# JEFFERSON COUNTY 4-H **NEWS**

UF FLORIDA

Monticello, Florida

October, 2019

# The Foundation for The Gator Nation Dear 4-H'ers:

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Fall is in the air, even though it doesn't feel like it because it is still hot!!! Don't forget the North Florida Fair is just around the corner.

Have you re-enrolled for the 2019-2020 year? If you enrolled in 4-H last year, you need to fill out another 4-H enrollment form this year. Also, you can go online to enroll at http://

florida4h.org/4honline/. If you have a friend, brother, or sister that would like to join, 4-H welcome them with open arms.

There are lots of 4-H activities happening in the coming months, please read your newsletter carefully.

Please call the 4-H Office at (850) 342-0187 if you have any questions.

Sincerely,

John G. Lilly, Sr.

John G. Lilly, Sr.

County Extension Director/ 4-H Coordinator



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**Jefferson County Somerset** Charter K-12 School Clubs











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# HELLO 4-H CLUBS LEADERS



#### We would like to invite all 4-H Clubs to participate in this year's Peanut Butter Challenge!

Every year UF/IFAS Extension Offices across the Panhandle coordinate the Peanut Butter Challenge involving volunteer groups, clubs, organizations, businesses and schools to donate peanut butter to address hunger and food insecurity in our area. This year the challenge runs from October 1st through November 20th.

In 2018, we collected 1,901 lbs. from the community and we are hoping to exceed that this year! The great thing about this is that the Peanut Producers Association will match what is donated locally and all donated peanut butter will be distributed to food banks in Jefferson County.

There will be a Pizza Party for the 4-H Club that collects the most peanut butter. Feel free to also include friends and family and any other methods you can think of to

collect more peanut butter! All peanut butter must be dropped off to the Extension Office by November 20<sup>th</sup>.

We hope you will join us in this community service effort! If you would like us to provide a collection box for you club, just let us know. Attached is a flyer to share with your 4-H'ers. Also attached are some peanut butter recipes if you want to incorporate them into your meetings. If you have any questions, don't hesitate to call Ms. Julianne at (850) 342-0187.



# THE JEFFERSON COUNTY 4-H TEEN COUNCIL

Jefferson 4-H County Teen Council a club comprised of teens between the ages of 12-18, who work cooperatively with the Jefferson County 4-H Agent in planning and implementing 4-H Events in their area. The organization stresses youth leadership training, development and community servicelearning projects. Jefferson County 4-H believes that all youth should have opportunities for positive youth development

in our four guiding concepts: Mastery, Belonging, Independence, and Generosity. The County Council fosters mastery by empowering council members to develop and teach concepts related to leadership and civic engagement, Belonging by building rapport among 4-H'ers with similar interests, *Independence* by encouraging the management and education of serving on and leading committees and business meetings, and Generosity through regular community service project and building team rapport.

Jefferson County 4-H Annual Community Service Projects:

- 4-H Adopt-A-Road Project, Lake Road
- Assemble Chemo Kits for Cancer Patients
- Jefferson County Senior Citizens Landscaping Project
- 4-H Nature Trail Clean-Up
- Holiday Nursing Home visits
- JOY (Jefferson Outreach Youth) - sorting and bagging Christmas toys
- Day & Overnight Camp Counselors

Annually, teens can accumulate up to 120 Community Service Hours.

Teens also plan and implement countywide 4-H programs year-round. Council members must be willing to commit time to council business and assume the responsibility for formulating, directing or aiding at events.

The 4-H County Teen Council meets once per month, typically

meets once per month, typically every first Monday or Tuesday after school to conduct a business meeting, educational training, plan communi8ty service projects, and enjoy fellowship & networking among their 4-H peers.

The Council will meet on the following dates below at 4:00 p.m. at the Jefferson County Extension Office.

Meeting Dates 2019	Meeting Dates 2020
Sept. 9	Jan 6
Oct. 7	Feb 3
Nov 12	March 2
Dec 2	April 6
	May 4

## 4-H CONSUMER CHOICES JUDGING

Consumer Choices Judging, needs participants! Are you interested in learning how to be a smart shopper? Jefferson County 4-H is organizing Consumer Choices Judging Teams.

