

Rusk County well represented at the 4-H Food Challenge

Texas 4-H Roundup is a qualifying and invitational event for 4-H youth who placed in a district level contest or signed up to compete in one of the invitational events and has around 50 diverse competitions that tie in with the many projects that 4-H has to offer.

For youth throughout the State of Texas, Texas 4-H Roundup is the culmination of a 4-H member's year of hard work and dedication. It is designed to supplement the county 4-H program and project work. Each year contests are held throughout the counties, the twelve Texas A&M AgriLife Extension districts, and at the state level.

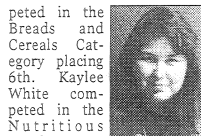
Every June, Texas 4-H Roundup has been held in College Station since its inception (except for 2012 when the event was held at Texas Tech University) until this year when it had to be cancelled due to the Coronavirus Pandemic.

Rusk County 4-H has Food and Nutrition Project Area 4-H'ers that qualified and looked forward to competing in the 2020 State 4-H Food Show, FCH Quiz Bowl, and Food Challenge Competitions for the first time in their 4-H careers. In honor of their project work and accomplishments, the following are the results from the 2020 District V 4-H Food and Nutrition Extravaganza.

Rusk County 4-H was represented at the District V 4-H Food Show held Saturday, January 18th and District V 4-H Food Challenge held February 22nd, at Palestine High School.

First regarding the District Food Show, Rusk County Junior 4-H'ers Abigail Clifton competed in the Fruit and Vegetable Category placing 2nd, Macey Rutherford competed in the Bread and Cereal Category placing 4th, Ben Green competed in the Nutritious Snacks Category placing 2nd.

Rusk County Intermediate 4-H'ers Taylor Rutherford competed in the Main Dish Category placing 4th, Olivia Clifton competed in the Fruit and Vegetable Category placing 4th, Marietta Smith com-



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peted in the Breads and Cereals Category placing 6th. Kaylee White competed in the Nutritious Snacks Category placing 1st.

Rusk County Senior 4-H'ers Leah Green competed in the Main Dish Category placing 8th, Winter Curry competed in the Fruit and Vegetable Category placing 1st-Advances to STATE, Brandelyn Cochran competed in the Breads and Cereal Category placing 4th, Peyton Clifton competed in the Nutritious Snacks Category placing 1st-Advances to STATE.

Next the FCH Quiz Bowl is a competition that tests teams on their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and health. Up against the clock, the 4-Hers buzz in to answer a question and earn points for correct answers. Teams advance in a tournament-system bracket to win the competition. Although it has been many years since Rusk County had teams compete in this event, our 4-H program returned strong!

Rusk County FCH Quiz Bowl-Junior Team Members-Macey Rutherford, Caroline Smith, Abigail Clifton, Kara McKee placed 1st; Intermediate Team Members-Marietta Smith, Kaylee White, Jordis Stark, Olivia Clifton placed 1st; Intermediate Team Members-Wayne Stark, Amelie White, Charlie Rodriguez, Taylor Rutherford placed 2nd; Senior Team Members-Brandelyn Cochran, Peyton Clifton, Mason Martin, Winter Curry placed 2nd - Advances to STATE.

Next was the Food Challenge Contest which allows team members to create a dish using only a predetermined amount of ingredients. From the ingredients, 4-H'ers must identify, prepare and then present information related to the serving size, nutritional value, and cost of the dish.

Rusk County 4-H had a total of 7 teams compete in this event.

The following were the three Rusk County 4-H Junior Teams/Placings: "Junior Team 1" earned 4th place honors and consisted of the following members: Macey Rutherford, Kara McKee, Caroline Smith, Benjamin Green; "Junior Team 2" earned 3rd place, Team members were: Callie Oliver, Trinity Patterson, Lillie Furquerson, Arthur Smith. "Junior Team 3" earned 2nd place honors and consisted of the following members: Katherine Rodriguez, Grace Pitts, Abigail Clifton.

