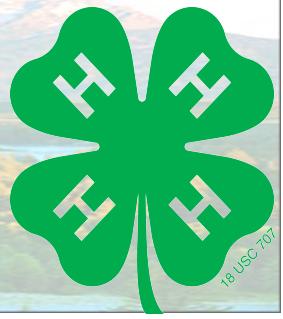


4-H FAMILY NEWS

UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

MAY, 2013

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Hello 4-H members, families, and leaders,

I hope everyone is doing great! It is almost SUMMER! I am excited to see warmer weather heading our way and all the great activities that come with the season. Summer is a busy time for 4-H and we have great activities like Showcase Showdown, summer camp, the Teton County Fair and State Fair! I hope everyone is ready for the great events we have planned.

I want to take this time to say THANK YOU to our wonderful volunteer leaders we have in 4-H. Last month, was Volunteer Month and we have some of the best volunteers in Teton County in our 4-H program! Our program would not be able to operate and would not be successful without our outstanding volunteer leaders.

Our office has had some changes come our way this past month. As many of you know, our Office Assistant, Gwen has retired after 17 years. We will truly miss her at County Fair and all our other 4-H events. She has been an immense support to the Teton County 4-H Program as our secretary and a volunteer leader. Thankfully she will still serve on our 4-H Council and volunteer. I am certain we will see her around the 4H community. Be sure to tell her thank you for her outstanding service. We will have interviews shortly to fill her position.

We have also started sending a weekly Teton County 4-H Weekly Bulletin and we hope this helps everyone keep up with the events and deadlines in the 4-H program. If you have something you would like to see in it or in the newsletter do not hesitate to send them my way.

The fair planning has started and is in full swing. We need sponsors for the buckles and trophies we award at fair. If you have any recommendations for potential sponsors or would like to sponsor an award please contact the 4-H Office and let us know. We have several awards that need sponsors.

Have a great month of May and the next newsletter will include all the important reminders and information about the Teton County Fair!

See ya around,

Amanda Zamudio

**Amanda
Zamudio**
University Extension
Program Educator
4-H/Youth

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255 West Deloney
Jackson, WY 83001
307-733-3087
Fax - 307-739-0749

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azamudio@tetonwyo.org

SUPPORT STAFF

Office Manager- Justine Logan



May

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

			★ 1 <i>DOG ID Forms DUE!!</i> Clogging 5:30 Shotgun Mandatory Safety Mtg 6:00 Dog - 4-H Pet Partners 6:30	2 Livestock Judging Practice 5:30 Quilting 4:00	★ 3 Youth Business Ventures Contest 4:30	4 Fair-grounds Clean-Up 9am-1pm
5	6 Small Animal 6:00 Sportfishing-Alta 6:00 Sharpshooters 6:15	7 Razorbacks 6:15	8 Clogging 5:30 Citizenship 5:30 Dog - 4-H Pet Partners 6:30	9 Quilting 4:00 Photography 6:00 Sportfishing 6:00 Devine Swine 6:30	10	★ 11 Swine Weigh In 9-11 am 4-H Highway Clean-Up 9AM-12PM Sportfishing-Alta 9:00am
12	13 Small Animal 6:00	★ 14 <i>4-H Council Meeting 5:30</i> Cake Decorating 5:15 Razorbacks 6:15	★ 15 State Horse Camp Registration Due Clogging 5:30 Dog - 4-H Pet Partners 6:30 Baa Maa Lamb & Goat 6:30	16 Quilting 4:00 Teton Livestock 6:30	17	18
19	20 Teton Rangerriders 5:30 Sharpshooters 6:15	21 <i>Record Book Workshop 5:30</i> ★	22 Clogging 5:30 Dog - 4-H Pet Partners 6:30	23 Quilting 4:00 Wilson Hoofbeats 4:30 Photography 6:00 Sportfishing 6:00	24 Junior Leaders Meeting 6:30 Afton	25
26	27 MEMORIAL DAY Sportfishing-Alta 6:00	28 Cake Decorating 5:15 Razorbacks 6:15 Dog - 4-H Pet Partners 6:30	★ 29 Clogging 5:30 Rodeo Queen Clinic 6:00	30 Quilting 4:00 Livestock Skill-A-Thon Practice 6:00	★ 31 National 4-H Congress Application Due State 4-H Team Application Due	



