



West Feliciana News



4th Quarterly Highlight | October- December 2025



West Feliciana Parish
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West Feliciana Parish offers many opportunities for outdoor recreation such as photography, bird watching, hiking, canoeing, biking, hunting, and fishing. Cat Island National Wildlife Refuge with the National Champion Bald Cypress Tree is just one of the areas that attract nature lovers to the parish. Major employers in the parish are the River Bend Nuclear Power Plant and Louisiana State Penitentiary at Angola. West Feliciana is known for its excellent school system which consistently ranks in the top 5 in the state.

4-H Youth Development

As the autumn leaves fell, West Feliciana 4-H members stayed busy with exciting projects. In October, members continued their journey exploring Louisiana wildlife, learning how to track and count populations of common Louisiana mammals. This hands-on experience flowed into November club meetings, where students shifted focus to Thanksgiving traditions and discovered the fascinating ecology of turkeys in Louisiana.

On October 18, the West Feliciana Rabbit Club held its inaugural Bunny Boo-Nanza, and it was a hopping success! Thirty-four youth exhibited over 87 rabbits and showcased their skills in showmanship and creative costume contests. This event marked the club's first-ever fundraiser, and thanks to the hard work of members and volunteers, it was a tremendous success. Mark your calendar: the next Bunny Boo-Nanza is already scheduled for October 10, 2026!

November kicked off with an adventure as the 4-H Agent, four

junior counselors, and six 4-H'ers attended Challenge Camp at the Lion King Retreat Center in Amite, LA. Seventh and eighth graders enjoyed two days of team-building exercises and fun challenges! Later in the month, the 4-H Office hosted the annual Culinary Arts Contest, featuring an impressive 55 dishes. Also in November, two West Feliciana equine ambassadors represented our parish at the State 4-H Horse Judging Contest, earning 2nd and 9th place!

December started strong with Wetlands Day at WFMS on December 5th. The LSU AgCenter Wetland Ambassador Team, Junior Leaders, our Horticulture Agent, and 4-H Agent taught four wetlands lessons to 165 seventh graders. Junior Leaders celebrated at their Christmas Party and completed their service-learning project by helping collect toys for the Toys for Tots Program.

All our project clubs are in full swing and meet regularly. Youth are having a great time learning

new skills in leadership, cooking, sewing, horses, rabbits, horticulture, and shooting sports! Members are currently preparing for upcoming shooting sports competitions and gearing up for livestock season. We're excited for a busy winter, and spring filled with learning, growth, and fun!



Horticulture & Livestock/Forage

Feliciana Master Gardeners supported school gardens by purchasing and delivering \$1,500 worth of soil and garden supplies to school gardens in East and West Feliciana Parishes, enhancing hands-on learning opportunities for students.

M'Adele Miller, Feliciana Master Gardener and flower farmer from St. Francisville, volunteered as the 4-H Horticulture Project Club Leader. The club has met twice and started seed trays with cool-season flowers, fostering youth interest in horticulture.



The Feliciana Forestry Association held their annual tour at Big River Forest Products timber mill in Gloster, MS, with 31 attendees learning about timber processing and observing state-of-the-art technology at the new mill.

16 participants attended the Christmas Floral Design Workshop for an engaging session on floral design fundamentals. Attendees learned techniques for incorporating native materials and completed a special project, Petals from the Parish, using locally grown flowers. The inaugural workshop was a success, and additional sessions are planned.



The LSU AgCenter and Bob R. Jones - Idlewild Research Station hosted the Southeast Region Beef, Forage, and Wildlife Field Day on November 1 in Clinton. Producers from multiple parishes learned

more about current and new technologies to improve their livestock operations and wildlife management. Some of the demonstrations and presentations included wild venison cutting, thermal scope and suppressors, herbicide-resistant sunflowers, fenceline brush management, and electronic cattle tagging.

The LSU AgCenter has scheduled a Private Pesticide Applicator (PPA) Recertification Training for producers whose license expires by December 2026. The first PPA Training is scheduled for January 29th at the Bob R. Jones-Idlewild Research Station in Clinton from 10am-12noon. Space is limited so please call 225-683-3101 to reserve a spot or for more information. Other training courses will be scheduled for February and March and will be posted online when details are confirmed.

More information about livestock activities and resources can be found at the LSU AgCenter website

https://www.lsuagcenter.com/to pics/livestock/beef_cattle or https://www.lsuagcenter.com/portals/our_offices/parishes/west%20feliciana/features/agriculture/livestock for information from West Feliciana parish.



Nutrition & Community Health

In celebration of Healthy Aging Month, the Nutrition & Community Health (NCH) Agent partnered with RKM Primary Care to deliver the *Stay Independent* nutrition series during September and October. It is a research-based nutrition and wellness program

designed for adults aged 60 and older. The series equips participants with practical tools and strategies to set goals that support independence and well-being in mid and later life. Over the course of six weeks, 20 participants from West Feliciana, East Feliciana, and East Baton Rouge Parishes completed the program, gaining valuable knowledge to promote healthy aging and maintain quality of life.

In October, 138 Pre-K students at Bains Lower Elementary were introduced to the OrganWise Guys—a fun and educational set of lovable plush organs like Hardy Heart and Sid & Kid the Kidney Brothers—through the engaging lesson *School Days Here We Come*. This helped the children understand the importance of healthy habits and how their organs work to keep them strong.

140 kindergarten students explored the basics of healthy eating with MyPlate. They participated in a hands-on MyPlate Match-Up Activity, reinforcing the concept of balanced meals and the five food groups.

To children also worked in the school garden, planting carrots, radishes, broccoli, cabbage, cauliflower, and flowers. Since cucumbers were still being produced, children enjoyed sampling fresh cucumber slices during each nutrition and garden class—making healthy eating both fun and delicious!

During November and December, all Pre-K and kindergarten students learned about germs and how to Fight BAC (teria)! Through fun, hands-on activities, children discovered the importance of handwashing and food safety. One favorite activity was using a blacklight to “see” germs on their hands—making the lesson both educational and exciting!

A special thank you to the Feliciana Master Gardeners for generously providing soil, transplants, seeds, and flowers to support the school garden.

In October, the Mission Nutrition 4-H Project Club participated in the “Be Active Your Way” program. During the session, 4-H’ers discussed: why physical activity is important, how much activity they need each day, and different types of physical activity. To make the program interactive and fun, the 4-H’ers were introduced to cardio drumming, an energetic activity that combines rhythm and movement for a great workout. To celebrate the season, the 4-H’ers enjoyed making Halloween-inspired recipes including: Halloween Punch, Banana Sushi Rolls, Hot Dog Mummies, and Frankenstein Cookies.

In November, the club focused on whole grains and why they are an important part of a healthy diet. Members learned how to read and interpret nutrition facts labels through the Label Logic Activity, helping them make smarter food choices. They also explored the

benefits of fiber during the Fiber Facts Activity, gaining a better understanding of how fiber supports digestion and overall health.

On a recent visit to the Council on Aging, the NCH Agent led an engaging program focused on physical activity for older adults. Building on the success of previous sessions, she included cardio drumming along with resistance band activities to improve strength and flexibility.

Our NCH Agent continues to make a positive impact in West Feliciana Parish through two ongoing initiatives: Herb/Spice of the Month where she provides an informative factsheet and samples at the West Feliciana Parish Library, introducing the community to new flavors and healthy ways to season food without excess salt or sugar. As well as nutrition support through nutrition resources she delivers to the West Feliciana Food Pantry, helping ensure that families have access to practical tips and tools for healthy eating.



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