We would like to form two Junior, two Intermediate, and two Senior teams to compete at the North Florida Fair on November 16<sup>th</sup>.

A team consists of three or four youth, but you can participate as an individual.

Awards and premium monies will be awarded. The first meeting

has been set for Wednesday, October 2, 2019 starting at 4:00 p.m.

#### **Age Division:**

Juniors: 8-10 years of age Intermediates: 11-13 years of age

Seniors: 14-18 years of age

If you are interested, please call Ms. Gladys at (850) 342-0187 or come by the 4-H Office to sign up.

## NORTH FLORIDA FAIR 4-H DAY

The **78**<sup>th</sup> Annual North Florida Fair starts **November 7**<sup>th</sup> and runs thru **November 17**<sup>th</sup>, **2019**.

Saturday, November 16<sup>h</sup> is 4-H Day at the North Florida Fair. The Jefferson County 4-H clubs will be taking a bus to the Fair. We will leave the Extension Office parking lot at 10:30 a.m. and return around 5:00 p.m. that afternoon.

The **77**<sup>th</sup> Annual North Florida Fair starts **November 8**<sup>th</sup> and runs thru **November 18**<sup>th</sup>, **2018**.

Saturday, November 17<sup>th</sup> is 4-H Day at the North Florida Fair. The Jefferson County 4-H clubs will be taking a bus to the Fair. We will leave the Extension Office parking lot at 10:30 a.m. and return around 5:00 p.m. that afternoon.

The cost for transportation this

year will be **\$2.00. \$1.00** will be refunded back to the child if they return back to the bus on time for departure.

Youth will need money for rides and lunch at the North Florida Fair. A wrist band can be purchased for \$15.00 from the 4-H Office for all rides



## EXPLORER'S 4-H CLUB

One of many service project the 4-H Explorer's Club wrote personal cards to all the children who are part of the Backpack buddies program. Food insecurity is a real problem right here in our town. Each week the Backpack Buddies pack and send home food for the children to eat over the weekend.



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## UNLIMITED RIDES AT THE NORTH FLORIDA FAIR ON 4-H DAY

The North Florida Fair will have tickets for unlimited rides this year. The tickets will cost \$15.00 and includes gate admission and unlimited rides.

The wristband can be used only on Saturday, November 16<sup>th</sup> (4-H Day).

If you would like to purchase wristbands in advance please come by the 4-H Office. We will only order wristband for individuals who have paid for their wristband in advance. The last day to purchase wristbands is **Monday, November 4**<sup>th</sup> before 5:00 p.m. After **November 4**<sup>th</sup> NO 4-H discount wristbands will be sold...**NO exceptions.** 





## 4-H COUNTY COUNCIL

Newly Elected Officers for 2019-2020 4-H Year.

President-Jada Mosley
Vice-President-Maggie Boyd
Secretary-Abigail Boyd
Asst. Secretary-Valandria Polite
Treasurer-Jacari Mosley
Sgt.-At-Arms-Madison Reed
Delegates-Jason Brookins &
Jamichael Steen

County Council goals for the 2019-2020 4-H year:

- \*Stay Dedicated
- \*Conduct Seasonal Projects
- \*Conduct more Community Services
- \*Provide Preparatory Workshops for County Events and 4-H University
- \*Follow Parliamentary Procedures

The next County Council meeting will be October 7<sup>th</sup> at 4:00 p.m. at the Extension Office. Interested youth thirteen years of age and older is welcome to join.



President-Jada Mosley; Vice-President-Maggie Boyd; Secretary-Abigail Boyd; Asst. Secretary-Valandria Polite; Sgt.-At-Arms-Madison Reed; Treasurer-Jacari Mosley; Delegates-Jamichael Steen & Jason Brookins.

# 4-H AWARDS BANQUET

SATURDAY, OCTOBER 12TH

The Annual 4-H Awards Banquet has been set for **Saturday**, **October 12**<sup>th</sup> **at 5:00 p.m.** The Awards Banquet will be held at the **Jefferson County Somerset Charter School K-12 Cafeteria**.

