



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

[Mindful Morning Coffee Hour](#)

[The Parent Talk Series](#)

[Michigan Beekeeping Series](#)

Lunch & Learn Series:

[Maintaining Health During Challenging Times](#)

[Laughter is the Best Medicine](#)

[Caring for the Caregiver](#)

[Mindfulness for Parents](#)

Mindful Educators:

[August 9](#) or [August 10](#)

[Mortgage Foreclosure Basics](#)

[RELAX: Alternatives to Anger](#)

[Extension Extras Parenting Hour Series](#)

Homeownership Education:

[August 10](#) or [August 18](#)

[Chronic Pain PATH Toolkit](#)

[Informed Renter](#)

[Protecting Your Identity](#)

Click [HERE](#) for more events

More Events:

Page 6: Food Preservation & Safety

Page 7: Youth Programming

Health, Wellness & Relationships

Be intentional about self care: MSU Extension offers a Virtual Calming Room as a resource (see page 2)

[Hydration for Performance](#): stay hydrated for full athletic potential

The role of music in [stress management](#)

[The Diabetes Plate Method](#): a healthy eating tool for diabetics

[A good night's sleep](#) is good for your health

Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 bit.ly/2ICA3qH

Reduce sodium with [garden herbs!](#)

Keep it cool with [summer salads](#)

[Produce storage confusion](#): Why refrigerate this and not that?

Youth Wellness & Learning

Teaching children appropriate language: [Part 1](#) and [Part 2](#)

[Teen Emotional Wellness](#): understand and express emotions

Learning [the power of Mindfulness](#) for middle and high schoolers

Farm 101: Kids can design their own virtual farm and grow crops

Lawn & Garden

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II

Michigan insects in the garden: [Wool carder bees](#), [predatory stink bugs](#)

[Mindfulness in the garden](#) can take on many forms that lead to increased mental and emotional well-being

Community Resources

[How to report](#) suspicious fish and aquatic plant sightings

[Largest agriculture training program](#) for military service members in U.S. continues expansion

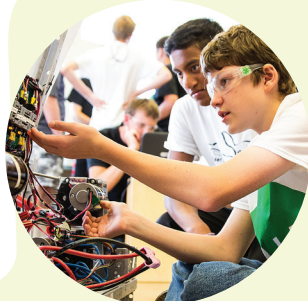
[Michigan Oak Wilt Coalition](#): resources and information

Create habitat along shorelines to [support healthy lake ecosystems](#)



EXPLORE YOUR WAY

It doesn't matter where you live or what you want to be when you grow up. In 4-H, you can make friends, have fun, and try new things with the help of caring adults. Whatever your interests, **there's a 4-H experience for you.** Explore your path through projects like:



Robotics & Computers



Cooking & Eating Healthy



Performing Arts



Raising & Taking Care of Animals



Helping Your Community



Discovering Nature

What do the Four H's mean?



HEAD: Making good decisions; setting and sticking with goals



HEART: Doing and meaning what you say; taking responsibility for your actions



HANDS: Making a difference in your community and helping others



HEALTH: Taking care of your mind and body

Explore 4-H - for FREE!

Michigan 4-H is open to all youth ages 5-19 at no cost! While some events may have registration fees or associated costs for supplies, there is no participation fee for general enrollment. So start exploring today and see what you can grow with 4-H!

Visit 4h.msue.msu.edu
or contact your county
MSU Extension office at
extension.msu.edu/county





MICHIGAN STATE UNIVERSITY

MSU Extension **Virtual Calming Room**

We all have times when we feel strong emotions; overwhelmed, lonely, angry, confused or anxious. We may need to take a break, reset and recharge. The Virtual Calming Room can help you to care for yourself, find peace, find an outlet, and restore yourself.

Visit the website: canr.msu.edu/virtual-calming-room/

Grillin' like a PRO!



P = Place the Thermometer!

Be sure to insert the thermometer into the thickest part of the meat.

R = Read the Temperature!

Wait about 10-20 seconds for the temperature to display accurately. Foods must reach safe internal temperature.

O = Off the Grill!

