Jr. Leader Meeting, Afton Civic Ctr., 10 am
Jun 23	SV Parent/Leader Meeting, 6 pm Afton Civic Ctr.
Jun 24	Hike to Intermittent Springs, 10 am.
Jul 03	*Independence Day Holiday, Ext. Offices Closed*
July 29	**FAIR ENTRY ONLINE DEADLINE**
Aug1-8	Lincoln County Fair

With the eased restrictions and the meeting number increased to 25 people with 6 ft. social distancing, it is still important to adhere to the UW & 4-H policies and guidelines at our 4-H events and club meetings.

If something happens to you and you are not adhering to the guidelines, you may not be covered under the 4-H insurance.

Inside This Issue

Meeting Guidelines

Can be found on **Page 11** of this newsletter. Contact our offices if you have questions.
Afton—885-3132 or
Kemmerer—828-4092

4-H Program Information

To Empower Youth to Reach Their Full Potential Working & Learning in Partnership with Caring Adults

4-H Educator's Letter...

4-H families,

I hope this letter finds you all doing well. By now I hope that all of you are back in the swing of 4-H meetings. I know some have started meeting face-to-face again, how exciting! I know some are still using zoom to meet also. Please remember there are a lot of great resources online to help with all your 4H projects. Shaily and I are also here to help with anything that we can. There are a lot of online opportunities for the 4H members to get involved this summer. I hope that all your 4H projects are going well.

Shar

Intermittent Springs Hike—June 24

Meet at the springs parking lot at 10 am on June 24 for a hike. Bring a lunch or snacks & water. Please call the Afton Extension Office (885-3132) to sign up.

Upcoming Zoom Meeting Events

The following zoom meeting links have been also sent through 4HOnline.com.

Livestock Skill-a-thon Meeting
Wednesdays staring Apr 29—June 3, 2020 at 4:00 pm
Join Zoom Meeting Link:
https://us04web.zoom.us/j/73396459069?pwd=WE43bHRJcEdTSjNSUHp3LzJEbHprZz09
Meeting ID: 733 9645 9069
Password: 3dkDYe

Please contact Shaily at 307-828-4092 or email sharshba@uwyo.edu if you have questions.

Jr. Leader Meeting

The next SV Jr. Leader Meeting will be on Monday, June 15, 2020 in the Afton Civic Center at 10 am. Please let Shar Perry (885-3132) know you are going to attend.

SV Parent Leader Meeting

The next parent leader meeting will be held on June 23, 6 pm.in the Afton Civic Center. Contact Shar (885-3132) to let her know you are going to attend.

Congratulations! - **Victoria Peck**
Member of the State 4-H Leadership Team

Jace Perry—EWC Livestock Judging Contest
Placed 11th overall for Intermediate Age Division, 7th for Swine, 3rd for Sheep, 5th for Reasons/Questions, 24th for Beef, and 12th for Goats

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County & State 4-H Events Canceled

With the recommendations/guidelines in place, these events would have more than 25 people so they are canceled for 2020

Area Food Cook-off/Cake Decorating
County 4-H Camp
County Shoot
County Contest Day

State Shoot & Cake Decorating Contest Canceled
Other State Events have been postponed or being held virtually. Visit the State 4-H Website for more information

http://www.uwyo.edu/4-h/

June Birthdays!!!

Brooklyn B.	Treyson D.	Kamdyn H.	Jase M.	Deven T.
Makinzie B.	Myles D.	Madison H.	William M.	Jaelah T.
Trevan C.	Tate F.	Jayden K.	Braxton P.	Cora W.
Lincoln D.	Kalob H.		Vienna S.	Greyson W.

2020 Fair Changes *(so far)*

Date—*August 1-8, 2020*

Theme — *Lincoln County Fair, A Family Tradition*

Fair Entry Deadline—June 1-July 29, 2020

Trailer Camping Fees—$25/night for 4-H participants & $35/night for public. SPACE IS LIMITED & MUST BE RESERVED WITH BILL JOHNSON BEFORE PAYING ONLINE.

Dry Camping will only be allowed on the west end of the fairgrounds.

Market Animal Ribbons—This year there will only be blue, red, and white ribbons and premiums for market animals. If your animal receives a **white** ribbon, it will not be eligible for the livestock sale.

Market Beef—All market beef will compete together according to weight.

Animal Health Certificates—Reminder that all market animals, horses, dogs, etc. need to have a current health certificate , market beef heifers must be verified open by a certified vet, to present at fair.

Sale Checks—Livestock sale checks must be cashed before 60 days after the check issue date. If not, the participant must attend a fair board meeting to ask for the check to be reissued. A re-issue fee of $50 will be charged.

Replacement Ear Tag Cost—Replacement tags cost $1.05 each.