We will be honoring all County 4-H'ers for their participation and accomplishments in the 2018-2019 4-H year. At the same time we will be kicking off the new 4-H year. The public is cordially invited to attend. It should be an exciting evening for everyone.

The deadline for making reservations is **Tuesday**, **October 2**<sup>nd</sup>. There is **no cost**.

If anyone would like to be on program to present awards, please contact Ms. Gladys at 342-0187, your name can be printed on the program.



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# GETTING 4-H EXHIBITS READY FOR THE NORTH FLORIDA FAIR

Exhibits can be actual items (pillow, garment, plant, photo, poster, etc.) or can be a free-standing tabletop exhibit.

Actual items should be **clean** and **neat**. Clothes should be well pressed and in good shape. Clothes that have been well worn would not be a good choice for display.

Food should be entered on a disposable container and some thought given to how it will appear to the public. Aluminum foil, gift wrap, or a doily may add to the attractiveness of the exhibit. Food is to be covered with plastic wrap and the recipe attached to the bottom of the container before wrapping. No names should appear on recipe. Foods are "from scratch" not a box, and no items needing refrigeration will be accepted.

Plants should be well groomed for the show. Plants are to be labeled with common name. To get plants ready for show, do the following.

- © Wipe off all dirt and mildew on outside of pot.
- © Remove dead or diseased blooms, stems, branches.
- © Clean plant's leaves.

Photos must be mounted on a

mat, foam core, construction paper or poster board, **NO** other mounting material (glass, wood, plastic, or metal) will be considered.

When judging photos, judges consider (among other things):

- Main subject well positioned and sharply focused.
- © Creativity in selecting subject.
- Overall photo well balanced.

#### When making Posters:

- ⊕ Plan
- Have a message
- Have enough space
- Consider color
- Use variety of techniques (pictures, textures, etc.)
- Consider lettering

Freestanding table top exhibit should measure a minimum of 28" X wide X 22" high and a maximum of 37" wide X 36" high. The posters should be sturdy and (hopefully) withstand some of the humidity. Mat board is a good choice as well as peg board and heavy duty cardboard (perhaps from an appliance box).

A pleasing tabletop exhibit could also include items placed in front of the poster(s) to convey the message more clearly.

The **entry forms** are due at the Extension Office on **October 3**<sup>rd</sup> by 5:00 p.m. (Only the forms)



# 4-H TROPICANA PUBLIC SPEAKING CONTEST

Your child is about to embark upon the exciting and challenging world of public speaking.

4-H/Tropicana Public Speaking Program. This educational program, designed to introduce fourth, fifth, and sixth grade children to the concept of public speaking, is administered by Jefferson County 4-H and sponsored by Tropicana.

4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade teachers will conduct their Class Room contests and Extension Office staff will conduct the **School Competition** for Public Schools.

The Countywide contest is Tuesday, **December 3**<sup>rd</sup> at 6:00 p.m. at Aucilla Christian Academy.

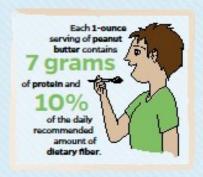
Please contact your child's homeroom teacher or Mr. John Lilly at the Jefferson County Extension 4-H Office.

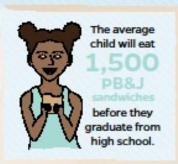


UF IFAS Extension

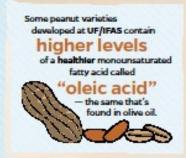
# 2019 PEANUT BUTTER CHALLENGE

SPREAD THE WORD...
PEANUT BUTTER
FIGHTS
HUNGER!









of peanut butter at the UF/IFAS Extension office in your county.

The Florida Peanut Producers Association matches donations.

