

# Roadmap to Rutgers Cooperative Extension (RCE) of Salem



## Spring Fun Guide



Roadmap to RCE created by: Amelia Valente  
Ocean County 4-H Program Associate  
Spring 2021 in collaboration with Salem County RCE



# Rutgers Cooperative Extension (RCE) of Salem County

The Ware Agriculture Building  
51 Cheney Road  
Suite #1  
Woodstown, NJ 08098



## *Our Mission*

We provide research-based information and programs to help educate our diverse population and improve their lives for the rapidly changing future.

## *The purpose of this guide*

These fun and educational activities can be completed at home, while also exploring the different departments and projects within Rutgers Cooperative Extension of Salem County .

Submit your Adventure Log on the last page to win a prize! Have fun and remember youth should complete this activity with a parent/guardian. Though this guide is designed for youth and families, anyone is welcome to complete the activities.

*Website:* <https://salem.njaes.rutgers.edu/>

*Follow us on Facebook*

<https://www.facebook.com/SalemCountyFCHS/>

<https://www.facebook.com/NJ4HSalemCounty/>



# STOP #1

## Agriculture and Natural Resources



## Introducing: Melissa Bravo

Dear NJ Agriculture Producers and Partners,

Over the next months in preparation for the spring planting season, I would like to connect and get to know your farming and agriculture business operations.

I look forward to discussing three year crop rotation histories, current crop status, plans for 2021 and learn about past, present and future weed, fertility and pest issues of concern in row crop, forages and pastures. This information will assist me in building out my work plan for 2021. Please reach out to me via email and let me know when would be a good time to connect on the phone or in a video call; and what social media platforms work best for you at this time.

Regards,

**Melissa A. Bravo**, M.S. Agronomy | Assistant Professor, County Agent III  
Rutgers Cooperative Extension | Agriculture & Natural Resources  
melissa.bravo@njaes.rutgers.edu

856.340.6582 work cell | 856.769.0090 office

Crop Talk Website: <https://sites.rutgers.edu/salem-county-crop-talk/>

# STOP #1 (Continued)

## Agriculture and Natural Resources

Agriculture and  
Natural Resources



What we can help you with:

Weed, fertility and pest issues in row  
crop, forages and pastures.

Contact:

Melissa Bravo:

Email: [melissa.bravo@njaes.rutgers.edu](mailto:melissa.bravo@njaes.rutgers.edu)

Website: [https://sites.rutgers.edu/  
salem-county-crop-talk/](https://sites.rutgers.edu/salem-county-crop-talk/)

## Crop Talk: Can you solve these Agriculture Riddles?

Fore gut I have for \_\_\_\_\_ my food, not my homebrew. Who could I be?

Olfactorily speaking, I am macrosmatically superior to you. Who could I be?

Udder I've not, dugs of mine are in parallel rows. Who could I be?

Roman roaming rumen hauling gluten with his human. Explain in plain English, please?

Halting before vaulting at high speed was the cause of my injury. Who am I?

Honking is the best way to get my message across. Who am I?

Hee-hawing is for donkeys. I prefer to bray than nay. Who could I be?

Hopping along on only two feet is too slow for me. Who could I be?

## BONUS FIND: Can you take the first letter of every clue and put them together to find the hidden message?

Correct answers posted at: <https://sites.rutgers.edu/salem-county-crop-talk/>

Have a agriculture riddle or two for Melissa to solve? Send them to her and she will post them  
on her website with the answer key.

Send your own riddles to [melissa.bravo@njaes.rutgers.edu](mailto:melissa.bravo@njaes.rutgers.edu)

Activity by Melissa Bravo: <https://njaes.rutgers.edu/eval/>

# STOP #2

## 4-H Youth Development



What we can help you with:

- Quality informal education programs for youth in grades K–13 in area of Arts, Animal Science, Civic Engagement, Leadership, Healthy Living, Science and Engineering, Shooting Sports, and more
- Encourage responsibility, community awareness and character development

Contact:

4-H Agent: Laura Eppinger

Email:

[Eppinger@njaes.rutgers.edu](mailto:Eppinger@njaes.rutgers.edu)

Website:

[https://  
saalem.njaes.rutgers.edu/4h/](https://saalem.njaes.rutgers.edu/4h/)

## Too Loud, Too Long — Keep Your Ears Safe!

Do you love music, video games, movies and TV? What about riding a tractor or ATV? These are great activities but can damage our ears, which is why it is important to protect them.

What you need:

- Three to five pipe cleaners
- A source of music, regulated by a parent/guardian/trusted adult.

1) Watch this short video about how sounds enter our ears:  
<https://go.rutgers.edu/utihgutw>

2) Remember the **stereocilia** cells in our ears? They moved when sound was detected. Hold your pipe cleaners tight in one hand. They will be stand-ins for these cells.

3) Have a trusted adult begin to play music, very softly. When you hear the music, gently shake the pipe cleaners in your hand. This is how those stereocilia cells move.

