



Build Your New Year's Resolution



with the 4-H Pledge

I pledge my **HEAD** to clearer thinking,

- Learn a new skill
- Organize your schedule
- Take a challenging class
- Read one book a week

my **HEART** to greater loyalty,

- Plan a weekly family game night
- Make family dinner a priority
- Set time aside to visit friends and family each month

my **HANDS** to larger service,

- Hold a food drive
- Volunteer at a pet shelter
- Plan a social event at a nursing/assisted living home

and my **HEALTH** to better living for my club, my community, my country, and my world.

- Exercise 5 days a week
- Drink 64 oz. of water a day
- Buy a new fresh fruit or vegetable to try each week



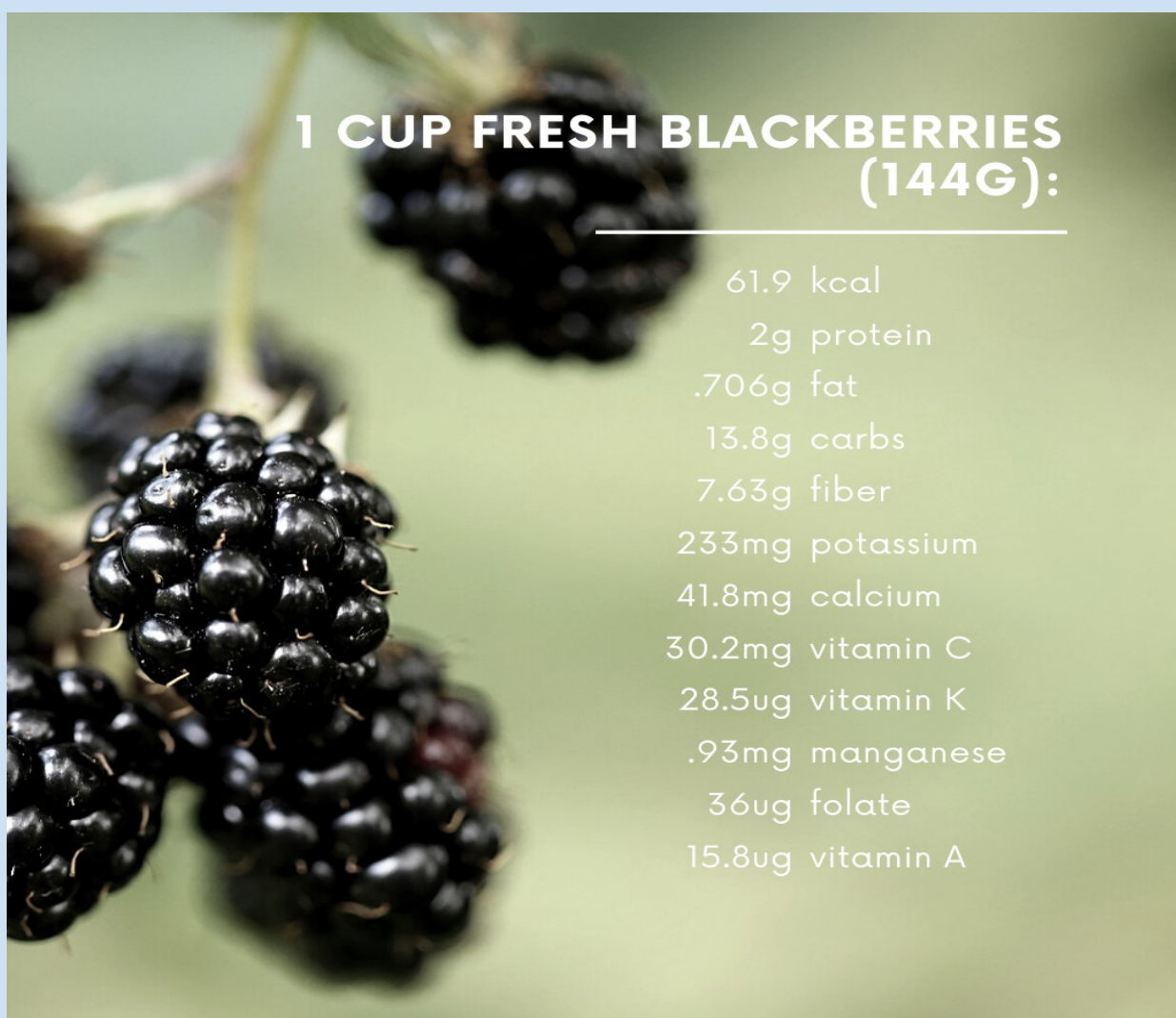
Path to the Plate

Heart Smart Foods: Blackberries

Blackberries are a fruit suited for Texas landscapes. Not only are blackberries a southern staple for our favorite summertime desserts, but blackberries are also easy to grow in Texas gardens because they tolerate the hot summer months and bear fruit throughout the spring and early summer. Some new varieties may even bear fruit in the fall, but these have not been thoroughly tested in Texas.

Blackberries grow best when planted in well-drained soil. If you are planting blackberries in soil drains slowly, plant the blackberries on raised beds or berms (mounded planting rows), which will enable the soil to dry faster. Harvesting blackberries is unique from other fruits, in that blackberries are harvested by hand rather than by machine in commercial production settings. Blackberries are ready to be harvested when the berries turn from a bright red to a dull dark black color. Blackberries do not continue to ripen after being picked; their flavor is at its peak when harvested at the right time. Blackberries should be refrigerated after harvest to prevent softening.