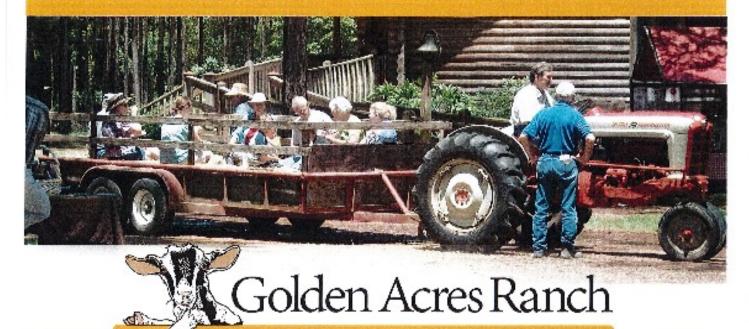
All peanut butter donations go to local food pantries to help feed families in need.

> Support your local producers and people in need in your community by generously donating to the Peanut Butter Challenge.

FIND THE PEANUT BUTTER CHALLENGE DROP-OFF LOCATION CLOSEST TO YOU:

www.flpeanuts.com/industry/at-a-glance · sfyl.ifas.ufl.edu

# 12th Annual Fall Farm Tour



Saturday, October 12 & Sunday, October 13, 2019 Open 10 am to 4 pm both days



Part of the North Florida - South Georgia Farm Tour Hosted by







704 Barnes Road, Monticello FL 32344 www.goldenacresranchflorida.com

# North Florida Livestock Show & Sale February 17 - February 20, 2020 Madison County Agricultural Center Madison, Florida RULES AND REGULATIONS FOR CATTLE AND SWINE SHOWS

#### ALL EXHIBITORS

- 1. All participants between the ages of 8 and 18 must be a member of and show under 4-H or FFA. Youth must designate whether participation is 4-H or FFA by time of ownership. Youth must wear colors and/or emblems to designate 4-H or FFA participation while showing. (4-H'ers must be 8 years old by September 1, 2019 in order to show.)
- 2. 4-H and FFA participation is limited to one year after completion of high school.
- **3.** Boundaries designated for this show are Madison, Jefferson, Hamilton, Suwannee, Taylor, and Lafayette counties.
- 4. The North Florida Livestock Show and Sale, Inc. assumes no liability whatsoever.
- **5.** Individual exhibitors are limited to one entry in each cattle category. Organizations are limited to one entry in each cattle category and organizational exhibitors are limited to two entries in the swine show. Entry fees are \$15 per livestock entry, all entry fees are due with registration forms at weigh-in/tagging. Make checks payable to NFLSS, Inc. ALL 4-H participants MUST turn their entry forms in to the Madison 4-H Office.
- **6.** All animals MUST come for weighing/tagging scheduled for October 26, 2019 from 8am-10am. Note: There will be NO early or late tagging this year. Animals not tagged by October 26<sup>th</sup> will not be allowed to show.
- 7. All Livestock entries must be turned in at the Mandatory Weigh-In/Tagging on October 26th, 2019.
- **8.** Ag teachers, club leaders (4H/FFA) and Extension Agents who are supervising youth entries must certify that animals have been owned the required length of time.
- **9. NEW THIS YEAR!!** Every animal must be housed on the premises of the exhibitor, chapter land lab, or 4-H land lab. If another location is used, it must be stated on entry form at the time of the initial tag-in. This place will be approved by NFLSS board of directors. All animals are subject to an unannounced premise check. If the entry is found not to be raised on the premise, the entry will be subject to disqualification.
- 10. AT SHOW CHECK-IN ON FEBRUARY17 $^{\text{TH}}$ , 2020, ANIMALS WILL ONLY BE WEIGHED ONE TIME.
- **11.** All participants in 4-H or FFA are required to complete and turn in a record book for each entry before the annual show and sale.
- 12. Showmanship trophies will be given to the top junior (ages 8-11), the top intermediate (ages 12-15), and the top senior (ages 16-19) showmen in both the cattle and swine shows. To be eligible to win a showmanship trophy an exhibitor must follow the approved guidelines for cattle and swine showmanship. An individual may win awards as many times as he/she is showing an animal. Herdsmen's awards will be made in the cattle and swine barns. (Showmanship rules are available upon request.) September 1, 2019 is the date to determine age category. For example, a child that turns 12 after September 1 will still show as a junior.