Once the meat is at a safe temperature, take it off the grill and place on a clean plate.



LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

MICHIGAN STATE UNIVERSITY EXTENSION



**MASTER
GARDENER**

VOLUNTEER PROGRAM

**MICHIGAN STATE
UNIVERSITY**

Extension

Join by zoom link: <https://msu.zoom.us/j/210151959>
or by calling 312-626-6799 and entering meeting ID: 210 151 959



[Michigan Fresh](#) helps you find tips on growing, handling and preserving as well as healthful recipes to take advantage of the delicious Michigan-grown bounty from your backyard or your local farmer's market

What's in Season?

Use the [What's In Season](#) website to see all the fruits and vegetables that are currently in season based on your zip code. Try it today!



MSU Extension offers a variety of [food preservation programs](#), such as [Online Home Food Preservation](#), a self-paced course that teaches people of all skill levels how to safely can and preserve foods, and [Cottage Food Law](#), which helps aspiring entrepreneurs and potential consumers learn how to safely buy and sell homemade food.

To learn more about our offerings, please visit our [events calendar](#) of food preservation programming.

Time to Enjoy All Those Local Fruits and Vegetables!

Incorporating locally grown produce is nutritious and delicious, and so easy with these recipes from our team of MSU Extension Community Nutrition Instructors!

[Summer Veggie Pasta Salad](#) (with choice of 2 dressings)

If you haven't gotten around to eating uncooked zucchini, this pasta salad is a great introduction

[Kohlrabi & Cabbage Slaw](#)

Impress your friends and family with this unique veggie: kohlrabi

[Oatmeal Blueberry Pancakes](#)

This is a great recipe to get in some whole grains and fresh blueberries

[Homemade Granola with Dried Cherries](#)

Make your own granola and fuel up for anything the day brings

[How to Roast Any Vegetable](#)

Learn how to roast all those vegetables

[How to Use Kale](#)

Don't be intimidated by these versatile greens

[Freezer Pickles](#)

An easy and delicious way to use cucumbers

[Southwestern Nectarine Salsa](#)

A crowd favorite, packed with lots of fresh ingredients

[Sautéed Corn with Cherry Tomatoes and Feta](#)

Another way to enjoy local sweet corn and tomatoes

[Spinach Cucumber Dill Salad](#)

A cool salad, perfect for hot summer days

JOIN US ONLINE!

Food Safety Online Workshops

Register in advance for these FREE* workshops by visiting the links provided.

No Internet? No Problem! Workshops are available by phone

Food Safety Q&A

Every Monday - 1 p.m. EDT

<https://www.canr.msu.edu/events/summer-food-safety>

Preserving MI Harvest

Every Thursday - 1 p.m & 6 p.m. EDT

https://www.canr.msu.edu/food_preservation/events

Michigan Cottage Food Law

Aug. 31st, Sept. 21st, Oct. 19th, Nov. 10th, Dec. 7th

<https://www.canr.msu.edu/events/michigan-cottage-food-law-2021>

Safe Food = Healthy Kids

Aug. 23rd, Sept. 13th & 15th, Sept. 27th

https://www.canr.msu.edu/safe_food_healthy_kids/events

Be Food Safe and Ready for Emergencies

July 27th, Aug. 10th, Aug. 24th

<https://www.canr.msu.edu/events/be-food-safe-and-ready-for-emergencies-summer>

Pantry Food Safety - It's Your Job

July 28th, Aug. 30th, Sept. 20th

<https://www.canr.msu.edu/events/pantryfoodsafetyfall>

Cooking For Crowds

Aug. 10th, Sept. 15th, Oct. 5th, Oct. 25th

https://www.canr.msu.edu/cooking_for_crowds/events

*Cost-\$15/person (includes food safety manual)

To learn more,
follow us on
Facebook
and
Instagram.



Food Safety Hotline
Questions about food safety topics?
Call 877-643-9882
Monday - Friday 9 a.m. - 5 p.m. EDT

To learn more visit: www.canr.msu.edu/safe_food_water/events

To listen by phone: Call in advance to register - 877-643-9882



Michigan 4-H Virtual Opportunities

Updated 7/28/2021

Registration for the Michigan State Fair 4-H & Youth Virtual Showcase is now open!

