

September Yancey County 4-H Newsletter

September, 2020



Pumpkin Decorating Contest

An event for the entire family! Get in the fall spirit by decorating your own pumpkin and entering it for a chance to win a prize! Check out the link below for more information on the contest rules, prizes and more!

[Learn more»](#)



At Home Science Experiment - Why do leaves change color in the Fall?

Have you ever wondered why the leaves change from green to beautiful shades of red, orange and yellow in the Fall? Participate in a cool chemistry experiment and learn about the process of Leaf Chromatography. This experiment will utilize a method called paper chromatography, a process which separates the mixture of pigments by molecular size, allowing you to take a closer look at each individual pigment!

This activity is a take-home science experiment. Materials for this activity will be available for pick-up at the Cooperative Extension Office starting Monday, September 14th.

Be sure to follow us on [Facebook](#) to receive the latest updates on this activity!



Looking Ahead: Fall Cooking Workshop Series

Yancey County 4-H will be holding a series of Fall cooking workshops for kids during the months of October and November. Kids will have the opportunity to learn about kitchen skills, food preparation, safety and nutrition, all with a Fall theme!

Stay tuned for more information on dates, costs and specific activities!



Gratitude & Mindfulness Journals

During these uncertain and changing times, we all find ourselves adapting to the "new normal" caused by the COVID-19 pandemic. Mindfulness is the practice of being present in the current moment. Focusing on the positives and practicing mindfulness can help kids cope with change and uncertainty, and participating in gratitude journaling is a way to incorporate this into your daily routine.

Gratitude journaling is the process of recording and reflecting on things that happen in your daily life, and focusing on the positives. Research has shown that participating in this practice can help reduce anxiety, enhance empathy, and increase thankfulness and mindfulness.

Yancey County 4-H has created gratitude journals for kids which include daily writing prompts and mindful coloring pages to help kids practice mindfulness.

The journals are free, and kids do not need to be 4-H members to participate. Pick yours up today at the N.C. Cooperative Extension, Yancey County office!

[Learn more»](#)



The Grow Box

A program of garden fun for families delivered to your door! Provided by North Carolina 4-H and the JC Raulston Arboretum at NC State University. The Grow Box gives youth and their families the opportunity to explore their backyard with guided activities designed to develop their science skills. You'll grow plants together, search for seeds, observe pollinators, and get creative with the hands-on activities in each box.

The Grow Box will be delivered to your door packed with engaging, hands-on activities for your family. Inside you'll find plants or seeds, tools for outdoor exploring, and activity book packed full of information including plant profiles from the JC Raulston Arboretum's gardens and fun garden games, and a garden journal to document your garden adventures.

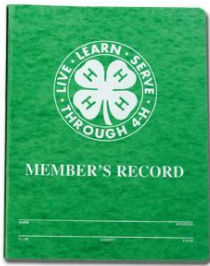
The September/October Grow Box program theme is fall vegetable gardening. The estimated shipping date is September 16, 2020. The themes of the following months will change with the seasons:

- November/December: changing leaves and propagation

- January/February: evergreens and cones
- March/April: spring and pollinators

The Grow Box can be purchased individually-no need for a year-long subscription, for \$30/box.

[Learn more»](#)



4-H Project Record Book & Portfolio Judging Update

4-H Project Record Books & Portfolios are in the process of being judged right now. Winners will be announced during the first full week of October.



Looking Ahead: National 4-H Week is October 5-9, 2020

Stay tuned for updates on special activities and events to celebrate this week!

NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.