June

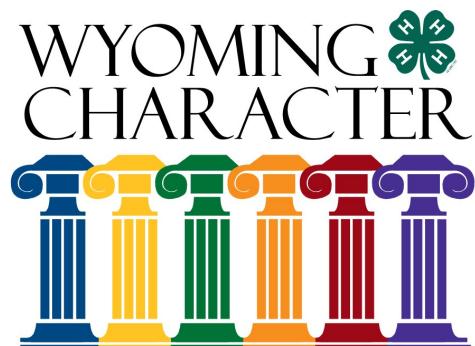
Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

						1 Sportfishing Fish Hatchery 6:00
2	★ 3 Cat ID, Rabbit ID, Swine Ownership, Lamb & Goat Brand Inspections DUE! Small Animal 6:00 Sharpshooters 6:15	4 Cake Decorating 5:15 Jr. Leaders 6:00 Dog - 4-H Pet Partners 6:30 Razorbacks 6:30	★ 5 Teton County Skill- A-Thon Contest; Livestock and Dog 5:00 Clogging 5:30 Baa Maa Lamb & Goat 6:30	★ 6 Quilting 4:00 Teton County Skill-A-Thon; Horse and Small Animal 5:00	7	8
9	10	11 Dog - 4-H Pet Partners 6:30	12 Citizenship 5:30 Clogging 5:30 ★ Cook Off in Afton 10:00 am	13 Wilson Hoofbeats 9:00 Quilting 4:00 Photography 6:00 Devine Swine 6:30	14 ★ 15 Wyoming 4-H Horse Camp, Douglas, WY	
16 Wyoming 4-H Horse Camp, Douglas, WY	17	18 Cake Decorating 5:15 Dog - 4-H Pet Partners 6:30	19 Clogging 5:30 Baa Maa Lamb & Goat 6:30	20 Wilson Hoof- beats 9:00 Quilting 4:00 Teton Livestock 6:30	21 Livestock Judging Clinic 6:30 4-H Office	22 ★ Be A Champ Clinic Alta
23	24	25	26	27	28	29
★ National 4-H Shooting Sports Invitational, Grand Island, Nebraska						
Be A Champ Clinic Fairgrounds	★ Wyoming Showcase Showdown, Laramie		Clogging 5:30	Wilson Hoofbeats 9:00 Quilting 4:00 Photography 6:00		
30	Dog - 4-H Pet Partners 6:30					

Character Counts

Responsibility

May 2013



that's what we're made of

For Character Counts Activities please visit www.4h.uwyo.edu

Strengthen Your Character with RESPONSIBILITY

- Life is full of choices....
What you do **and** what you don't do matters!
- Be accountable for your decisions and actions
- Use self-control
- Choose positive attitudes
- Set a good example



"To ignore evil is to become an accomplice to it."

Lesson In Responsibility

- You can't choose to be good looking, smart, or athletic. You can't choose your parents or the circumstances in which you grow up.
- You **can** choose how to deal with the outrages and opportunities of life. From these choices, your character is formed.

Who's Job Is It?

MATERIALS—Picture to left

OBJECTIVE—Understand actions that lead to strengthening responsibility

Procedure

1. Ask the group if they have ever seen a road construction crew at work. What are the jobs that need to be done?
2. Show the picture to the left, and ask for reactions from the group. Ask who is responsible for the results seen here. Who's job is it to move the stick to make sure the line is straight? What are the consequences for not moving the stick?
3. Apply the thoughts to other areas of life. What happens if we do not take responsibility for our actions? Who is affected and how? Why is it important to be a responsible person in school, in the family, and in life?



Like this activity? Find more like this in the "Good Ideas Book" at your local Extension Office



HAPPY BIRTHDAY!



