

Rains 4-H Club

Family & Community Health Day Camp

The Rains 4-H Club held their summer Family & Community Health Day Camp on Tuesday, July 24, 2018 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 sewing project led by the Rains TEEA Piecemakers and Crafty Ladies Clubs. They shared their sewing talents to help our members make lovely holiday table runners. They turned out fabulous and you can see them for yourself in the Creative Arts Building at the Rains County Fair in September!

Next, they learned the basics of home preservation. Each member had hands-on experience in the canning process. They each made two jars of delicious salsa while learning about food safety, nutrition, and cooking techniques. One jar was to share with other 4-H members at our August meeting and the other one will be entered in the Rains County Fair Canned Foods Contest.

After lunch we adjourned outside for a horticulture project. Ag/Natural Resource Agent, Stephen Gowin explained how to propagate a plant to create more plants. They each participated in that technique with a mint plant and potted one to take home. We then moved into another food preservation topic dealing with herbs. They learned how to not only dry herbs using a food dehydrator, but how to use them to spice up dishes without adding extra sodium to the food.

We would like to thank our volunteers Judy Vess, Laura McAllister, Jeanne Killough, Cindy Pollard, Mildred Robbins, Linda, Smith, Sue Johnson, and Janet Warner 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.