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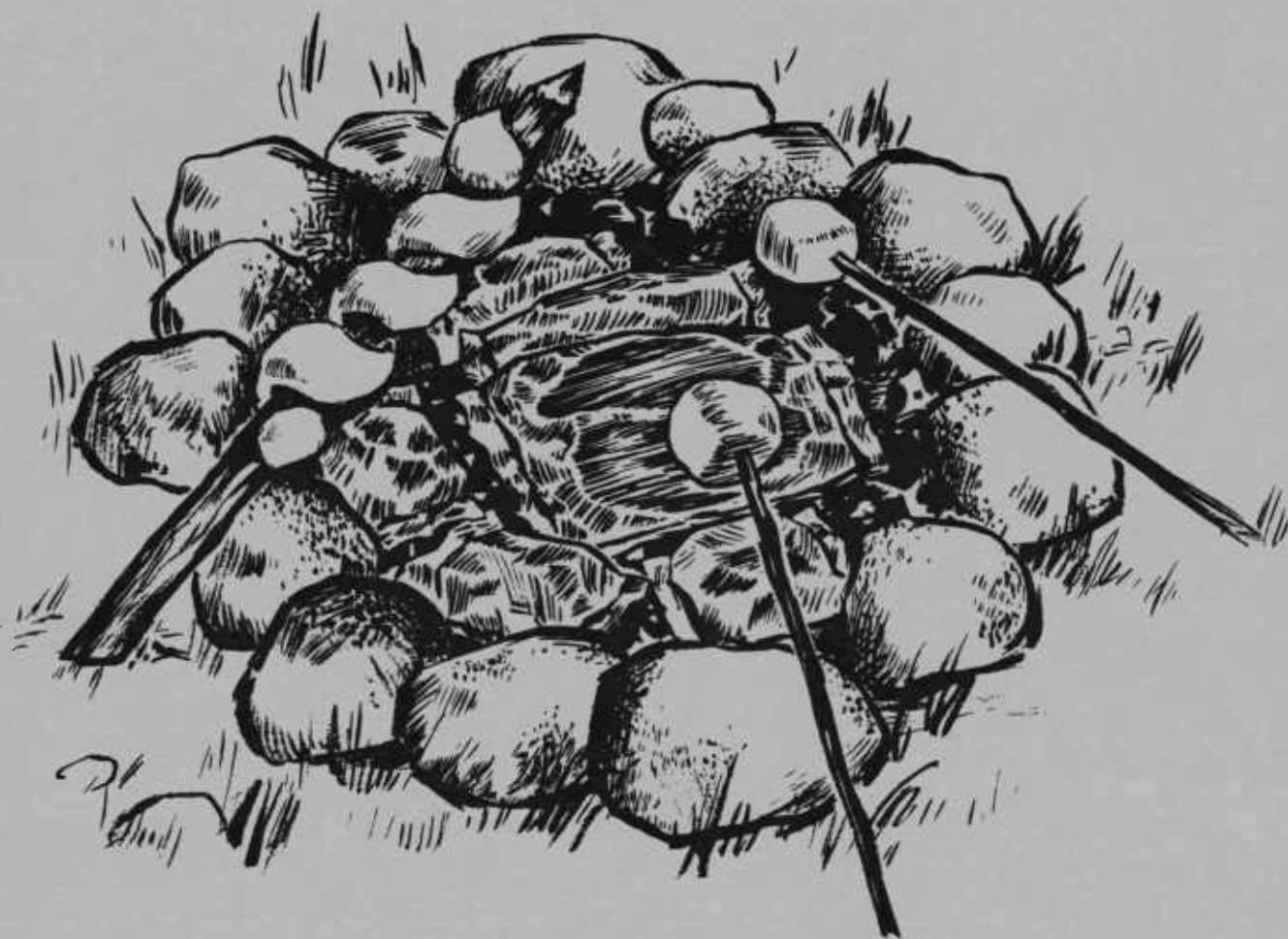
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OREGON 4-H

Outdoor Cookery I



4-H 9321

Revised July 1989



OREGON STATE UNIVERSITY EXTENSION SERVICE

OUTDOOR COOKERY I

Now that you are a 4-H Club member, you will have many new adventures. Since your project is outdoor cookery, even more fun will be included in your cooking adventure. And, who doesn't like food, especially when it is prepared out-of-doors? You might cook in your backyard, at your favorite picnic spot, by a beautiful stream on a wooded hillside, or at a remote camping site near your favorite fishing hole.

Many foods can be prepared outdoors. In this project, you will learn to prepare:

Biscuits	Relishes
Food to take on a hike	Cookies
Sandwiches	Foil Cookery meals

Remember, meals out-of-doors can be just as nutritious as a meal eaten at home. You will want to plan your meals around the four groups of food in the Food for Fitness Grouping as follows:

<u>Food Group</u>	<u>Daily Requirement for Teenager</u>
Dairy	4 or more cups
Meat	2 or more servings
Vegetable and Fruit	4 or more servings
Bread and Cereal	4 or more servings

Other food is also needed by the human body to provide additional food energy and other food values for maximum fitness.