Tanner Babb
Morgan Beard
Josh Bednar
Emma Bode
Casey Budge
Brendan Burke
Bailey Chamberland
Zoie Dayton
Walter Duquette
Kelly Flickiner
Melissa Fox

Ashlyn Funk
Shaeli Funk
Brody Hasenack
Haley Janus
Magnus Lowham

Rainey Marcum
Christopher Mayers
Jenna McFarland
Sapphire Scherrer
Rylan Tepe
Aspen Waldron



Cooper Christensen
Teage Dayton
Conor Deiter
Marcus Fini
Emma Harrison-Springett
Javen King
Charlie Lucas
Jordan Lutz
Niki Lynes
Shannon Matthews
Bella Morris

Ethan Potzernitz
Sasha Profatilov
James Raube
Brad Riotto

Trevor Swink
Carter Watsabaugh
Levi Wilson



BRAGGIN' POST

Presentation Day was a great success with forty youth participating on Monday night. Congratulations and great job to everyone that participated. It was exciting to see all the great presentations from the Alta and Jackson youth.

JUNIORS

Hailey Hardeman	Life & Times of the Domestic Bovine	Grand Champion
Kate Budge	Travelling with Horses	Reserve Champion
Henry Berezay	Dirt Bike Grips	Blue
Heather Budge	Parts of a Rabbit	Blue
William Carlson	I Dig Trilobites	Blue
Morgan Cowan	Swaddling	Blue
Lilly Eggett	Guinea Pigs	Blue
Erik Greger	Making a Fly Rod	Blue
Nevin Gribier	What is the Cut-Slam	Blue
Gracie Hardeman	The Many Faces of a Horse	Blue
Ryley Hasenack	Barrel Racing	Blue
Lilly Lonneker	Showing Your Rabbit	Blue
Julia Mahood	Chicken Coops	Blue
Mylee McCool	Dirt Bikes	Blue
Macie McCormick	How to Have a Healthy Dog	Blue
JJ Morris	Personal Flying Devices	Blue
Chloe Stines	How to Wash Your Dog	Blue
Stevie Taylor	Getting Your Horse Ready for Fair	Blue
Emma Watkins	Picking the Right Dog	Blue
Amelia Wilson	Horse Markings	Blue
Eliza Wilson	4-H Basics	Blue

BRAGGIN' POST

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INTERMEDIATES

Amber Budge	How to Set Up a Sewing Machine	Grand Champion
Ashley Brimeyer	Cleaning a Gun	Reserve Champion
Spencer Berezay	Cleaning a .22	Blue
Casey Budge and JT Statter	Team Roping	Blue
Sydney Clark	Dog Training Techniques	Blue
Shaeli Funk	Importance of the Pledge	Blue
Emily Mahood	Confirmation of a Dog	Blue
AJ McCool	Dirt Bike Riding Gear	Blue
Olivia Wilson	First Aid	Blue
Whitney Ball	Show Prep for Horse	Red
Bella Morris	CPR	Red

SENIORS

Keith Holmes	Pre-Fair Horse Show	Grand Champion
Sara Rodeck	Waggin' Tails Logo	Reserve Champion
Keegan Bommer	Bowfishing	Blue
Mindy Kaufman	Goat Tying	Blue
Molly Moyer	Fun with Scarves	Blue
Nelson Paradis	Deep Woods Camping	Blue
Isabella Wilson	Preparing for a Cross Country Running Race	Blue

4-H CLUB IN ACTION!

Citizenship Club

4-H has many clubs to offer, one of which is the Citizenship club. This club, which has recently become affiliated with 4-H, may be overlooked but is worth a second glance. The 4-H Citizenship Club is composed of 13 young citizens striving to make a difference in their community. The group performs various community service projects, attempting to complete one per month. This year has uncovered many opportunities for the club to give back to their community, country, and world.

It all began in December when the group completed its first endeavor. The group spread cheer throughout Rafter J. With a packet of various Christmas carols, the few dedicated 4-H members set out into the cold. They went door to door throughout the neighborhood passing along the joy of the Christmas season. This concluded their December service project.

The next month, the group was ready to lend a hand to the Presbyterian Church in their weekly Community Dinner. Club members showed up early to set up the church for the arrival of the dinner guests. Soon, the dining area was filled to the brim and the 4-H'ers were assigned tasks. Some volunteered to help in the serving line, while others waited until dessert time to offer their assistance by scooping and serving ice cream and cake. After the attendees had thoroughly enjoyed their meal, everyone pitched in to clean up the area. This act of community service brought our club back into action.

During February and March the group did two smaller projects, finding that no matter the size, any service can impact our world. The first task undertaken by the Citizenship Club was learning about the Wounded Warrior Project and then creating cards for soldiers wounded in battle to thank them for their service. The next month brought an opportunity to inform others about Autism. This included creating posters helping others to understand Autism in the modern world. The club hung the posters in public places including schools and offices around town.

