

**East Hills 4-H**

**March Newsletter 2018**



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## **Dyeing Cloth with Mushroom**

At the Mushroom Fair in Santa Cruz there was a station in the kid's area where you could dye cloth using dye from Dead Man's Foot and Boletus mushrooms. The Dead Man's Foot mushroom made brown dye and the Boletus mushroom made yellow-green dye. You could take a cloth and chose a pattern you wanted on your cloth. Then you put your cloth into a hot dye after you made the pattern with magnets and rubber bands . It took 20 minutes for the cloth to dye. Once the cloth has been dyed and dried you could check out the pattern you had made. I made 3 dyed cloths: one with a line and triangle pattern, one with a diamond pattern, and the line pattern below:



## **Growing Portabella Crimini (Agaricus Bisporus) at Home**

On January 13, 2018 we went to a fungi fair in Santa Cruz. As were in the mushroom merchandise room, mama saw a table on which there were mushroom growing kits for sale. We were planning in the mushroom project meeting to grow edible mushrooms in kits. To practice, we bought a kit that would grow Portabella mushrooms.

In late January, we started the kit. We put the mushroom compost on top of peat moss and lime in a bag and put it in the box. At the end of January we had one button (non-scientific name for mushrooms hat have not yet opened their caps) and one almost mature mushroom. In mid-February we ate the mushroom (at that time it was mature and ready to be picked) and getting ready for the button mushroom which was now almost mature. Two days afterwards the mushroom was mature and we ate it.

On February 19, we counted 26 buttons and at least 50 signs of mushrooms getting ready to become buttons. Our first mushrooms grew too fast and the skin tore but they were still delicious. So far the batch looks like heirloom portabellas and we hope they will stay looking like heirloom portabellas. I think that some clusters of portabellas will have some competition, space wise, since there are portabellas so close that mushrooms are touching each other.

I like mushroom growing because you can learn more about mushroom growth and you can experience the stages the mushrooms go through, and you can eat delicious mushrooms straight from your mushroom garden.



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### **The History of Japan**

We talked about Japan in the 1600s. Japan closed its borders so nobody could come in or out. The Japanese emperors didn't have power over Japan. It was actually the shogun who had power. The Japanese became Zen Buddhists so they believed that they could figure things out by meditating.

My sister Ayla and I made a bokai garden and some other kids made mini Zen gardens. A bokai garden was a tiny garden with flowers, a tiny tree, and pretty pebbles. A Zen garden is a simple garden with sand and stones. Japanese meditated at Zen gardens and we had a short meditating lesson.

Some of the kids prepared a six course meal for a Japanese tea ceremony which we ate after meditating. After our six course lunch, we had sugar covered popcorn for desert.

Then we did sumo wrestling. The goal was to get the opponent out of the ring with only pushing and pulling. First they clapped once, then they stomped their feet to get rid of the bad spirits. After that they take a sip of water to clear their minds and they sprinkle salt in the ring for good luck. Then they start the glare off where you glare at the opponent, finally you start to wrestle. I competed against my sister Ayla and she won.

### **Organic Gardening Project**

In the March Organic Gardening project meeting, held at Hideaway Ranch in Castro Valley, we planted succulent fairy gardens, containers of edible plants, and raised beds. I really liked a mini strawberry-decorated pot and planted my succulent fairy garden in it. The containers of edible plants included strawberries, calendula (edible orange flowers), and thyme. We planted plants like chickpeas in the raised bed, along with the leftovers from the containers of edible plants.

