

I Pledge

My Head
to Clearer Thinking

My Heart
to Greater Loyalty

My Hands
to Larger Service

My Health
to Better Living

For My Club,
My Community,

My Country,
And My World.

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University of California
Agriculture and Natural Resources
4-H Youth Development Program



THE CLOVERLEAF

of Contra Costa County 4-H

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Letter from the Editors: *Happy Mother's Day*

There's a time to laugh, a time to celebrate, a time to speak and a time to be silent, but always, there should be a time to thank others. Oftentimes, it is easy to take for granted how we get to where we are now - whether it is the opportunity to show an animal, sew a complicated outfit, or complete something of significance. How did we get to this point in our life? How did we achieve all that we have achieved?

A simple helping hand from someone, whether it be a parent, grandparent, friend, or someone else, who has helped us in one way or another - all play a part in getting us to where we are now. Think of those who have helped us out when we encounter difficulties, cheered us on when we win, supported us when we lost, and encouraged us to be our best and to try our hardest, even when it is not easy.

In the month of May, a special day is dedicated to all mothers - those who labor to give their children the best, those who pick their kids up and show them the ropes, and the mothers who try their hardest to be the best mom to their children. Mother's Day is the day to be thankful for them."

It is all too easy to get caught up with life and forget how we came to be. Mother's Day is a day to thank our mothers or those who have raised us up for everything that they have done. Let us find time in our lives to be thankful for everyone.

Thank you, Mom and all the wonderful ladies - leaders, mentors and friends who have prodded me on, supported and encouraged me!

Love, Melody

Learn About Herbs

Olivia Flamino

Do you know how to tell an herb from a spice? For herbs, we would use the flowers and the leaves, whereas we use the root, stem and sometimes bark for the spice. Here are some things I learned in Gardening Project.

The most common herbs we know are all from the mint family.

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Updates from CIRC

By Evelyn Young

Hello! It's been a while, but here are the latest updates from CIRC:

Congratulations to CIRC scholarship winners Jessica McCauley, Naomi Osterman, and Cara Rubin! Thank you for your work in 4-H and good luck in college. Current juniors in high school, be on the look out for scholarship information for next year.

County record book evaluation will be Friday August 2nd at 5pm and Saturday August 3rd at 9am. Mark your calendars, every club is required to send adult representatives to help evaluate. Be sure to talk to your club about specific club deadlines because you need to earn a gold seal at the club level to go on to county competition. On that note, make sure to update your record book consistently, the deadlines will come very quickly.

Finally, if you are submitting an officer book, be sure to use the officer book forms that were updated this year, which should have been emailed out to club leaders. If you have specific questions about officer books or record books, contact your club CIRC representative and they will help you find the right answer.



Poetry: Star Thoughts

By Siannah

I look up at the freckles of light,
Shining from the ink-stained drape hung over the sky,
Like glitter spilled over black marble,
They stand out from the sky's black dye.
What stories have these stars heard?
What tales have they to tell?
Millions of snow white-eyes, ever watching,
As generations rose and fell.
Soon, with fingers of gold and rose,
Daylight will creep over the hills at the rooster's crow.
The revered silver sequins will vanish from sight,
For it is only in the darkest nights that the stars glow.



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Learn About Herbs (cont from pg 1)

By Olivia Flamino

Lavender is in the mint family, and its Latin name is 'lavare', which means "to wash", due to its particularly pleasant aroma. Master Gardener Marian Woodard from Rodgers Ranch told our project members lavender helps to improve sleep, since the smell is not strong and pungent but smooth and relaxing. Also, lavender protects your heart health and it helps reduce stress.

Another member of the refreshing mint family is thyme. Miss Woodard told us that a long time ago, thyme was used to protect a person from the Black Death. She also told us that thyme is also considered helpful in treating the whooping cough, sore throats and even bronchitis!

Lambs ears, surprisingly, is also an herb, but it is not a part of the mint family. According to Miss Woodard when the leaves are young, they can be made into tea to help reduce fevers, diarrhea, a sore mouth and a sore throat. The juice inside the leaves reduce the pain of a bee sting and insect bites. And, according to herbalists, you can use the whole leaf as a bandage by placing it on your wound. It absorbs the blood and it helps the wound clot more quickly.

Basil has many uses. One of the authors of 'Wellness Mama*' says that making a tea with basil, then drinking it, can calm the stomach when it's been disturbed. If you've been stung or bitten by a bug, chewing up the leaf, and pasting it on the bite, can relieve the pain and draw out the venom. According to the Amish, when you have a bad cough or a cold, chewing the fresh leaves or making a tea of dried basil can help soothe the illness.

Cilantro is also a wonderful herb. Dr. Mercola** tells us it lowers your anxiety, and it improves sleep greatly. Cilantro, like basil, calms the upset stomach. According to Dr. Mercola, when blended with coconut oil, you can apply it on your sunburns, dry skin, poison ivy and hives that have been caused by allergic reactions. When you do this, it calms down the pain.