After giving the Citizenship Club a second glance we hope that you understand the role of the Citizenship Club in our community. The club has reached new heights, but hopes to keep climbing towards a more compassionate, caring, and improved world. **Written By: Sarah and Abby-Historians**



Please tell us about your club and what is going on! We love to hear about the great things our clubs are doing. Submit articles to Amanda at azamudio@tetonwyo.org and they will be published in the next newsletter!

4-H Leaders
Council
Meeting
May 14,
5: 30 p.m.
4-H Office

All 4-H
Leaders and
Jr.
Leaders are
members of
the
4-H Council.
Meetings are
on the 2nd
Tuesday of
every other
month at
5:30 pm



The purpose
of the 4-H
Council is to
ensure that
the essential
elements of
positive youth
development
are incorpo-
rated into all
aspects of
the county
4-H program.

For more
information
visit our
website:

www.tetonwy.org



4-H LEADERS



Characteristics of Highly Effective/Vibrant 4-H Clubs



Highly effective 4-H clubs listen and communicate effectively.

Members feel listened to, respected, and their input is genuinely valued. Vibrant clubs view communication and leadership as two-way processes in which adults and youth share responsibilities.

Highly effective 4-H clubs foster a sense of ownership in the club.

Young people want to feel the club is theirs and want adults to reduce their part in decision-making. Winning awards, competitions, contests, numbers of ribbons or trophies and "being the best" are the greatest concerns in less effective clubs.

Highly effective 4-H clubs change how they do things not what they do.

Effective clubs experiment with seating arrangements, new activities, and experiment within a certain accepted structure and organizational culture. Traditions, rituals, and ceremonies are used to connect to the past and with an organization larger than them.

Highly effective 4-H clubs work hard and play hard.

Vibrant clubs do not meet just to meet or just to conduct business, they also provide a way for members to do things together in fun ways. They also work hard by doing community service activities and fund-raisers that span a wide variety of interests.

Highly effective 4-H clubs achieve a balance between chaos and rigidity.

Effective clubs are able to achieve a certain harmony between too much chaos and too much rigidity-- ordered chaos. When circumstances change, vibrant clubs are able to adapt by making the necessary changes in rules, power structures or relations to move on.

Highly effective 4-H clubs empower young people.

Vibrant clubs enable youth to do what they are qualified to do by empowering members to develop personal responsibility.

Highly effective 4-H clubs affirm and support one another.

Healthy clubs celebrate the successes of all members and do not define themselves by any single accomplishment of the group or its members. Instead, they take pride in and celebrate the collective efforts of all members.

Highly effective 4-H clubs use a mentoring system to socialize new members.

Helping new members feel welcomed into the club is a hallmark of vibrant clubs. Buddy systems are common where older, more experienced members adopt younger members to help them learn the language and traditions of the program and serve as practical role models.

Highly effective 4-H clubs value and practice service to others.

Community service is not viewed as just another requirement for a charter or as program expectation, but rather community service is valued as important in itself. Vibrant clubs perceive community service as a part of the group's fundamental experiences.

Highly effective 4-H clubs take time for training.

Effective clubs set aside time to train youth for the roles they will assume in adulthood. Adults' see one of their primary responsibilities is to train and develop young people to become involved as equal partners in the process of planning, implementation, and evaluation. This is a key characteristic, well-functioning clubs do not just happen. Rather, they result from consistent efforts to create, maintain, and (occasionally) restore conditions that foster effective learning.

The whole is greater than the sum of these elements.

SOME COOL THINGS TO DO...

Teton County Skill-A-Thon Contests

June 5-6, 2013

4-H Office

5:00-8:00 pm



Skillathon Information

It is time to show what you have learned about your project! The skill-a-thon contests give ALL youth the chance to come out and test their knowledge on their projects. You can also participate in these events on the state level at Showcase Showdown and represent Teton County 4-H. We have separate nights for projects and awards will be presented that evening. Please talk to your leader now about getting involved in this event! We look forward to seeing everyone participate!

June 5th:

Livestock and Dogs

June 6th:

Horse and Small Animals



4-H FilmFest August 4-7

What is Filmfest 4-H?