If you have questions, please contact Afton Office, 885-3132 or Kemmerer, 828-4092

New Online 4-H Registration Program and Portfolio Record Books

Wyoming 4-H is in the process of transitioning to a new registration system along with its online 4-H Record Book through zSuite!

4-H families can create an account and track all their kids' 4-H record books online, real-time, and saved. Similar content is still there as in previous portfolios, but you'll be able to easily add, track, delete, copy, paste, and, even PRINT them out whenever you want without losing data, saving files to your computer or worrying about where they are in the future.

Go get started at- https://4h.zsuite.org/

There is a how to video on the state 4-H's website. The link is below:

http://www.uwyo.edu/4-h/current-members/portfolios/index.html

Scroll to the bottom of the page and click the **"Portfolio Basics: How-to video"**

The guide is on pages 5-10 of this newsletter.

Contact Afton (885-3132) or Kemmerer (828-4092) Extension Offices for questions

Virtual Showcase Showdown
June 16-18, 2020.
This event will be hosted online

Events:
Produce Judging, Impromptu Speech & Prepared Presentations, Livestock Skill-a-thon, Hippology, Dog Skill-a-thon, and Table Setting.

You must register online at bit.ly/showcaseshowdown2020

Registration Due by June 5

4-H Club News—

Dynamite Dogs 4-H Club
The Dynamite Dogs 4-H Club will meet every Monday at 6 pm at the Afton Fairgrounds.

SV Horse 4-H Club
The SV Horse 4-H Club will meet on Wednesday nights at 7 pm at the fairground arena.

Wyoming State/Regional Events & News

(More information online at: http://www.uwyo.edu/4-h/)

Virtual Showcase Showdown—will be held June 16-18, 2020. This event will be hosted online. Events included in the showdown are Produce Judging, Impromptu Speech & Prepared Presentations, Livestock Skill-a-thon, Hippology, Dog Skill-a-thon, and Table Setting. You must register online at bit.ly/showcaseshowdown2020.

National Congress—this trip is for youth ages 14 and older who have a true passion for making change! The cost of this trip is about $1700. Scholarships are available. Visit this website to apply: https://www.uwyo.edu/4-h/opportunities/travel.html. Registration was due January 3, 2020.

Citizen Washington Focus (CWF) - will be held June 20-27, 2020. This is for youth ages 14 & older (high school aged youth). The total trip cost is approximately $1900. Scholarships are available. Visit this website to apply: https://www.uwyo.edu/4-h/opportunities/travel.html. Registration was due by March 15, 2020.

Leadership Washington Focus (LWF)—will be held July 26-31, 2020. (This is for youth in 6th-8th grades). The total cost of the trip is approximately $1200. Scholarships are available. Visit this website to apply: https://www.uwyo.edu/4-h/opportunities/travel.html. Registration was due by March 15, 2020.

Wyoming State Fair—will be held August 11-15 at the State Fairgrounds in Douglas, Wyoming.

ZSuite 4-H Record Books & You!
## Understanding the new record book system

Create a family profile

1. Go to **https://4h.zsuite.org/** (open in Google Chrome, not Internet Explorer) You will see a screen like this.
2. As a family creating a new profile, select **Sign Up.**
   a. Fill in the required fields (you can use your same email and password from 4HOnline).
   b. Create a pin number (we recommend an easy-to-remember four-digit number, like the last four numbers of your phone number).
      ■ REMEMBER your password and pin number, you will need it to access your portfolios!
   c. Select Wyoming and your home County.
   d. Click **Let's Go.**

Add members of family

You should now be directed to the **Dashboard** screen.

1. To add members, in the black drop down menu, select **Household Members**
2. On the next screen, select **+ HOUSEHOLD MEMBER**
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **+ ADD CLUB**
5. Finish by clicking **SAVE**
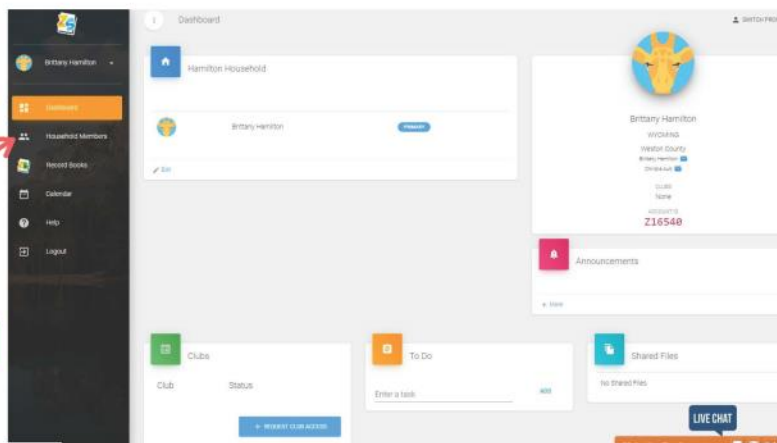
You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.
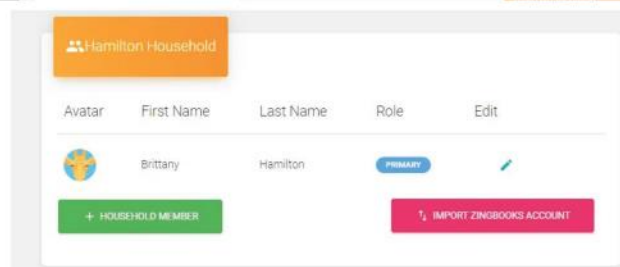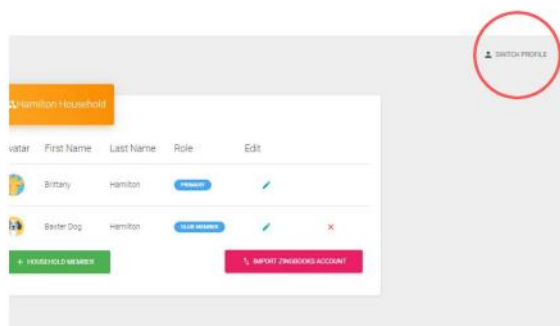
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

