

## Fifer Orchards 4-H Front Porch Demonstrations

4-H members have the opportunity to sign up based on schedule provided to **prepare recipes using fruits and vegetables** in harvest and showcase these recipes on the front porch of Fifer Orchards in Camden, DE. Member can obtain needed fruits and/or vegetables from Fifer Orchards (in advance) to prepare recipes. Prepared item is **cut up into some sample sizes** for customers of Fifer Orchards to taste and **copies of recipes** should be made available for anyone who would like one. This is an excellent way to have 4-H members work in their foods project area, helps to showcase and promote 4-H, and also helps to promote products of Fifer Orchards since after customers taste the delicious recipes prepared by 4-H members, they will want to go and purchase fruits and vegetables to go home and make the recipes for themselves.

Fifer Orchard Contact: Mary Ann Fennemore

Telephone Number: 697-2141

4-H Office Contact: Kristin Cook, 4-H Educator

Office: 730-4000

In order to participate in this activity, a 4-H member should do the following:

1. Sign up with the 4-H Office on one of the scheduled days of this event. The days scheduled are the 2<sup>nd</sup> Saturday of the month. It is possible that additional Saturdays may be available that are not listed. Be sure to check with the County 4-H Educator for additional dates.
2. Any individual 4-H member can sign up to do this or members may do this in teams of 2, 3 or 4 members. Sometimes it is better to do this in teams to have company during this activity. In addition, 4-H clubs also can sign up to do this and can have everyone involved there at the same time or they can schedule different members to cover different times of the activity.
3. Select recipes using the fruits and vegetables in harvest per the schedule provided by Fifers. One recipe will work, but two or more recipes is better in order to offer a variety.

4. Prepare recipes at home. Cut up into small sample sizes to share with customers (this can be done at home or on site. If done on site, be sure to have proper utensil to do cutting).
5. Have necessary paper products to use to share recipe. This can be a small plate, small cup or even a napkin, depending on what the food item is. If a utensil is needed to eat the food item, be sure to have it available. If something like a smoothie is prepared, small cups will work fine to allow customers to sample. Having napkins available for customers is very nice, also. The 4-H Office can assist in providing these paper products if this is needed.
6. Set up on the front porch of Fifer Orchards. Table will be provided by them. Scheduled time for this activity is 11 am to 1 pm (members can choose to stay longer if they desire).
7. Please wear something 4-H related to promote 4-H. The 4-H Office has 4-H Aprons that can be used for this day.
8. Have small recipe cards available so customers can take recipe home with them if they are interested.
9. Be sure to clean up the area used on the porch prior to leaving this activity.
10. Kent County 4-H Display with brochures, table cloth and 4-H aprons are available from the County Office – call 730-4000 to request.