The following were the two Rusk County 4-H Intermediate Teams/Placings: "Intermediate Team 1" consisted of the following team members: Olivia Clifton, Blane Reeves, Taylor Rutherford, Marietta Smith; "Intermediate Team 2" earned 1st place and consisted of the following team members: Charlie Rodriguez, Amelie White, Jordis Stark, Kaylee White.

The following were the two Rusk County 4-H Senior Teams/Placings: "Senior Team 1" earned 1st place - Advances to STATE and consisted of the following team members: Peyton Clifton, Leah Green, Hannah Jane Parrott; "Senior Team 2" earned 4th place and consisted of the following team members: Brandelyn Cochran, Mason Martin, Bailea Reeves.

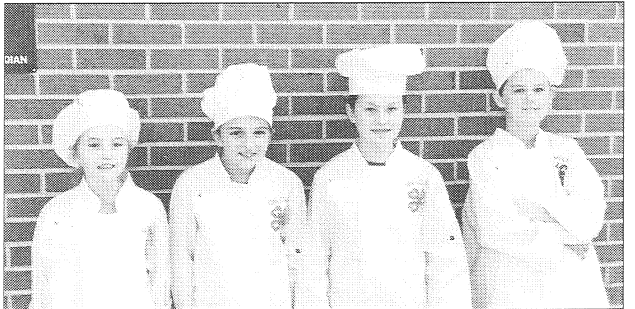
Congratulations to these 4-Hers on a job well done at the district show! And special thank you to the parents, grandparents, and volunteers who helped in so many ways not only on the day of the district contest but in those big and small ways throughout our journey.

For more information regarding the Rusk County 4-H Program and to learn how to become a member, please contact the Rusk County Extension Office at 903-657-0376. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.



Courtesy photo

Rusk County 4-H Intermediate Team Two (Jordis Stark, Amelie White, Charlie Rodriguez, Kaylee White) 1st place-District V 4-H Food Challenge



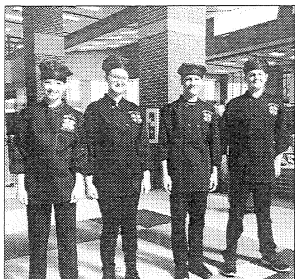
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Rusk County 4-H Junior Team Two (Callie Oliver, Trinity Patterson, Lillie Furquerson, Arthur Smith) 3rd place-District V 4-H Food Challenge



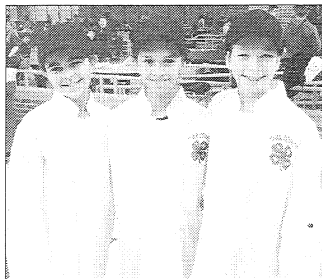
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Rusk County 4-H Food Challenge - Two Senior Teams (Mason Martin, Brandelyn Cochran, Peyton Clifton, Leah Green, Hannah Jane Parrott, Bailea Reeves)



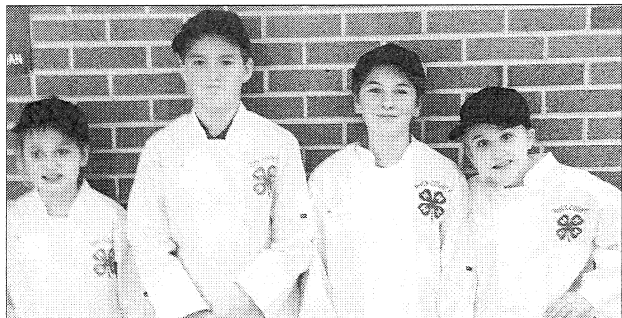
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Rusk County 4-H Intermediate Team One (Olivia Clifton, Marietta Smith, Taylor Rutherford, Blane Reeves)



Courtesy photo

Rusk County 4-H Junior Team Three (Grace Pitts, Katherine Rodriguez, Abigail Clifton) 2nd place-District V 4-H Food Challenge



Courtesy photo

Rusk County 4-H Junior Team One (Kara McKee, Benjamin Green, Macey Rutherford, Caroline Smith) 4th place-District V 4-H Food Challenge