



University of California

Cooperative Extension
Humboldt and Del Norte Counties

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Since 1913

\$5 4-H Enrollment & Master Food Preserver Demos

October 2018



4-H for \$ 5.00- now that's a deal!

This year new youth members in the **Humboldt County 4-H** can [enroll](#) for only \$5! Hands-on active learning is what all youth ages 5-19 will experience in 4-H. Youth can discover and learn about animals, outdoor exploration, cooking, entomology, robotics, sewing, veterinary medicine, and more. We welcome all youth in our program and the program helps youth develop a sense of belonging, skill mastery, independence, and generosity. Enrollment for **Del Norte youth** is \$20 for the first 200 signed up and \$54 after that limit is reached.

Both [Humboldt](#) and [Del Norte](#) 4-H programs offers a wide variety of projects - there's something fun for everyone! The project is where learning-by-doing takes place, as kids finds things to learn, to do,



Master Food Preserver demos

Join the [Master Food Preserver](#) volunteers at a demonstration or workshop and learn how to preserve the fall harvest. Here's a peek at several opportunities over the next few months to develop skills in boiling water canning and fermentation.

Apples: Learn how to can apples for apple sauce, freeze apples, and dehydrate apple chips.

- [October 6](#) at the Humboldt Botanical Gardens (\$10)

- [October 18](#) at the Humboldt County Agriculture Center (free)

- [October 27](#) at the Humboldt County Agriculture Center (\$10)

Holiday Gifts: Learn about preserved food gifts for family and friends on

to make, and to explore. Each year, 4-H members enroll in at least one project. A project can last from six weeks to year-round, depending on how the leader structures the project or how involved a member becomes. Most projects meet once a month, some may meet every other week. The purpose of these meetings is to guide the members in gaining the knowledge, attitudes, skills, and habits needed to complete their work successfully.

[November 15](#) at the Humboldt County Agriculture Center (free).

Fermentation: Transform cabbage and lemons into delicious and digestible food with events at the Humboldt Botanical Gardens.

- [Sauerkraut](#) on November 3 (\$10)
- [Lemons](#) on January 12 (details TBA)
- [Kimchi](#) on February 9 (details TBA)



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Agriculture and Natural Resources

We are dedicated to improving the quality of life of Californians by developing and delivering research-based information in agriculture and natural resources, and by supporting healthy families and communities.



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Website

We have excellent resources on many subjects, including growing vegetables and fruit trees, how to address pests of the home and garden, range and forest management, and curriculum for 4-H projects.

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