Polk County OSU Extension Service

4-H Food Classes
These classes are for any youth grades 4th-12th. They will be every 3rd Friday of each month, 6PM to 7:30 PM. Classes are held at the Polk County Extension Office unless. Preregistration is required by the Tuesday before the Friday class. To RSVP, please call 503-623-8395. Cost is $3 for 4-H Members and $5 for non-members.

Friday, February 21st - Shortening Cake
Friday, March 20th – Rolls/Yeast Breads and Freezer Jam
Friday, April 17th – Cookies Masters (drop/rolled)
Friday, May 15th – Chili and Cornbread
Friday, June 19th – Bar Cookies/Food Prep Contest/Consumer Skills

4-H Sunday Night Family Dinners
These classes are for anyone 4th grade or older, including adults. Introduce your family to a new cooking experience! Prepare food with your family and taste new foods that other countries daily prepare. Take recipes home with you! Cost: 4-H Families: $5 for youth/$7 for adults; Non 4-H families: $7 youth/$10 for adults. Classes run 5-8PM.

Sunday, February 9th – Greek (spanakopita, baklava, and more)
Sunday, February 23rd – Scandinavian (Swedish meatballs, hand pies, and krumkake)
April 26th – Authentic Mexican
May 31st – Outdoor Cookery

4-H Food Preservation Classes
These classes are for any youth grades 4th-12th. They vary in date, time, and price. Classes are held at the Polk County Extension Office. Preregistration is required at least two days before each class.

Friday, February 7th - Jams, Jellies, and Conserves 6-9PM
Cost: $3 4-H members/$5 nonmembers.
Please bring six, 4-8 ounce jars. If you don’t bring jars you will have an opportunity to purchase jars, rings, and lids at class.

Saturday, March 11th – Pickling, fermenting, and corning (carrots, cabbages, beef) 9AM – 1PM
Cost: $8 4-H members/$10 nonmembers.

Wednesday, April 8th – Canned fruit and dehydration 6-9PM
Cost: $3 4-H members/ $5 nonmembers

Friday, May 1st – Preserving Tomatoes (both water bath and pressure canner) 6-9PM
Cost: $5 4-H members/ $7 nonmembers

To RSVP for any of these classes, call 503-623-8395.
You do not have to be a 4-H member to attend or participate!

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