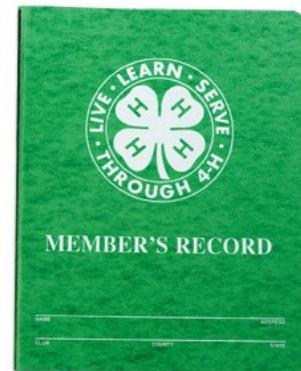
FilmFest 4-H is a national 4-H film festival, strictly for youth. Like any major film festival, those who attend connect with actual filmmaking professionals and learn advanced techniques, celebrating the cinematic work of themselves and others. There are film screenings, workshops lead by film industry professionals, and much more!

Where does it take place? Branson, Missouri at the beautiful Raddison Hotel.

Who attends, and how much? Youth ages 11-18 on January 1, 2013 may attend, and must have a chaperone. Once you are there, you'll need an "All Access Pass". This \$99 All Access Pass is your ticket to all workshops and events you choose to attend at FilmFest.

Learn more at <http://4h.missouri.edu/filmfest>

Do you need help with your record book?



Record Workshop

Tuesday, May 21, 2013

5:30-6:30 pm

4-H Office

Come and get your questions answered and learn some helpful tips!



BE A CHAMP CAMP



By Mike and Jessica Zamudio

Sunday, June 23, 2013

Teton County Fairgrounds

Jackson, WY

Schedule of Events



Swine Covering clipping showmanship, feeding, and fitting

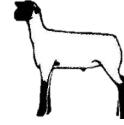
Showmanship practice at conclusion, pigs must be shown out of trailer .

Fee-\$ 25.00

7:30am -12:30pm



Sheep and Goats



Covering clipping and shearing showmanship, feeding, and fitting

Showmanship practice at conclusion.

Fee- \$25.00

1:00pm- 6:00pm



Cattle

Covering clipping, fitting, showmanship, hair work and feeding

Showmanship practice will be available, cattle must be broke. Clinic Staff are not liable for any accidents, unruly cattle will be sent home.

Fee- \$50.00

8:00am –5:30pm

Livestock Judging

Friday, June 21 2013

6:30 pm- TBA

4-H Office

Lunch will be provided with registration

“A little taste of Oklahoma Be A Champ Camps”

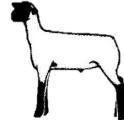


BE A CHAMP CAMP



Registration Form

Due June 7, 2013



Please send to:

Teton County 4-H

Amanda Zamudio

PO Box 1708

Jackson, WY 83001

Phone: (307) 733-3087

azamudio@tetonwyo.org

You are not required to have livestock to attend the clinic. Please feel free to attend whether you have livestock or not.

Name: _____

Age: _____

County: _____

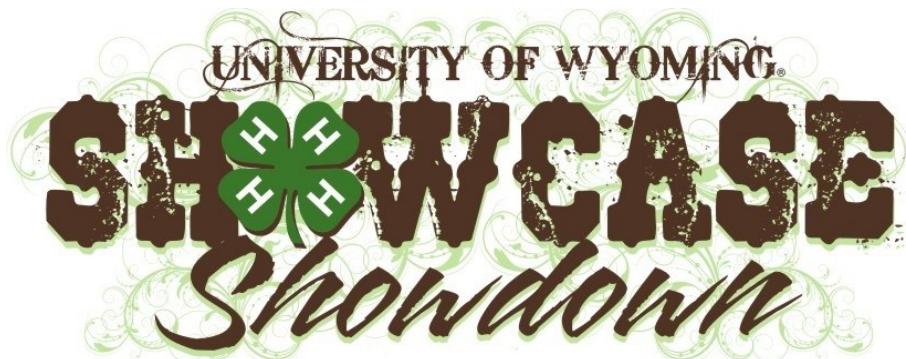
Phone: _____

Species: _____

Livestock Judging (please select one): Yes or No

"A little taste of Oklahoma Be A Champ Camps"

SOME COOL THINGS TO DO...