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Baking Project

Leah

Cuban Bread Recipe

2 1/2 - 3 c. all-purpose flour
 1 T. dry yeast dry yeast
 1 T. sugar
 1 1/2 t. salt
 1 c. hot water (120-130 degrees)
 1 1/2 t. sesame or poppy seeds



Mix 2 1/2 c. flour with the yeast, sugar, and salt. Pour in hot water and beat 3 min. with mixer. Stir in remaining flour until dough is no longer sticky. Knead for 8 min.

Place dough in a greased bowl, cover with a damp towel and let rise 15 min.

Punch down shape into a round loaf and place on baking sheet. Cut a deep x on the top, brush with water and sprinkle on seeds (you don't have to).

Bake 40 - 50 min. at 400 degrees. (Can put pan of hot water on lowest shelf.)



Learn About Herbs (cont from pg 4)

'There's rosemary, that's for remembrance: pray, love, remember.' According to 'Natural Cures***' - Rosemary can boost your memory when smelled. Theoretically, it also helps get rid of your stress and your anxiety. Not only is Rosemary considered a help with headaches, but it can also help with pain, swelling, and digestion.

Now I will talk about the six ways to prepare herbs for use. Thanks to Rosemary Gladstar's book, 'Herbal Recipes for Vibrant Health', I'm able to tell you about it.

Infusion and decoction are both two types of teas. Infusion is steeping the delicate parts of an herb, such as the leaves and flowers, in boiling water. Decoction is simmering the hard parts, such as the twiggy parts and nuts, in a shallow pan.

Syrups are the very thick liquid types of medicine. You cook down either of your infusions or decoctions to concentrate it, then add a sweetener... not only to sweeten it, but to also preserve it.

Essential oils are just herbs or spices boiled in oil. Some oils are poured in candle batter, and then made into an herbal candle. When making oils, olive oils is the best to use because it doesn't go rancid quickly.

Salve is also known as an ointment, and it provides a healing emollient base. Salve is just like a soap.

Last of all, there are tinctures. Tinctures are concentrated liquid extracts. A drop-full of this liquid in a small amount of water is a good replacement for tea. Most tinctures are made of alcohol, but those who don't like alcohol like to use apple cider vinegar instead.

Herbs are an amazing part of nature, and I think every garden should have a small section dedicated to them.

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*[wellnessmama.com /basil-leaf/](http://wellnessmama.com/basil-leaf/)

** articles.mercola.com/herbs-spices/

*** www.youtube.com/naturalcures/

Fair Clean– Up

Sophie Brockman

Puffs of dust clouded the air in the small animal barn as 4-H volunteers vigorously swept the concrete floor preparing it for the Contra Costa County Fair. This event took place on April 20, 2019 as 4-H members from all over Contra Costa County assembled at the Contra Costa County Fairgrounds at eight in the morning for an early start to the work day.

Each club was required to send representatives to set up and clean both the small and large animal barn. Volunteers began in the big livestock barn by raising the blue fences in the livestock barn, creating sections of animal enclosures that will house pigs, goats and sheep.

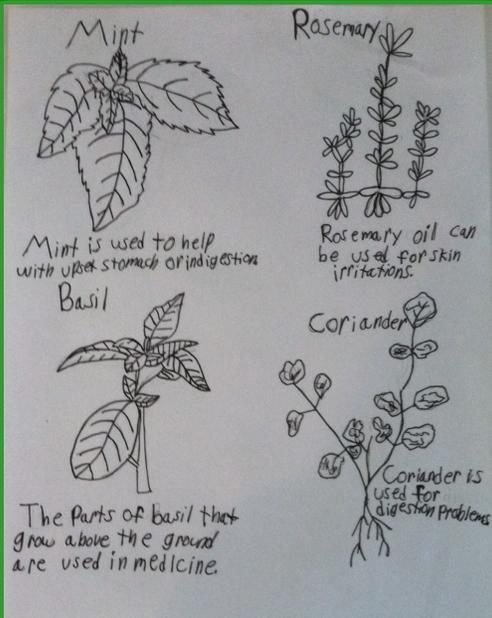
Gates and walkways for the visitors were put up. All pens were made secure and ready to house animals.

During this same time in the small animal barn, 4-H leaders discussed the layout of the room and where everything should be placed. Benches and tables were set up to follow the room's design. Some of the youth organized groups of volunteers to complete the heavy lifting jobs while others cleaned and prepared the small white cages for rabbits, poultry, and cavy.

After all the kids and leaders finished their tasks at noon, they were rewarded with a free lunch. With their hard work and diligence, the members were able to show support for the fairgrounds in Antioch as they await the opening of the Contra Costa County Fair in May.

Artist's Corner

Drawings by Sydney Olson



Upcoming 4-H Events

Contra Costa Fair

Date: May 16th-19th

Time: All Day

Location: Contra Costa County Fairgrounds

State Fashion Revue and Field Day

Date: June 1st

Time: 9am-5pm

Location: UC Davis

State Leadership Conference

Date: July 18th-21st

Location: UC Davis

County Record Book Judging

Date: August 2nd and 3rd

Time: 5pm and 9am

Location: County Office

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Fashion Revue and Stills Day