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ZSuite Live Chat Support
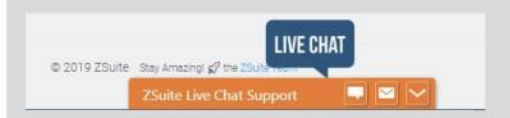
ZSuite 4-H Record Books & You!
Understanding the new record book system

Adding a Record Book

1. Whether you are on the **Dashboard** screen or **Household Members** screen, you will click on ⬛ SWITCH PROFILE located at the top right of the screen.
2. Click **Choose Profile** of the member you wish to add a record book for.
3. The next screen is the **Dashboard** for that member's profile.
4. In the black drop down menu, select 🖼️ Record Books
5. The next screen is the **Record Books** screen. Click on ➕ RECORD BOOK to add a record book for that member.
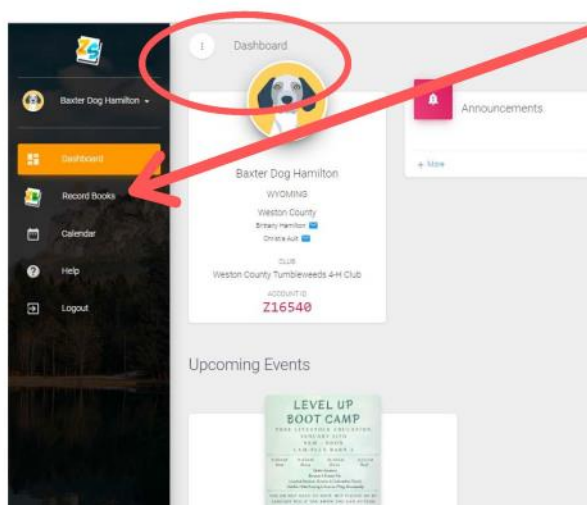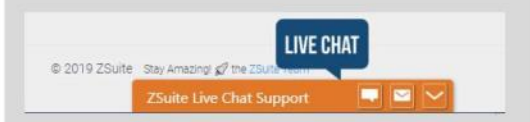
6. The next screen should look like this. Fill in the required fields for the project record book you wish to add.

Example:
Project Name: Market Lamb
Club: Elk Mountain Outlaws (auto fills)
Primary Category: Animal Science
Sub Category: Sheep
Record Book Type: Junior Record Book
Start Date: 04/01/2020
End Date: 08/31/2020

7. Finish adding this record book by clicking 🔵 SAVE

You will return to the **Record Books** screen. Repeat this process for the remainder of the project record books for that member. **Switch Profile** and select the profile for the next member you wish to add record books for.