2013 Showcase Showdown

June 24-25, 2013

SAVE THE DATE!! The Wyoming 4-H Showcase Showdown will be held in Laramie on June 24-25, 2013! Youth will have the opportunity to participate in contests, workshops, tours, trips, and many other fun activities during the event. Contests to be held at this year's Showcase Showdown are:

Prepared & Impromptu Presentations

Dog Skill-A-Thon

Horse Judging

Hippology

Produce Judging

Rocket Launch

Livestock Skill-A-Thon

Robotics

Food Cook-Off

Table Setting

Cake Decorating

Mock Livestock Judging



Check out www.uwyo.edu/4-h/showcaseshowdown/index.html for a detailed description of the events. Interviews will be conducted for those who apply to be on the Wyoming State 4-H Leadership Team as well as youth interested in being delegates to represent Wyoming at the National 4-H Congress. HH Applications can be found online and are due May 31, 2013.

Information regarding the schedule of events will be sent as it becomes available. Contact the 4-H Office for more information at (307) 733-3087 or email Amanda at azamudio@tetonwyo.org

TIME TO LEND A HELPING HAND



PLEASE JOIN US FOR TETON COUNTY
FAIRGROUNDS SPRING CLEAN-UP

SATURDAY MAY 4, 2013

9:00 a.m. - 1:00 p.m.

*** LUNCH WILL BE PROVIDED ***

Wear work clothes, gloves and dress for weather. Special Projects Include: Set up cattle pens, paint bleachers, rake & pick up trash.

Please contact Teton County Fair Office so we can plan accordingly @ 733-5289 or email kfennessey@tetonwyo.org.

Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop.- Dorothy Height

Come Over and Participate in the Jackson Hole Clean-Up

Saturday, May 11, 2013

9:00 a.m. - 12:00 p.m.

Every year we join together to clean up our section of the highway. We will meet at the 4-H Building at 9:00 am and hand out vests and go over a few things. At 11:30 there will be a free BBQ lunch in town square we will attend. Please RSVP to the 4-H Office if you are planning to attend at 733-3087 or email Amanda at azamudio@tetonwyo.org. This will help us ensure we have plenty of vests and trash bags.



IT IS GOING TO BE A BLAST!

The Teton and Lincoln County Junior Leaders would like to invite you to 4-H Summer Camp! We will be headed to the Alpine 4-H Camp for three days of camping, friends, food, 4-H and fun!

Camp will take place **July 16-18, 2013**
so mark your calendar and pack your bags!



Who: All youth 8-18
When: July 16-18, 2013
Where: Alpine 4-H Camp; Alpine, WY
What: 3 days of great 4-H fun!



The cost is **\$5.00** per youth to attend the camp. The Community Foundation of Jackson Hole has awarded Teton County 4-H a grant to keep the low and we truly appreciate their support!

Contact Amanda at the 4-H Office for more information or if you have questions.
We will need chaperones for this event.

COMMUNITY DEVELOPMENT NEWS



FINANCIAL LITERACY WEBINAR SERIES

May 2: Estate Planning and Parenthood

<https://meet.uwyo.edu/cehmke/034JPPMO> Conference ID: 694016

There is no charge for the webinars: They are being offered via LYNC Sessions begin at 7:00 and last 40 minutes Allow 15 minutes to download LYNC if first time user.

To install and use Lync Attendee, go to <http://office.microsoft.com/en-us/communicator-help/quick-start-use-lync-2010-attendee-HA101832596.aspx> and follow the instructions.

If unable to hear presentation through your computer speakers call 307-766-1200

Series information: <http://uwyo.edu/ces/money>

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The University of Wyoming is an equal opportunity/affirmative action institution*

Putting Your Affairs in Order—Organizing Important Papers in Your Life

Tuesday, May 14

Presented by Mary Martin

University Extension Educator, Community Development

University of Wyoming Extension, West Area

mmartin@tetonwyo.org, 307-733-3087

Organizing important papers in your life & exploring systems for you
to use as a survivor's roadmap.

Cost is \$5.00

Light Dinner Available @ 6 pm Talks begin at 6:30pm

Each class includes a light dinner. All ages are encouraged to attend.

All classes will be held at the Senior Center located at 830 E. Hansen Ave.