- **13.** Exhibitors must provide water containers and feed troughs for cattle and swine entries. All exhibitors must provide feed for their animals.
- **14.** No individual animal may be shown in more than one class with the exception for the beef entries that are home grown.
- 15. All single entries in the cattle and swine shows must be shown in the show ring by the exhibitor except when two singles are entered in the same weight class by an exhibitor or a satisfactory reason is given to and approved by the show management.
- **16.** Youth entries will be judged using the modified Danish system.
- 17. The decision of the judges is final.
- **18.** Before payment of an animal is sent to the 4-H/FFA participant, a copy of the thank you letter sent to the buyer must be given to the Ag teacher, club leader or Extension Agent. Participants are encouraged to contact their own buyers when applicable. If a check is lost by exhibitor, the bank stop payment fee will be subtracted from the new check.
- **19.** A 5% sales fee will be deducted by the Association from the price received by the exhibitor to help defray expenses of the sale. Along with the beef council fee and pork council fee.
- **20.** No entries are to be given tranquilizer drugs within seven days of the show.
- **21.** The Livestock Barn will be closed at 11:00 p.m. Only show management is allowed in the barn after that time.
- **22.** It is understood that all exhibitors filing entries in the show agree to comply with these rules and regulations.

#### **SWINE**

- **23.** Swine entries will be received on Monday, from 8:00 AM until 11:00 AM. (The Swine show will begin at 6:00 PM) An Exhibitor meeting will be held at 4:30 PM in arena on Monday.
- **24.** In accordance with federal regulations, all swine must have Premise Identification tag to receive a NFLSS tag. Any Swine that does not have a Premise ID tag will not be tagged with the NFLSS tag and therefore WILL NOT be allowed to show. More information can be found at: https://www.freshfromflorida.com/Business-Services/Animal/Pigs-SwineOfficial-Identification-for-Swine-at-Fair-FAQ
- **25.** Individual exhibitors can sell only one swine entry through the sale ring. Second entry will be sold to resale! Due to new Federal and State regulations NO SWINE will be allowed to leave the barn. ALL SWINE WILL BE SOLD.
- **26.** Exhibitors who show two swine will be required to sell the highest placing swine through the ring. The second swine will be sold by resale.
- 27. Swine entries must weigh 220 to 295 lbs.
- **28.** Grand Champion and Reserve Champion Swine will be selected from the entries in the show. Top 5 will also be selected.

#### **CATTLE**

- **29.** Cattle entries will be received on **Monday, from 1:00 4:00 PM.** An exhibitor meeting will be held at 4:30 PM in arena on Monday. (The Cattle show will begin at 6:00 PM on Wednesday). Under NO circumstances can cattle be removed earlier than 9:30 PM on Wednesday. Non-sale cattle MUST be removed by 12:00 (NOON) on Thursday.
- **30.** Individual exhibitors can sell only one cattle entry through the sale ring. Organizations may sell 2 cattle entries. All Fat steers must sell through the ring. Feeder Steers and/or heifers may be sold but are not required. If cattle exhibitors choose to sell more than one entry the second cattle will be sold by resale.
- **31.** Grand Champion and Reserve Champion will be selected from the entries in each division. Both a Home-Grown Grand Champion and Reserve Champion steer and heifer will be selected from those entries that meet the eligibility requirements (i.e. animal is born and raised on a participant's family farm in the six-county show area.). Top 5 will be awarded when applicable.
- **32.** All entries will be subject to a screening committee. Cattle will not be allowed to show if not halter broken. If an animal is removed from the fairgrounds after weigh-in, the animal will not be allowed to enter the barn/arena area and will be disqualified from the show. All finished steers must weigh at least 900 pounds; be less than 24 months of age and should grade select or better. All feeder calves must weigh between 550 and 800 lbs. and grade at least medium one. All heifers must be between 8 and 24 months of age. Heifers must not have calved. Per the Florida Department of Agriculture all cattle are required to present a State Health Certificate at weigh in. Animals without a State Health Certificate will not be allowed to enter the barn/show.
- **33.** All cattle must be tied with a rope halter and neck rope when not being shown. Cattle must also be dehorned.
- **34.** No grooming chutes will be allowed under the covers of the building.
- 35. Cattle will be shrunk 3% when weighed in.
- **36.** A weight gain contest will be conducted for exhibitors of finished steers. Steers must be weighed on certified scales by authorized personnel (i.e. Vo-Ag teacher or Extension Agent).
- **37.** All steers must be shown in their natural conformation and structure without alteration by modification except for the grooming and treatment of the hair and the trimming of the hooves. No graphite, hair, cotton twine, etc. may be applied.
- **38.** All cattle <u>MUST</u> remain within the closed in area, that has been designated by show management, for the duration of the show. (Any cattle entry caught outside the fenced area may be subject to disqualification)