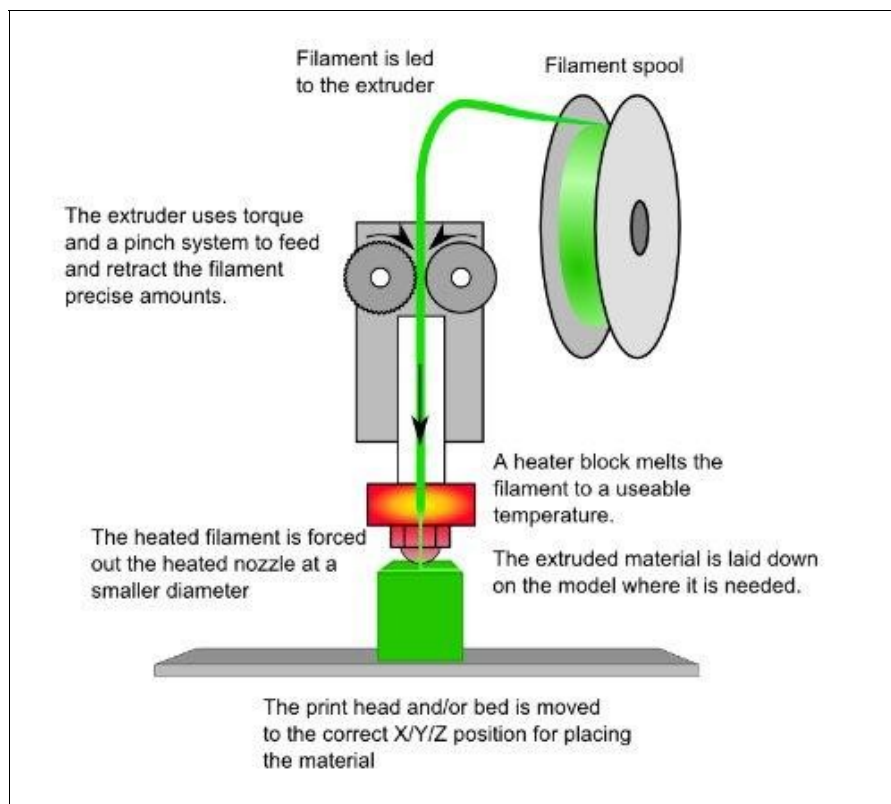
## Stitched and Stuffed Project

Last month in the Stitched and Stuffed Project, we made dragons and unicorns. I made a dragon. We made them out of felt. First we cut out the pattern, then we sewed it together and stuffed it. It was fun

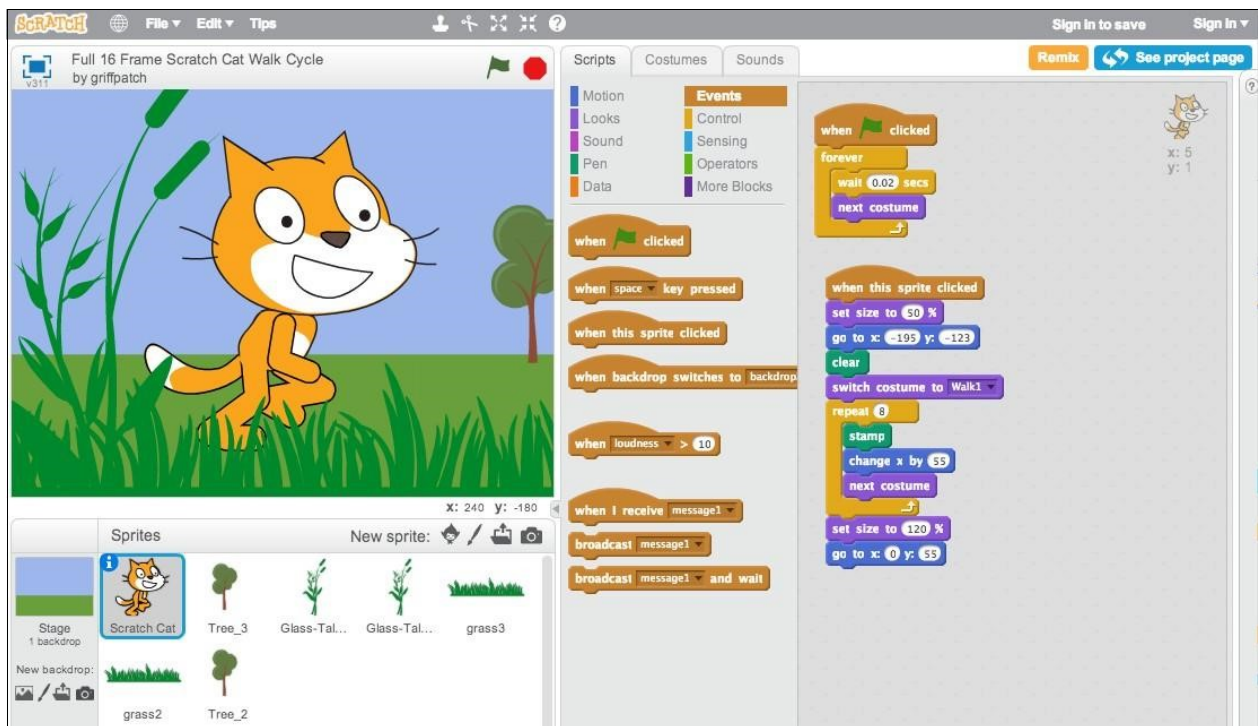
## What are We Doing in Digital Makerspace

In Digital Makerspace for the March meeting, we did more with the Arduino, if you don't know what a arduino is, it is basically the brains of a computer without all the other stuff like a battery or a case or a screen or keyboard. And made some circuits on breadboards. We also added programming to the mix so we could do more interesting things with it, such as making a L.E.D blink when you press a button instead of just turning on. We also used a light sensor and a program to make the L.E.D grow brighter or dimmer.

I also did MCreator which is a application that allows you to make basic Minecraft mods. I personally have made a block of cheese and armor. But you can make all sorts of items like armor, tools, blocks, items, foods, biomes, plants, mobs, dimensions, achievements, and recipes. I also was talking to one of the members about 3D printing a toy boat for him out of plastic filament. And if you don't know what 3D printing is then here is a basic breakdown of how it works:



This is the basic setup of a 3D printer and if you want to know more, ask me or look on the internet, there are a lot of articles and helpful websites. We also did a little bit of Scratch, which is a app that allows you to make programs like this:



This is a simple program made on Scratch I personally have made a Platformer and a Dice program but you can make a ton more programs like games, art, music, animations, stories and other stuff like that.

## Word Crafts Project

Word crafts was on 4/2/18, and at the library. At word crafts, we made little notebooks out of twelve sheets of paper. On these little notebooks we each wrote down ten questions and 9 slots for answering them. After we were finished writing, we passed around the booklets and everyone had to answer the questions in one of the nine slots. After that, the meeting ended.