MSU Extension is excited to partner with the [Michigan State Fair](#) again this year on this exciting program for all Michigan youth ages 5-19. The virtual platform provides a great opportunity for youth to exhibit their work in all project areas and apply for \$10,000 in scholarships.

Learn more about this free event at
extension.msu.edu/MSF4HShowcase



August Online Events

NEW! Nature Therapy Club

Learn how nature can help with mental health at Nature Therapy Club! The club will kick off with an event at the 4-H Children's garden where members will plant lettuce seeds and decorate journals. Join us for later zoom sessions to learn about healthy friendships, coping with stress, nature themed yoga, and more! Kickoff is at 10 am August 4th at the 4-H Children's Garden. Zoom meetings will be held August 6, 11, and 13 at 12pm EST

Register here by July 28: <https://tinyurl.com/4htherapy>

Learn more about the 4-H Children's Garden: <https://4hgarden.msu.edu/information/index.html>

NEW! Bug Lunch

See page 3 for more information! Register here: <https://tinyurl.com/buglunch>

Adulting 101 Summer

Ready to be out on your own? Learn some important skills to be successful as an adult. Our Adulting 101-Summer Series includes: cooking 101, credit and why it is important, and chose your future. Bring questions and gain practical skills you can use in your everyday life. Webinars will be held on August 4, 11, and 18 from 1:00 -2:00 p.m. EST. Register at: <https://events.anr.msu.edu/summeradulting/>

Natural Dye Adventure

Do you enjoy tie-dying? Did you know that plants can be used to make natural dyes? Did you know that natural dyes have been used for thousands of years? And how did pirates ever get involved? Join us via zoom to learn about natural dyes, techniques, and methods. During each meeting, we'll use natural dyes such as turmeric, tea leaves,



walnuts, and hibiscus to color materials provided in supply kits. Recommended for Michigan youth ages 9 - 13, 4-H enrollment required. For more information, and to register visit <https://bit.ly/NaturalDyeSPIN>

Michigan Field Guide

Practice your species identification skills and get creative with the MI Field Guide SPIN Club! Join us via zoom to learn how to identify Michigan's insects, amphibians, mammals, and more! Members will receive materials to make their own field guides in the mail and will be invited to join our Goosechase (virtual scavenger hunt) game for even more fun! Recommended for Michigan youth ages 9 - 13, 4-H enrollment required. For more information, and to register visit <https://bit.ly/FieldGuideSPIN>



September Online Events

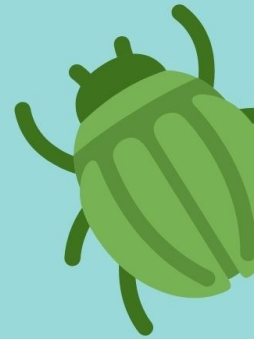
NEW! 4-H League of Clovers: The Dungeon Master Knows All

Many times, the dungeon master has sent you and your D&D character on the quest of a lifetime. Now how would you like to CREATE the quest of a lifetime? Mason County 4-H League of Clovers Gaming Society is planning a workshop where participants will be able to work with our volunteers to become Dungeon Masters and develop the skills necessary to run their own quest. Participants will work with our volunteers to learn about creative writing, story structure and character development as well as how to create a world that is gripping, exciting and flowing. The workshop will take place on September 25, 2021. Registration is open! The Clover Banner is in your hands. Will you raise it? <https://events.anr.msu.edu/DMKnowsAll/>



INTERESTED IN INSECTS?

COME TO 4-H BUG LUNCH!



YOUTH AGED 6-12, JOIN US TO LEARN ABOUT
WONDERFUL WORLD OF BUGS!

TUESDAYS, AUG 3-24
12-1 PM
MEETINGS ON ZOOM

[HTTPS://TINYURL.COM/BUGLUNCH](https://tinyurl.com/buglunch)



18 USC 707

QUESTIONS?
CONTACT SARAH:
RABINESA@MSU.EDU