*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

LIVE CHAT
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ZSuite 4-H Record Books & You!
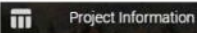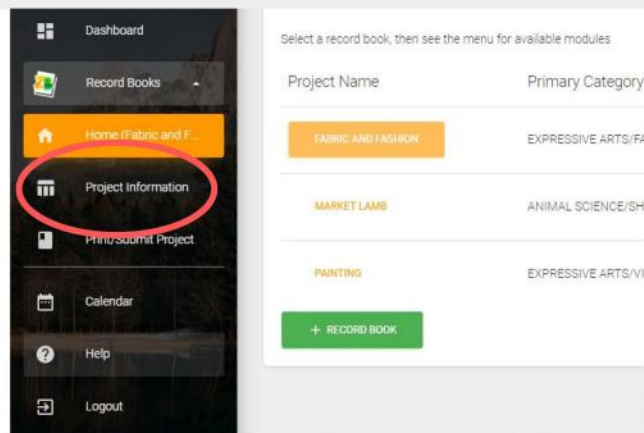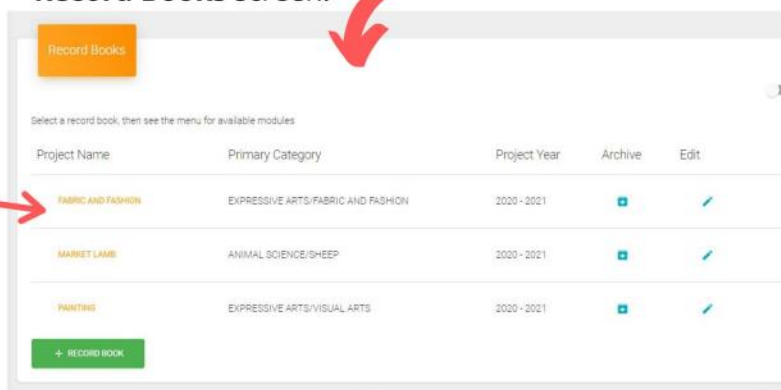## Understanding the new record book system
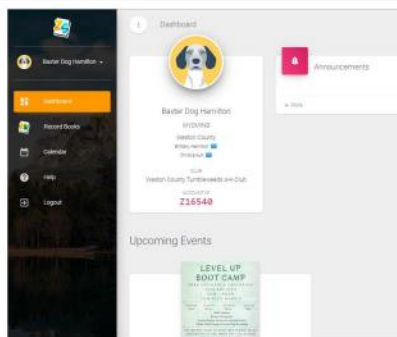
Editing a Record Book/Adding Info

Once all of your child's project records are added, you are ready to edit/add goals!

1. To edit record books from log in page:
   a. Log in using username and password.
   b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
   c. On the **Dashboard** screen in the black drop down menu on the left, select [Record Books]
   d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

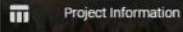1. To edit record books from **Record Book** screen:
   a. Select the yellow **project name** of the project you wish to edit.
   b. In the black drop down menu on the left, a new option [Project Information] should appear, and the project name you clicked on should be highlighted.
   c. Click [Project Information]
   d. The next screen is the **Project Information** screen, and a yellow info bar should appear that says Project.
   e. Click the **blue** tool bar options to add goals, starting supplies, expenses, etc. to your project record.
      i. REMEMBER to only add the goals and items for the project you have selected! Do not put every project's information here!

Repeat this process for all individual project record books for each member.
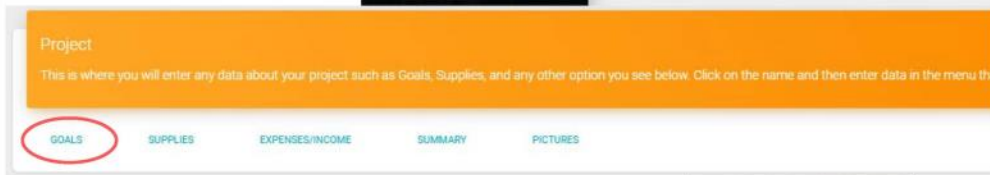
*Note: To return to edit the other project records for the member, click [Home (Market Lamb)] in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click [Project Information]

ZSuite 4-H Record Books & You!
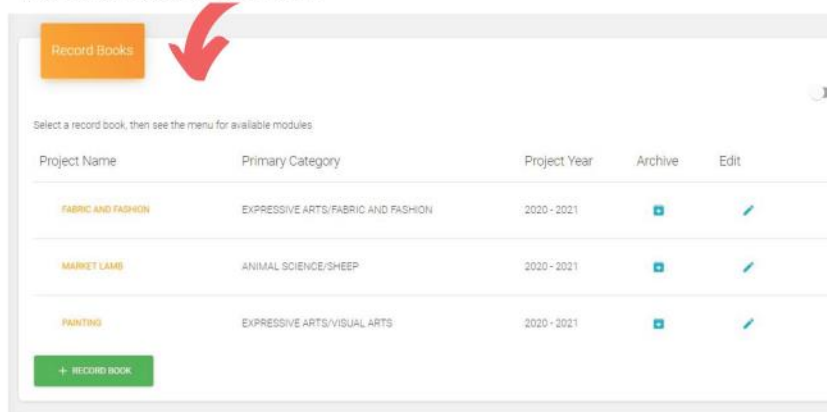## Understanding the new record book system

Adding 4-H Year Involvement

Once all of your child's project records are added, and you have entered all of your project information including goals, supplies, expenses, etc., you are ready to add your 4-H involvement information! This includes your leadership, community service, state experiences, etc. This will be the same process as adding a project record.