# 2020 North Florida Livestock Show and Sale Exhibitor Registration

Mandatory tagging for ALL ANIMALS is October 26, 2019 Madison County Extension Office from 8:00 A.M – 10:00 A.M. (Note: No early or late tagging will be allowed this year!)

Please print. MUST Complete all blanks. PLEASE MAKE NOTE IF NEW ADDRESS! Exhibitor Name \_\_\_\_\_\_ DOB & Age as of Sept 1,2019\_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_ Zip \_\_\_\_ Address where animal is located\_\_\_\_\_ Phone \_\_\_\_\_\_ Race \_\_\_\_\_ Sex \_\_\_\_ Grade \_\_\_\_\_ School Name \_\_\_\_\_E-mail address \_\_\_\_ FFA Chapter/4H Club name \_\_\_\_\_ NEW CHOICE!!!!!!! T-Shirt Size: (Yth Med, Yth L-Adult-S, M, L, XL, 2XL) [Circle One] Long sleeve or Short sleeve [Circle One] Swine Show \_\_\_\_\_ (Number of swine showing \_\_\_\_) Farm Purchased:\_\_\_\_\_\_ Premise ID#\_\_\_\_\_ In accordance with federal regulations, all swine must have Premise Identification tag to receive a NFLSS tag. Any swine that does not have Premise ID tag will not be tagged with the NFLSS tag and therefore not be able to show. More information can be found at https://www.freshfromflorida.com/Business-Services/Animal/Pigs-SwineOfficial-Identification-for-Swine-at-Fair-FAQ. Steer Show \_\_\_\_\_ (Homegrown \_\_\_\_ Not Homegrown \_\_\_\_) Feeder Steer Show \_\_\_\_\_ Heifer Show \_\_\_\_ (Homegrown \_\_\_\_ Not Homegrown Signed \_\_\_\_\_\_ Date \_\_\_\_\_ (FFA Teacher/4H Leader) SHOW ENTRIES: \$15.00 PER ANIMAL (DUE AT TIME OF REGISTRATION!) Payment Method: \_\_\_\_\_\_ Date of Payment: \_\_\_\_\_ Rec. By:

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ASK TO JOIN OUR FACEBOOK GROUP PAGE FOR INFO AND UPDATES: NORTH FLOR-

IDA LIVESTOCK SHOW & SALE

#### **Autumn Gold Peanut Soup**



Serves: Makes 4 servings (1 1/4 cups or 300 ml)

Creamy peanut butter and golden yams lend rich color and a velvety texture to this elegant soup. Enjoy it as a prelude to any holiday or special-occasion dinner.

#### Ingredients:

1 tsp oil 5mL

1 cup chopped onion 250mL

1 tsp ground cumin 5mL

1 lb. yams, peeled and cut into chunks 450g

1 large green apple, peeled and cut into chunks

1 can chicken broth 14 1/2 oz.

1 can apple juice 6 ounces

1/8 tsp cinnamon 0.5 mL

salt and pepper to taste

1/2 cup creamy peanut butter 125 mL

garnish: sour cream, chopped peanuts, chives and thin apple slices

#### Directions:

Heat oil in large saucepan over medium heat. Add onion and cumin. Cook, stirring occasionally until onion is transparent. Add yams, apple, chicken broth, apple juice, cinnamon, and salt and pepper to taste.

