



West Feliciana News



1st Quarterly Highlight | January- March 2026



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

Late winter brought an exciting and productive season for West Feliciana Parish 4-H'ers. January marked the beginning of Livestock Show Season, and our members were busy showcasing their hard work and dedication. The Parish Livestock Show was held January 16–17, kicking off with our annual Mini Farm event. Approximately 700 Pre-K through 2nd grade students attended and had the opportunity to learn about various aspects of agriculture and livestock through hands-on experiences.

This year's Parish Livestock Show featured 47 exhibitors who competed in Premier Exhibitor tests, Showmanship, and their respective breed and meat classes. Following the parish competition, our exhibitors advanced to the South Central District Show, where they performed exceptionally well earning top Premier Exhibitor honors in several species.

West Feliciana Parish 4-H'ers concluded the season at the State Livestock Show, proudly representing our parish and demonstrating the strong

commitment, skill, and sportsmanship that define our program.

As the Livestock Show Season ended, West Feliciana Parish 4-H shifted seamlessly into Shooting Sports Season. Our members participated in both the East Baton Rouge and Ascension District Invitational Shoots, competing in Shotgun and Archery events. These competitions provided valuable experience, and our 4-H'ers performed exceptionally well as they prepared for the next level.

In March, our Shooting Sports participants advanced to the Regional competition, where their hard work truly paid off. Fifteen 4-H'ers qualified for the State Shoot in Archery, earning spots in both the 3D and Modified FITA divisions. They brought home several top-ten finishes and multiple first-place awards. Additionally, two of our members qualified for the State Shoot in Shotgun, an exciting achievement for our parish.

West Feliciana Parish 4-H continues to demonstrate strong

skill, dedication, and sportsmanship across all project areas, and we are proud of the accomplishments of our Shooting Sports team.

For the first time, West Feliciana Parish 4-H fielded three teams at the Southern Region Food Challenge, marking an exciting milestone for our program. Each team returned home with an award, demonstrating both skill and teamwork. Two of our teams advanced to the finals in their respective heats, and our 7th–8th grade boys team earned the prestigious Golden Spatula Award for exhibiting outstanding sportsmanship and character. Their achievements reflect the dedication and preparation of our youth, as well as the strong support of their coach and families.

Our Sewing Club has been hard at work preparing their project items for this year's Fashion Show. Throughout this quarter, 4-H club members have continued their Louisiana Wild Lesson Study, exploring topics such as snakes, alligators, and the differences between native and invasive species. In addition to sewing, our Rabbit Club, Horse Club, and Mission Nutrition Cooking Club have all been actively meeting. Youth in these clubs are gaining hands-on experience, building new skills, and deepening their knowledge in their respective project areas.

We are already gearing up for an exciting slate of summer activities. West Feliciana Parish 4-H'ers are looking forward to a full season that includes 4-H Camp Grant Walker, 4-H University, Horse Shows, Marsh Maneuvers, LOST Camp, and a variety of fun parish-level events. With so many opportunities ahead, our members are eager to learn, explore, and continue building their 4-H experiences throughout the summer.



Horticulture & Livestock/Forage

The Feliciana Forestry Association held its annual meeting on January 22 in Clinton, LA. 143 guests attended and enjoyed both the meal and an engaging presentation from Dr. Luke Stamper, LSU AgCenter Extension Wildlife Specialist.

The 4-H Horticulture Club has also been active this quarter. Members created handmade ollas (pottery) and will shift their focus to floral design at their next meeting.

The Feliciana Master Gardeners played a major role at the 4-H Mini Farm, where they hosted a booth teaching youth about leaves and guiding them through leaf-rubbing activities. The group is also busy preparing for their annual fundraiser, the St. Francisville Spring Garden Stroll, scheduled for May 9.

Our Horticulture Agent is currently serving as the Louisiana County Agricultural Agents Association (LCAAA) State President and will be hosting the annual LCAAA professional development meeting in St. Francisville this year. LSU AgCenter agriculture agents from across the state will gather May 31–June 3 for tours, guest speakers, and professional learning opportunities.

The LSU AgCenter recently conducted two Pesticide Applicator Recertification Trainings for producers with licenses expiring in December 2026. Trainings were held January 29 at the Bob R. Jones–Idlewild Research Station in Clinton and March 12 at the East Baton Rouge Parish Library, Zachary Branch. A total of 35 producers from East Feliciana, West Feliciana, Pointe Coupee, and East Baton Rouge parishes completed recertification requirements.