Blackberries are a rich source of fiber, vitamin K, vitamin C and manganese, along with many other vitamins and minerals. Because of their high levels of antioxidants, blackberries may aid boosting brain health, and can help control blood sugar because of their low glycemic index. Try to add blackberries to your plate this summer! Blackberries are a sweet addition to a breakfast yogurt parfait or oatmeal bowl, they are great as a snack with a handful of nuts or seeds and can be an exciting addition to anything from jams and jellies to salads and sauces!



Find more information at <https://agrillifeextension.tamu.edu/library/farming/texas-fruit-and-nut-production-blackberries/>

“Open Barn”

Community Building will be open on Saturday, January 2nd if you need a place to wash and clip your animals before county show.

If you have any questions, please contact Amber Hokanson or Marcel Fischbacher.

Arnold Fangman Memorial Scholarship

Applicants will stand for an interview with the scholarship committee on Monday, January 4th, 2021 at the Extension Ed. Room. All Applicants must arrive by 7:00 PM to begin interviews.

Awarded By: Moore County Junior Livestock Association

Dale Red Memorial Scholarship

Applicants will stand for an interview with the scholarship committee on Monday, January 4th, 2021 at the Extension Ed. Room. All Applicants must arrive by 8:00 PM to begin interviews.

Awarded By: Moore County Junior Livestock Association

Moore County Junior Livestock Show

Wednesday, January 6th, 2021

7:00 AM– Barn opens for cattle, lambs, & goat arrival

2:00 PM– Weight cards due to division superintendents (cattle, goats & lambs)

4:00 PM– Cattle show begins: Heifers followed by steers then cattle showmanship

6:00 PM– Goat show begins, goat showmanship, then Lamb show & showmanship

10:00 PM– ALL cattle, lambs, & goats must be out of barn.

Thursday, January 7th, 2021

7:00 AM– Barn opens for swine arrival

4:00 PM– Weight cards due to division superintendents (swine)

6:00 PM– Swine show begins followed by swine showmanship

10:00 PM– ALL swine must be out of barn.

Friday, January 8th, 2021

8:00 AM– Clean up barn

1:00 PM– Help decorate Willie's dancehall

Saturday, January 9th, 2021

4:00 PM- Kids meet at Willie's dressed for the auction at 4:00 PM to eat and get assignments for steakfest.