Cover and bring liquid to a boil. Reduce heat and simmer until yams and apples are tender, about 20 minutes. Add peanut butter and stir until melted.

Puree soup in a food processor or blender until smooth.

Return to pan and heat through.

To serve, ladle soup in bowls and garnish with sour cream, chopped peanuts, chives and thinly sliced apples.

#### **Nutritional Information:**

PER SERVING (MINUS GARISH):

Calories: 418
Proteins: 15g

Total Fat: 19g fat (39% cal. from fat)

Carbohydrates: 52g Cholesterol: 1mg

Fiber: 8g

Sodium: 812mg

Recipe from peanutsusa.com

### **Peanut Butter Banana Muffins**



Serves: Makes 12 muffins

Cooking Time: 36 min

This recipe puts a spin on the classic combination of peanut butter and bananas. Topped with high-quality U.S. peanuts, these versatile muffins are a perfect treat!

#### Ingredients:

½ cup unsalted butter 125 mL

1/3 cup peanut butter 75 mL

1 1/4 cups all-purpose flour 300 mL

½ cup whole wheat flour 125 mL

2 tsp baking powder 10 mL

1 tsp cinnamon 5 mL

½ tsp baking soda 2 mL

3/4 cup granulated sugar 175 mL

2 eggs 2

1 cup very ripe mashed bananas, about 2 large 250 mL

2 tsp vanilla 10 mL

1/3 cup unsalted peanuts, chopped 75 mL

#### Directions:

Preheat oven to 375F (190C). Lightly spray or grease 12 muffin tins. In a small saucepan melt butter over medium heat. Whisk in peanut butter. Pour into a large bowl to cool. In a medium bowl, place flours, baking powder, cinnamon and baking soda. Whisk together ensuring there are no lumps.

Stir sugar into cooled peanut butter mixture. Then stir in eggs until completely blended. Stir in bananas and vanilla. Gradually add flour mixture, stirring just until combined.

Spoon into muffin tins. Sprinkle with peanuts, gently pushing into batter. Bake in center of preheated oven until golden and a skewer inserted in cent comes out clean, 16 to 18 minutes. Remove muffins from pan to a rack to cool.

#### **Nutritional Information:**

**PER MUFFIN:** 

Calories: 335 Protein: 8g

Total Fat: 15g total fat (6g saturated fat,

0.4 g trans fat, 3g monounsaturated fat, 1g polyunsaturated fat)

Carbohydrates: 45g Cholesterol: 51mg

Fiber: 3g Sugars: 16g Sodium: 16g Potassium: 160mg Calcium (2% DV): 18mg Iron (14% DV): 2mg

### Peanut Blast Squares



Serves: 32

Cooking Time: 30 minutes

Description: Always a perfect pair, chocolate and peanuts come together in this tasty holiday square. Definitely a must have for a cookie exchange.

#### Ingredients

½ cup butter

2½ cups graham cracker crumbs

1 cup coarsely chopped peanut butter cups, about 4 regular size

1 cup each peanut butter chips and chocolate chips

1 cup peanuts

1 300 mL can sweetened condensed milk

#### **Directions**

Preheat oven to 350F (180C). In a medium saucepan, melt butter. Then stir in graham crumbs until blended. Pat firmly into ungreased 9 x 13-inch (3L) pan.

Sprinkle with chopped peanut butter cups, peanut butter and chocolate chips, then peanuts. Evenly drizzle condensed milk over top.

Bake in preheated oven until bubbly and deep brown around the edges, 30 to 35 minutes.

Enjoy!

Recipe from peanutsusa.com

Julianne Shoup Dinkel Jefferson County Extension Agent Family and Consumer Sciences 2729 W. Washington Hwy. Monticello, FL 32344-5963

Phone: 850-342-0187 Fax: 850-342-3483 Cell: (618) 203-3374 E-mail: juliannes@ufl.edu

Extension provides practical education you can trust, to help people, business, and communities, solve problems, develop skills, and build a better future.

# OCTOBER 2019

# Jefferson County Extension Office