1. To add/edit record books from log in page:
   a. Log in using username and password.
   b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
   c. On the **Dashboard** screen in the black drop down menu on the left, select [Record Books]
   d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To add 4-H year involvement from **Record Book** screen:
   a. Select [+ RECORD BOOK]
   b. On the **Create Record Book** page, call the project name My 4-H Year.
   c. Under the Primary Category menu, select My 4-H Year; the Sub Category will be 4-H Year Involvement. The record book type will be My 4-H Year Involvement Report
   d. Add beginning and end dates.
   e. Finish by clicking [SAVE]

ZSuite 4-H Record Books & You!
Understanding the new record book system
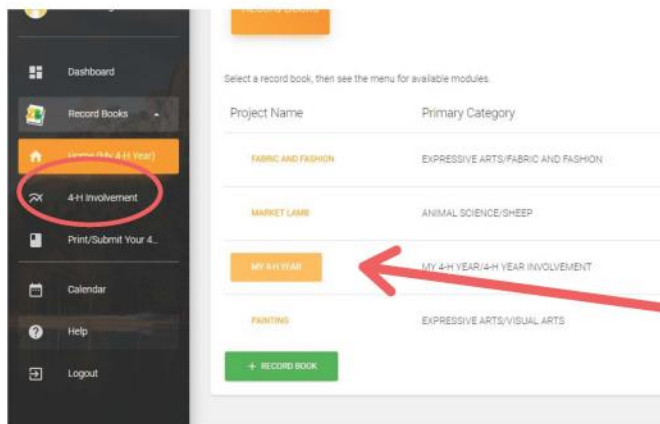
Adding 4-H Year Involvement Cont.

Once you have added My 4-H Year to your projects, you may add your 4-H involvement information, including community service, leadership, etc.

1. To add information to your 4-H Year, select the yellow **My 4-H Year** button from the projects list. In the black drop-down screen to the left, you will see a new option called [4-H Involvement] Select this option.
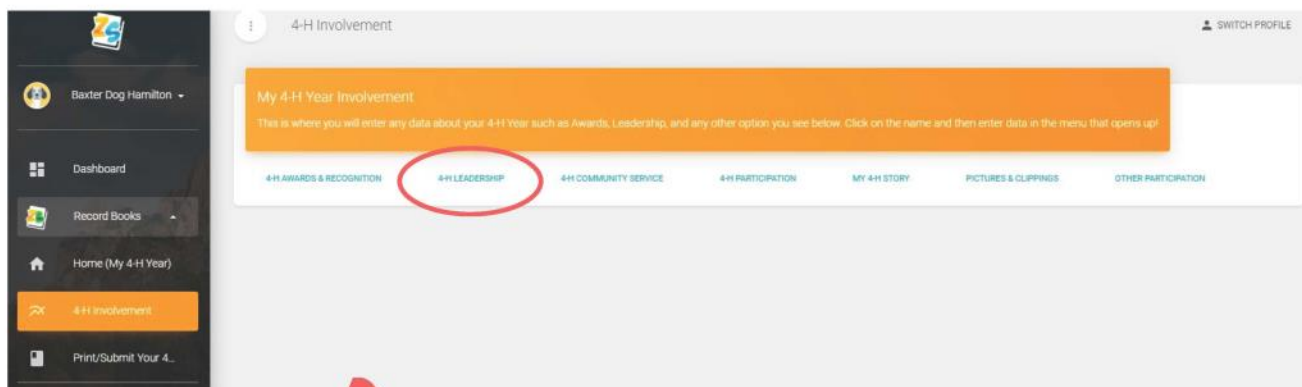
1. The next screen should look like this.
   a. Select any of the blue tool bar options to add community service, 4-H leadership, 4-H awards, etc.
   b. The format will be similar to the old online portfolios.
   c. REMEMBER to **Switch Profile** if you have more than one member and repeat this process to add 4-H Year Involvement.

*Note: To return to edit the other project records for the member, click [Home (Market Lamb)] in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click [Project Information]

*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

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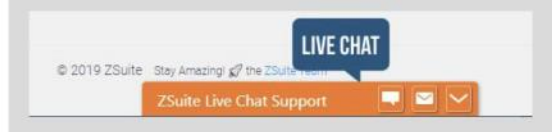
ZSuite 4-H Record Books & You!
Understanding the new record book system