4) Slowly, the adult will turn up the music (but never to damaging levels! The louder the music, the harder you will shake your pipe cleaners and dance around.

5) Finally, when the music stops — look at your pipe cleaners. Are they bent now? If these were ear cells, they would be damaged.

6) Think about and look at these pipe cleaners whenever listening to music or a show, or riding a tractor or ATV. Protect your ears from loud noises!



**Learn more from the CDC:**

<https://go.rutgers.edu/kmqn8gag>

# STOP #2 (continued)

## 4-H Youth Development



What we can help you with:

- Quality informal education programs for youth in grades K–13 in area of Arts, Animal Science, Civic Engagement, Leadership, Healthy Living, Science and Engineering, Shooting Sports, and more
- Encourage responsibility, community awareness and character development

Contact:

4-H: Laura Eppinger

Email:

[Eppinger@njaes.rutgers.edu](mailto:Eppinger@njaes.rutgers.edu)

Website:

## Everybody wins at self-care BINGO!

A safe and fun way to color on your food. Write a positive message on a healthy item and give to someone who needs a smile.

What you need:

- Self-Care Bingo Worksheet (next page)
- Colorful pens, markers, crayons, or whatever you like to draw and write with

1) Think about the activities or objects that make you smile when you are down, or that you find very soothing.

*Examples:* taking a hot bath, snuggling my pet, calling a friend to talk, stretching, taking a walk, drawing or sketching, writing in a journal, having a cup of tea.

2) Fill in each box on the worksheet with one activity that makes you happy.

3) Once the worksheet is full, start caring for yourself. Pick a self-care activity and do it!


4) You can keep track of what you have done with BINGO chips if you have them, or a highlighter or light-colored marker.



**TIP:** Activities that feel good don't have to cost money! Think about toys or activities you already have at home, and plan on ways to use them more.

# Self Care BINGO

Fill in each box with something kind you can do for yourself

		Free 		

Worksheet created by Brittany Rigg, Atlantic County 4-H Program



# STOP #3

## Family and Community Health Sciences



What we can help you with:

- Staying Healthy, Raising Healthy Kids, Eating Right, and Living Well
- Educational programs to help today's busy families make choices to enhance health

Contact:

Contact: Alex del Collo

FCHS: 856-769-0090

Email: [delcollo@njaes.rutgers.edu](mailto:delcollo@njaes.rutgers.edu)

Website:

<https://saalem.njaes.rutgers.edu/fchs/>

<https://njaes.rutgers.edu/fchs/>

### Roasted Garlic Hummus

Hummus is so easy to make and so full of nutrients! It makes a delicious spread on your sandwich or perfect as a dip for fresh veggies. It is so nice to have on hand for a work-day snack while at your desk, or for a get-together with friends and family.

#### Ingredients

- 1 head fresh garlic
- 1 tablespoon olive oil for roasting garlic
- 1 can chickpeas, drained and rinsed (**save some of the liquid from the can, aka aquafaba!**)
- Sprinkle of salt
- 2 tablespoons olive oil for hummus
- Optional additions
  - 1 tablespoon of lemon juice
  - ½ teaspoon of ground cumin
  - Sprinkle of paprika for presentation



#### Preparation Steps

Preheat the oven to 350 degrees (if you have a toaster/broiler oven you can use it instead of heating your large oven). Cut a piece of aluminum foil about 12 inches square. Cut the garlic head in half crosswise. Place it on the foil and drizzle some olive oil over the cut sides of the garlic. Put the garlic back together and seal the foil tightly. Bake at 350 degrees for 40 minutes. The garlic cloves will be soft and fork tender.

When cool enough to handle, squeeze the garlic cloves out of the head. Set aside. Place chickpeas and garlic in a food processor. Add a sprinkle of salt to taste. Add 2 tablespoons olive oil and any additional ingredients. Blend until thick and smooth. If the hummus is still dry, add in a tablespoon of aquafaba at a time (the liquid from the chickpeas) until the desired consistency is reached. Add additional salt to taste.

Serve hummus with a sprinkle of paprika on top and pair with whole grain pita bread, fresh carrots, broccoli, celery, and red or green peppers. Enjoy!

Check out our video below on how to make this recipe!

<https://vimeo.com/38227210>



# Adventure Log

Submit a completed log to the Salem RCE office and we will send you a special surprise!

Include your: Name, Mailing Address, and # of family members who participated

By email: [eppinger@njaes.rutgers.edu](mailto:eppinger@njaes.rutgers.edu)

By mail: Laura Eppinger, 51 Cheney Road Suit #1, Woodstown NJ, 08098

**Share your own riddle here! Or, draw/add a picture of one of the answers to a riddle from page 6.**

**Draw/add photo of your pipe cleaners after loud music.**

**Draw/add photo of your self-care BINGO sheet, or a picture of you doing an activity that calms you**

**Share below the two food groups (from My Healthy Plate) that hummus fits into:**

*We hope you had fun!*