Please call the Senior Center to make your reservation

(307)733-7300



NUTRITION AND FOOD SAFETY NEWS

Ole' and welcome to the National Salsa Month fiesta during the month of May! Salsa has a very long history; its origins can be traced as far back as the Aztec and Mayan civilizations. National Salsa Month began in 1997, celebrating the 50th anniversary of Pace® salsa. At that time, the emerging popularity of Mexican foods introduced more and more people to the chunky delicious flavor of tomato-based salsas. The word "salsa" literally means "sauce". To know exactly what type of sauce you are eating, consider a list of some of the best-known salsas: Picante sauce, or spicy sauce, is an American version of salsa, which is great for dipping chips, on hamburgers and in casseroles. It is a versatile sauce that comes in mild to very spicy, hot forms. It is often souper in consistency than typical chunkier salsa. The name "picante" comes from the Spanish word "picar" which means "to sting," referring to the stinging sensation on your tongue when you eat the sauce.

Taco sauce is a condiment sold in American grocery stores and in fast food Tex-Mex restaurants. Taco sauce is smoothly blended, with the consistency of thin ketchup. It is made from tomato paste rather than whole tomatoes and lacks the seeds and chunks of vegetables found in picante sauces. Most salsas are tomato-based and eaten as dips for nachos and tortilla chips. However, today's salsas are made from a wide variety of ingredients including fruits and vegetables such as mangos, peaches, pineapple, corn and carrots and various seasonings, and are no longer reserved strictly for eating with Mexican foods. Salsas can add pizzazz to all types of entrees' and snacks. Salsa continues to grow in popularity, overtaking ketchup as the condiment of choice in the United States.

When canning salsa at home, always use and follow a tested home canning recipe. For approved salsa recipes use the "Ball Complete Book of Home Preserving", the "So Easy to Preserve Book" from the University of Georgia, the "USDA Complete Guide to Home Canning" or "Preserving Food in Wyoming". Contact your University of Wyoming Extension Office for approved salsa recipes and information. Do not add extra ingredients to the salsa recipe prior to processing as this can affect the acidity of the salsa which is critical to the safety of the home-canned product. You can always add extra ingredients right before serving the salsa, if you desire. Home-made salsa flavors will mellow and blend during shelf

storage. Optimum flavor is reached in 3 to 4 weeks.

Homemade salsas tend to be runnier than commercially-made salsas. If you want your homemade salsa to be chunkier, just drain off excess juice before serving the salsa. The salsa juice makes a wonderful addition to soups, stews and salad dressings, as well. Refrigeration is the key to enjoying salsa safely. Once you open commercially-prepared salsa or home-canned salsa, the unused portion must be refrigerated. "Fresh" salsa must also be refrigerated. Fresh salsa has a much shorter shelf life than the canned or jarred versions. Try the following delicious sweet, fruity salsa with chunks of fresh peaches, mango and more. This recipe is great to serve with chips, grilled chicken or fish, or with tacos.

Fresh Peach Mango Salsa

1 large ripe peach (Use 1 cup frozen peaches, if fresh peaches are not available.)

1 large ripe mango

3 medium-size tomatoes

$\frac{1}{2}$ sweet onion

$\frac{1}{2}$ green, red or yellow bell pepper

1 clove garlic, minced

2 teaspoons (or more) minced jalapeno pepper

1/2 cup (or more) freshly chopped cilantro

1 tablespoon lemon or lime juice

1/2 teaspoon salt

1 tablespoon sugar

Peel the mango and peach and chop both into small chunks, removing the pits. Dice the tomatoes, sweet onion, and bell pepper into small chunks. In a mixing bowl, stir together the peach, mango, tomatoes, onion, bell pepper, garlic, jalapeno pepper and cilantro. Add the lemon juice, salt and sugar and stir well to coat. Let rest for flavors to combine. Refrigerate until needed. This salsa keeps for 2-3 days in the refrigerator or can be frozen for later use. Yield: 7-8 cups of salsa.

Thanks to the fresh and healthy ingredients, salsa is the perfect choice for eating in a wide variety of ways! Salsa is "numero uno" this month, so enjoy! For more information on "Living Well in Wyoming", contact your University of Wyoming Extension Nutrition and Food Safety Educator Jennifer Jacobsen at jjacobsen@tetonwyo.org!

Source: Denise Smith, University of Wyoming Extension Educator, Niobrara, Converse, and Natrona Counties.



Teton County Office

255 W. Deloney • PO Box 1708
Jackson, WY 83001-1708

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4-H**



4-H is a **community of young people**
across America who are learning
leadership, citizenship and **life skills.**

4-H FAMILY NEWSLETTER

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