Downloading/Submitting Project Record

After you have entered all of your project information for each project and have completed your 4-H year involvement, you are ready to submit/download/print your record books!
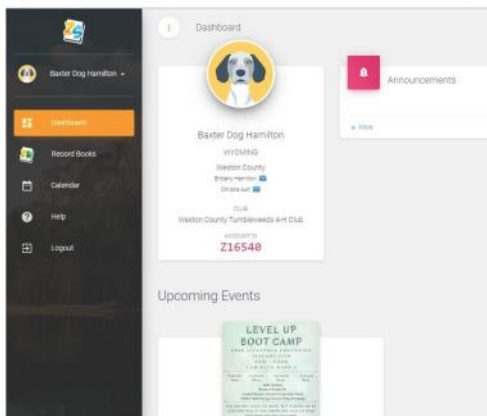
1. To submit/download/print record books from log in page:
   a. Log in using username and password.
   b. Select **Choose Profile** of the member you wish to print a record book for, this will take you to the member's profile **Dashboard**.
   c. On the **Dashboard** screen in the black drop down menu on the left, select [Record Books]
   d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.
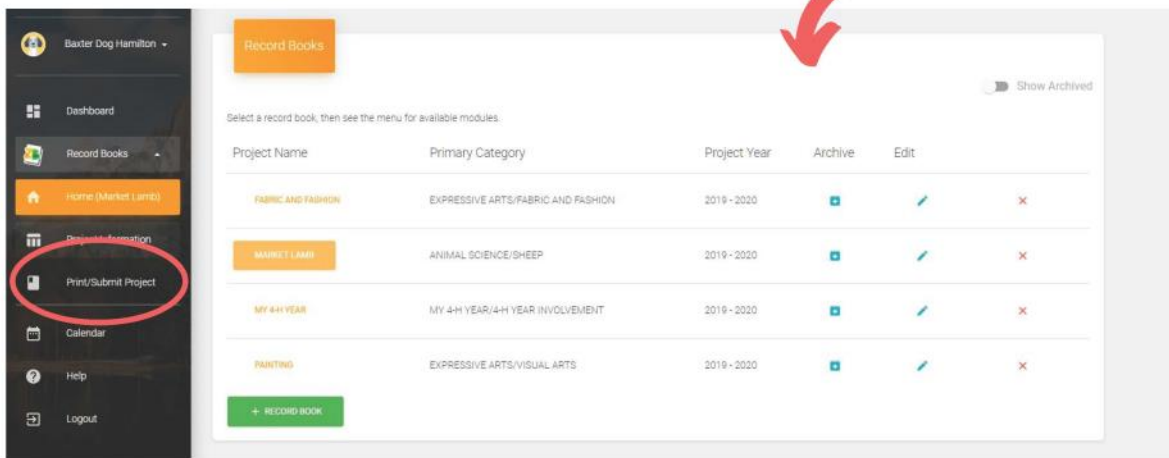
1. From the **Record Books** Screen:
   a. Select the project you wish to download/print/submit, make sure it is highlighted in **yellow**.
   b. In the black drop-down menu to the left, select [Print/Submit Project]
   c. You can review the record book, and if there are no changes to be made, download/print/or submit that file.
   d. Repeat this process for all other record books and 4-H involvement for each member when it is time to turn them in or if you would like them saved to your computer.

Hosting 4-H Meetings in Light of COVID-19

The health and safety of all 4-H members, volunteers, parents, guests, and staff is the top priority of the Wyoming 4-H Program. To help reduce the risks associated with the spread of COVID-19, the following guidelines from the Wyoming Department of Health and the Centers for Disease Control (CDC) should be followed to protect yourself and others.

- Stay home when sick and avoid contact with other people unless you need medical attention.
- Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people by staying at least 6 feet apart.
- Wear cloth face coverings in public settings where social distancing is difficult to maintain.

To help safeguard the health and safety of our members and volunteers, the following guidelines need to be followed for all 4-H meetings.

Before Your 4-H meeting:
- Ensure that no more than _____ people are in attendance. The number needs to include everyone (volunteers, parents, members, siblings, guest speakers, etc.)
- Inform all possible participants to stay home if they are experiencing any of the symptoms of COVID-19 or have had known contact with anyone with COVID-19 in the last 14 days.
- Inform all possible attendees to stay home if they are considered at high risk themselves or if they live or work with individuals at high risk. (age 65+, are immunocompromised, or have other health factors identified by the CDC that increase risk if being exposed)
- Create and prepare any signs or documents that will be used at the event communicating procedures like, checking in, information for parents, expected times, etc.
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

When everyone arrives:
- Have a "check-in" process in place and follow it - include providing hand-washing location, hand sanitizer, and directions for where to wait until activity starts to ensure practicing social distancing, etc.
- Take attendance. Be sure to write down the names of EVERYONE that attended and the date.

During the 4-H meeting:
- Maintain social distancing (6 feet) throughout the meeting or activity by households. You may need to be creative with different ice-breaker activities, roll-calls, etc.
- Ensure a protocol is in place and followed for use of any type of equipment. This may require planning of sanitizing equipment between uses. This is especially important for shared equipment like sewing machines, firearms, clippers, pencils, crayons, etc.

After the 4-H meeting:
- Have activities ready for individual youth to do while awaiting their pick-up. These could be handouts, games, etc, that don't involve contact with each other.
- Wipe down all common surfaces with a disinfectant as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Preparing facilities for a 4-H meeting:
- Ensure that the size of the room or facility is large enough to allow for the number of expected attendees and in accordance with current Health Orders and County guidelines, this includes space to allow for social distancing.
- Space tables, chairs, shooting points, etc. farther apart to ensure social distancing (at least 6ft. apart).
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Should you have food at your meeting?
- At this time we recommend food or snacks not be provided as part of 4-H meetings. If you feel you need to provide food or snacks, please communicate with your 4-H educator on recommended safety protocols.