More than 60 producers and industry representatives from West Feliciana, East Feliciana, Pointe Coupee, and East Baton Rouge Parishes attended the Louisiana Cattle Producers Annual Meeting and Supper, held at the home of fifth-generation cattle producer John Thompson in St. Francisville. The program included updates from the LSU AgCenter and industry sponsors.

More information about livestock activities and resources can be found at the LSU AgCenter website https://www.lsuagcenter.com/topics/livestock/beef_cattle or https://www.lsuagcenter.com/portals/our_offices/parishes/west%20felician/features/agriculture/livestock for information from West Feliciana Parish.



Nutrition & Community Health

Our Nutrition & Community Health (NCH) Agent continues to provide nutrition and school garden programming to 138 Pre-K children and 140 kindergarteners at Bains Lower Elementary. In January, students learned about the importance of eating fruits and vegetables. In February, both grade levels explored the Grains Food Group and the importance of physical activity. All students were introduced to cardio drumming using pool noodles, and they loved the combination of music, movement, and using their “drumsticks.” March lessons focused on the Dairy Food Group. Students learned about “bone bank savings” and which foods provide calcium to help keep bones strong.

The 4-H Mission Nutrition Project Club has been meeting monthly and engaging youth in hands-on learning experiences focused on healthy eating. In January, 16 members explored the Protein Foods Group. They participated in a hot dog taste test and prepared "Egg Salad in a Bag," giving them a fun and practical way to learn about protein-rich foods. February's meeting centered on *Got Milk?* Dairy Program. Twelve 4-H'ers sampled a variety of milks and cheeses, with a highlight of the session making the Lemon Velvet Supreme recipe together. In March, 14 members learned how to "make half their plate fruits and vegetables" and discussed the benefits of eating a colorful variety of produce. Working in teams, the 4-H'ers prepared air-fried cinnamon chips and fresh fruit salsa, reinforcing healthy habits through hands-on food preparation.

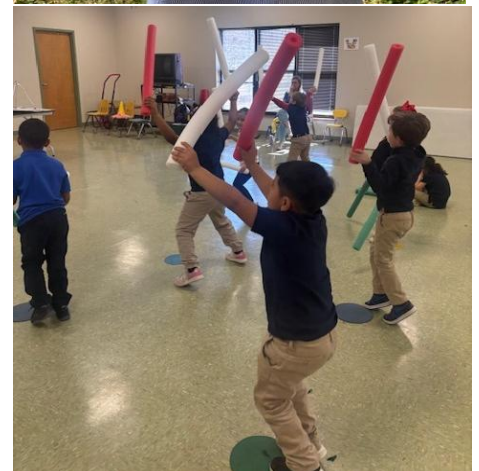
The NCH Agent delivered the Vary Your Protein Food Choices Program to 23 participants at the West Feliciana Council on Aging. Clients learned why protein foods are an essential part of a healthy diet, explored ways to choose leaner protein options, and received money-saving tips for purchasing protein foods. The group especially enjoyed sampling the Four-Bean Chili prepared by the NCH Agent.

The NCH Agent also participated in the University of Georgia's Science

& Practice in Home Food Preservation hands-on training. This intensive food preservation "bootcamp" provided practical experience with both pressure canning and atmospheric canning, strengthening skills that will support future community education efforts.

Youth who visited the 4-H Mini Farm in January and stopped by the nutrition booth participated in a hands-on Louisiana Pizza activity. They explored which pizza ingredients are produced in Louisiana and learned more about where their food comes from. To reinforce the lesson, the youth also worked together to build a giant pizza using magnets, making the experience both educational and fun.

In partnership with the West Feliciana Parish Library, the NCH Agent provides a monthly herb or spice sample and accompanying fact sheet as part of the LSU AgCenter's A Taste of Herbs and Spices campaign. This collaboration helps introduce community members to new flavors while promoting practical ways to enhance meals. Nutrition resources are also being provided monthly to the West Feliciana Food Pantry for inclusion in their food boxes. These materials offer clients practical tips, recipes, and guidance to support healthier eating habits using the foods available to them.



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