



4-H Cabin Fever Friday!

July 16, 2020

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Cabin Fever Friday will be created weekly with a

variety of projects and skill levels highlighted each week. Please remember the physical distancing and health safety guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at holly.luerssen@wisc.edu, with the subject line: 4-H Cabin Fever Friday Photo and each family will be entered into a drawing at a later date for some special gifts!



Langlade & Lincoln Counties

STRING ART

What To Do...

Pick a piece of wood or other material for your base. If you wish, you can cover it with fabric or felt but this is not necessary.

Decide on a design – there are a few ways you can do this – you can print a picture from the computer or use a stencil. Lightly tape the design to the base so it does not move around while you are adding nails.

Nail the nails through the paper to make the outline or outline the stencil with nails. You don't want the nails real far apart but you also don't want them too close that you can't string around them. Keep the nails about $\frac{1}{4}$ inch above the base.

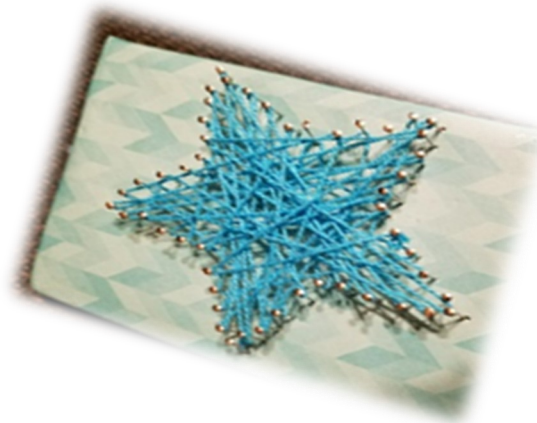
Remove the stencil or pull the paper off over the top of the nails.

Now you can begin adding the string to your work. Start at one nail with the string or floss and tie a knot. Put a small dab of glue on the string to keep it in place.

Start to go around the nails in a variety of patterns to cover the whole design. You can do it in a random fashion or try to make a more symmetrical look.

Your pattern and string art can be as simple or complex as you wish.

When you are done, make one more knot on the last nail, put another dab of glue on the knot and cut off excess string.



Supplies...

- Piece of wood or very thick cardboard or canvas
- Small nails
- Colored string or embroidery floss in desired colors
- Hammer and needle nose pliers (to hold the nails)
- Scissors and glue
- Printed string art pattern to lay on board, stencil to nail around the outside, or a pencil to sketch a pattern lightly
- Cloth, felt, or paint (optional if you wish to cover the board before starting your design)

Source: Arts & Crafts/Visual Arts, String Art!

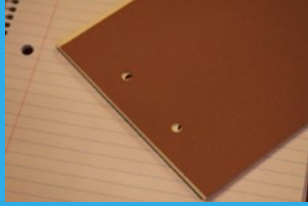
Make Your Own Journal

Do you have a place to keep a record of your thoughts or activities? A journal could be used for a number of reasons. Here is one pattern for a simple journal.

Time: 10-15 minutes

Supplies:

- Heavy cardstock
- Computer paper (10 pieces)
- Hole punch
- Rubber band
- 1 twig
- Embellishments
- Scissors
- Ruler
- Pencil



Directions:

1. Cut 10 pieces of 8 ½ x 11 computer paper in half
2. Cut 1 piece of 8 ½ x 11 heavy cardstock in half
3. Your final papers should measure 8 ½ x 5 ½.
4. Punch 2 holes in one of the short sides of all your pages (this will be the top of your journal).
5. Make sure your holes line up when you stack your papers together.
6. Insert a rubber band from the bottom of the book up through one of the sets of holes.
7. Slip your twig in the rubber band (this keeps it from slipping out while you bring the other end of the rubber band up).
8. Now, thread the other end of the rubber band up through the second hole and loop it over the other end of the twig
9. Design and embellish the cover page of your new journal!



Source: <https://4-h.org/about/4-h-at-home/camp/arts-and-crafts/journal-making/>

SALSA SUPREME

It's fresh produce season. Now is a great time to use those fresh veggies in a tasty, yet healthy recipe.



Supplies:

- 6 pounds of diced tomatoes
- 1 onion coarsely chopped
- 1 sweet bell pepper
- 1 bunch cilantro (leaves only)
- 4 garlic cloves
- 2 golden hot chili peppers
- 2 teaspoons lemon juice
- 1/2 teaspoon chipotle pepper sauce
- 2 cups plain yogurt
- Bag of tortilla chips

Prior To Activity: (Tips)

- Wash all vegetables before beginning.
- Substitute your favorite peppers or spices to make the recipe your own.

Steps:

1. Cut tomatoes and set aside.
2. In food processor, combine garlic, onion and peppers.
3. Then add salt, lemon juice, chipotle pepper sauce, and cilantro.
4. Add diced tomatoes to mixture in processor. Pulse briefly.
5. Add yogurt and mix for ten seconds. Serve with chips. And Enjoy!

Source: 120 Original 4-H Recipes



Complete a short survey regarding the project newsletters and be entered to win fantastic 4-H items.

<https://bit.ly/CF4HSurvey>

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