Summary
As a volunteer, your health and that of our youth members is of utmost importance and as such some engagement may be minimized at the request of a UW employee or UW 4-H Volunteer based on a health concerns associated with COVID-19.

By following the above best practices, we hope to offer more opportunities for youth to interact face-to-face within the parameters provided by your county health officials. If you have any questions, please contact your UW 4-H Educator for assistance or clarification.

Wyoming 4-H
UW | EXTENSION

WYOMING CHARACTER

that's what we're made of

RESPONSIBILITY

Responsibility

Responsibility is doing your best to take care of the things around you that need to be done.

Responsibility involves a few things:

- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example
- After looking at these things, do you think you are responsible?

How do we learn to be responsible? When we practice being responsible, we learn how to be more responsible. We also learn responsibility from good role models.

A big part of being responsible is making good choices. The two fundamental principles of good decisions are: 1—We all have the power to decide what we do and what we say.

2—We are all morally responsible for the consequences of our choices.

Remember, being responsible isn't always easy. If we work hard, and take responsibility for ourselves, it will be worth it in the end. Being responsible helps us achieve great things, and helps us feel good about ourselves and our accomplishments.

4-H Activity

The Six Letter Solution

Prep: Have the following group of letters written on a flip chart or white board before club members arrive. Be sure to keep this exact order: RSIESXPLOETNTSIBEL-RISTY.

Directions: Hidden in this jumble of letters is a specific word in the English language that can only be found if you remove six letters. If you find it, write it down so everyone has a chance to discover

it. What questions do you have?
(The trick to the activity is to eliminate the letters "s-i-x-l-e-t-t-e-r-s" to reveal the hidden word of responsibility.)

After the youth have figured out the activity or you show them the trick, discuss the different aspects of responsibility. Possible discussion starters are:

What does responsibility mean to you?

How have you seen others act responsibly?

Do you think responsibility is important? Why?

How can we be responsible 4-H members?

Why be responsible?

Clover Connection

Head - Think things through thoroughly and set goals

Heart - Be a good friend and take care of those around you.

Hands – Do what needs to be done without being asked.

Health – Take care of your body by exercising and being aware of the foods you eat

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

Cent$ible Nutrition Program
Helping Families Eat Better for Less

Nutrition and Food Safety™

Cent$ible Nutrition Program -

Kemmerer Area - Next series of classes will be starting in January. The classes will be fun hands-on classes about food and nutrition, food safety, the new MyPlate guide, and other food topics. The class is hands-on cooking with a great cookbook. The class is free to those who qualify. If you are interested in participating in a class or have any questions, please contact **Beth Barker at the Uinta Co. Extension Office at 307-783-0570.**

SV Area - If you are interested or would like more information about the CNP program, please contact Shelley Balls at 307-885-3132 or by email sheap@uwyo.edu. Classes take place in Room 119/120 at the Afton Civic Center and around the valley. Each class has hands-on activities and you will make a recipe from the CNP cookbook

New classes: Wednesdays or Fridays 10 am. Call Shelley at the number above to sign up for either class. These are classes taught online through Zoom.

Whole Grains

Grains are either whole or refined, and there is a big difference between the two when it comes to nutrition. Whole grains contain all three parts of the kernel, which includes the bran, endosperm, and germ. Refined grains have been processed, and in doing so this removes the bran and germ from the kernel. The bran and germ contain the dietary fiber, iron, healthy fats, phytochemicals and antioxidants. Typically refined grains are enriched to add iron, and some B vitamins back into the product, but the other nutrients that were removed are not added back in, making them less nutrient dense than whole grains. Grains can also be fortified with certain nutrients, which means that nutrients are added to the food, rather than replacing the removed nutrients.

The United States Department of Agriculture (USDA) Dietary Guidelines recommends that we make at least half of our grains whole grains. Whole grain examples include: brown rice, whole wheat bread products, millet, whole grain cereals, oats, barley, corn, quinoa, whole grain pastas, amaranth, etc. The recommended servings per day of grains for a 2,000 calorie diet is six ounces. An ounce equivalent of grain varies in size depending on what product you have. For example, 1 slice of bread, 1 cup of ready-to-eat cereal, ½ cup cooked rice, pasta, or cooked cereal are all one ounce equivalents. So the USDA Dietary Guidelines recommend that at least three of your six ounces of grains are whole grains.

You may find package labels on grain products with statements like "made *with* whole grains", but this doesn't necessarily mean that it is a 100% whole grain product. Although these products may not be 100% whole grain, they can still help individuals reach their whole grain intake. Some grain products have caramel coloring to make them look like a whole grain, so it's important to read the nutrition facts label. If you're not sure if your grains are whole or not, check the ingredients list to see if whole grain is the first ingredient or second after water.

