

Nov. 18, 1987



4-H is open to all boys and girls from the ages of 12 - 21. It is sponsored by the Ministry of Agriculture and Food. The topics that are presented are designed to help and prepare these students for adulthood. Farm safety, cooking, sewing, machinery and animal skills are just a few of the topics done. This club is called "A Taste of Ontario Fruits and Vegetables." Nutrition and the versatility of fruits and vegetables are learned, also, the difference between fruit juices and fruit drinks. Different methods of cooking are learned in the various recipes in the topic. Above at Coulter's the Purple Valley Club are demonstrating both fruit and vegetable dips and fondue to use with fruits and vegetables. Pictured here - kneeling - Charlotte Northey, Aundrea Coulter and Tracy Gilbert. Below the Oliphant 4-H Club is demonstrating how to make fancy vegetable garnishes, "Fun to make and good to eat." Pictured here, standing - Becky Wright, kneeling - Jody France and Daniel Smith.



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