

Rains 4-H Club

Family & Consumer Sciences Day Camp

The Rains 4-H Club held their summer Family & Consumer Sciences Day Camp on Thursday, June 19, 2014 at the Texas A & M AgriLife Conference Center. Several members of the club enjoyed a day full of fun and educational project experiences. They began their day with a Home Preservation Project. Each member had hands-on experience in the canning process. They each made two jars of delicious strawberry jam, while learning about food safety, nutrition, and cooking techniques. One jar was for them to take home and share with their family and the other one will be entered in the Rains County Fair Canned Foods Contest.

Next they prepared their dessert for lunch. The members worked together in creating a delicious Mini- Lemon Meringue Pies. This was the first time many of them had the opportunity to learn how to zest lemon, separate eggs, and whip up a perfect meringue.

After lunch we adjourned outside for a horticulture project. Ag/Natural Resource Agent, Stephen Gowin led the project by discussing EarthKind gardening, water conversation, stretching your gardening budget by creating your own planter, and the proper way to care for the plants. By the end of that session, each child had created their own beautiful container garden to take home to share with their family.

Another project was led by the Rains TEEA Piecemakers and Crafty Ladies Clubs. They shared their sewing talents to help our members make “Quillows” from a wide-array of colorful themed fabrics. This creative project is a combination pillow and blanket that rolls up for tidy storage. Look for them in the Creative Arts Building at the Rains County Fair in September! Our TEEA volunteers also assisted the 4-H members in constructing seat/storage crates.

We would like to thank our volunteers Kaye Pressley, Kay Chastain, Cindy Pollard, and Brenda Hooten for helping us with our day camp. These projects would not be possible without the help and support of our fine volunteers.

The new 4-H year is right around the corner, so if you know anyone who is interested in joining the Rains 4-H Club, please contact us for more information at the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at facebook.com/Rains4HClub. Go and “Like” our page to keep up with the latest news, events, and programs offered by the Rains 4-H Club in Rains County.