Nutritional Benefits
Dietary Fiber that is found in whole grains can help lower blood cholesterol levels. Dietary fiber also aids in digestion and increases transit time, which can help prevent constipation and promote proper bowel function. Refined grains, are more likely to cause sharp spikes in blood sugar levels, and can increase your risk for type 2 diabetes. Whole grains in contrast help maintain a steady blood sugar. Dietary fiber also helps us feel full faster and helps us stay full for longer. Grains in general have received a bad reputation when it comes weight, but whole grains can help you reach and maintain a healthy weight.

Healthy fats such as poly- and monounsaturated fat are found in the germ of the whole grain kernel. Whole grains provide essential fats that the body cannot produce itself. Since the germ is removed in the processing of refined grains, they are more shelf stable than whole grains, but they don't contain the same nutritional benefits. Healthy fats have been shown to lower bad cholesterol and triglycerides levels. Healthy fats can also lower the risk of cardiovascular disease.

Whole grains contain phytochemicals, which include antioxidants. The consumption of these nutrients can help reduce oxidative damage from free radicals and provide health benefits such as a decrease in certain chronic diseases. Refined grains do not contain these beneficial nutrients.

In summary there are a lot of great benefits of introducing whole grains into your diet, if you're not doing so already. Making at least half of your grains whole grains may improve your health. If you are going to start adding whole grains into your diet, do so slowly, as the rapid increase in dietary fiber may cause digestive discomfort. Also, be sure to drink plenty of water as you increase your whole grain intake. It may take some time to adjust your taste preferences towards whole grains, so don't give up after trying your first whole grain!

Whole Grain Blueberry Muffins
Recipe Source: Olena of ifoodreal.com, (Yield: 12 muffins)
Ingredients:

2 eggs, lightly whisked	2 tsp.	baking powder
1 cup applesauce, unsweetened	1/2 tsp.	baking soda
1/3 cup honey	1/4 tsp.	salt
¼ cup avocado oil or canola oil	2 cups	spelt or whole wheat flour
1 tsp. vanilla extract		
1 tsp. cinnamon	1-1/2 cups	blueberries, fresh or frozen

Instructions:
Preheat oven to 350 degrees F and line muffin tin with muffin liners or use silicone muffin tin.

In a large mixing bowl, add eggs, applesauce, honey, oil, vanilla, cinnamon, baking powder, baking soda, and salt. Whisk well to combine, making sure baking powder and soda have dissolved. Add flour and stir gently to mix. Do not over mix. Add blueberries and give a few stirs.

Using large ice cream scoop, fill 12 openings with batter. Bake for 22 minutes or until toothpick inserted in the middle comes out clean. Remove from the oven and let muffins cool in the tin for at least 30 minutes before transferring onto a cooling rack to cool off completely.

By: Shelley Balls, MDA, RD, LD
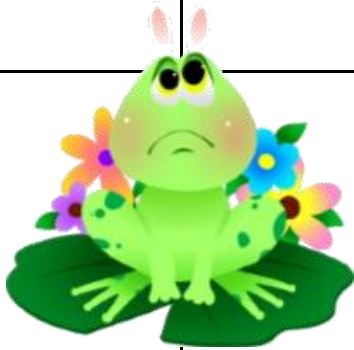University of Wyoming Extension- Nutrition and Food Safety Educator

Sources:
Academy of Nutrition and Dietetics, eatright.org
United States Department of Agriculture, usda.gov
Van Hung P. Phenolic Compounds of Cereals and Their Antioxidant Capacity. Crit Rev Food Sci Nutr. 2014;56(1):25-35. doi:10.1080/10408398.2012.708909

June 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ***MARKET GOAT, SHEEP, & SWINE OWNERSHIP, TAGGING AND INFO UPLOAD DEADLINE***	2	3 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	4	5 Showcase Showdown Registration Deadline	6
7	8 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	9	10 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	11	12	13
14	15 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	16 Virtual Showcase Showdown	17 Virtual Showcase Showdown SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	18 Virtual Showcase Showdown	19	20
21	22 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	23	24 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	25	26	27
28	29 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	30				

July 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	2	3 *Independence Day Holiday— Extension Offices Closed*	4
5	6 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	7	8 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	9	10	11
12	13 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	14	15 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	16	17	18
19	20 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	21	22 SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	23	24	25
26	27 Dynamite 4-H Dogs Mtg., 6 pm, Fairgrounds	28	29 **FAIR ONLINE ENTRY DEADLINE (BEFORE MIDNIGHT)** SV 4-H Horse Club Mtg., 7 pm Fairgrounds Arena	30	31	

LINCOLN COUNTY EXTENSION
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AFTON WY 83110

CHANGE SERVICE REQUESTED

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Important announcements

IMPORTANT
Lincoln County Extension
NEWSLETTER