A suggested outline for you to follow is included. The weather and the area in which you live may influence your club's outline. You may want to change the order in which you do the activities to fit your club's needs.

Now! ON WITH A FUN FILLED PROJECT!

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SUGGESTED PROJECT OUTLINE

<u>Information</u>	<u>Activity</u>
I. Election of Officers Review project outline Set club goals	Discuss cleanliness of hands and equipment
II. Discuss safety, knife - axe Selecting wood for fire Selecting green cookery stick	Practice using knife, axe Collect wood - build fire Roast marshmallows Make S'Mores
III. Cooking canned biscuits	Build fire Make twisters Make doughboys
IV. Cooking fruits	Collect wood, build fire Cook apple on stick Cook fruit kabobs Bake Banana Boat
V. Making sandwiches Cleaning and preparing vegetables	Make two or more different sandwiches Peel or wash carrots Prepare celery, radishes, cucumbers, tomatoes for packing in a lunch
VI. Clothes and shoes to wear on hikes Preparing food for hikes Making cookies Using dried fruits	Make No-Bake or "Skillet" cookies over campfire Prepare dried fruits
VII. Packing lunch Safety and first aid on hike	Pack sack lunches and go for a hike Recreation
VIII. Aluminum foil cookery Hot chocolate or lemonade	Cook hamburger in foil Heat buns in foil Make hot chocolate or lemonade
IX. Hamburger and vegetable combination in foil	Cook hamburger and different vegetable combinations in foil Cook biscuits
X. Review of things learned	Outdoor Olympics: Build fire, time limits, best fire Build fire, start fire, put out fire Build fire, start fire, boil water Cook best doughboy or twister

Optional Indoor Meetings

Learn to measure dry and
liquid ingredients
Make biscuits and cook in oven
Cold drinks
Hot drinks
Different kinds of cookies

Ideas for Extra Activities

Early morning hike
Go for a hike and cook breakfast

Bicycle trip - "Physical Fitness"

Have parents or a special
friend as guest

Optional Outdoor Meetings

Other foil meals using different
meats
Link sausage cooked inside baked
potato
Use of dried fruits and vegetables
Cook biscuits in foil

Biscuits or pancakes from mix
Bacon or sausage
Syrup - butter
Hot chocolate

Take picnic lunch
Include sandwiches, raw vegetables,
cookies
Or take supplies for a cook-out

Hamburger with or without vegetables
in foil
Raw vegetables
Hot chocolate or lemonade
Fruit kabobs

RULES OF THE WOODS

Camp Manners

Good manners are important to outdoor living. Sometimes, good manners for the outdoors are called "rules of the woods." These rules mean that you are supposed to be as careful with things outdoors as you would be in your own home. Courtesy, after all, is an expression of respect. Good manners outdoors are expressed when you:

Ask permission before you hike, picnic, or camp on private property.

Do not damage or hurt trees, flowers, or animal life.

Check to see if a fire permit is necessary for the area you want to use.

Ask permission before you cut fire wood or logs. Select a scrub tree instead of a good tree.

Leave a clean camp, bury or burn all garbage, or carry out trash if there is no garbage container. Do not throw anything in a stream or lake. Leave it cleaner than when you arrived.

Check to see that all fire is out before you leave.

Camp Safety

Camp safety not only includes being careful around the campfire, it also includes careful use of tools used in outdoor cooking.

Hand axe

Learn to use tools safely and easily.

One of the first tools campers use when camping is a short-handled hand axe. The axe should be light, well-balanced, sharp, and carried in a sheath when not in use. A good camp axe handled right helps make outdoor cooking and camping a pleasure.



Some rules for the use of the hand axe:

- Keep a good distance from another person when using the axe.
- Always use a log or stump for a chopping block, never a rock.
- A short-handled axe should be used from a kneeling position with your hands low (near the ground).
- Cut wood diagonally across the grain.
- In trimming wood, keep the stick being trimmed between you and the axe.

Pocket knife

The pocket knife is another good piece of camp equipment. It can be easily carried and should be equipped with a good cutting blade. A pocket can also have a can and bottle opener.

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The pocket knife is another good piece of camp equipment. It can be easily carried and should be equipped with a good cutting blade. A pocket can also have a can and bottle opener.

Pocket knives are safer to use than sheath knives. Some rules to remember are:

- Be at least two arm lengths away from another person when using the knife.
- Always cut away from you.
- Never cut with your hand or thumb in front of the blade.
- Be careful when opening and closing the knife.
- Keep your knife sharp and clean.

Selecting the Campfire Site

Select a spot at least 10 feet from overhanging branches or the nearest tree. Choose an area where you can build your fire on sand or bare soil. Scrape away old leaves, wood, and decaying material from a 10 foot circle. If it is too windy, do not build a fire. Sparks from a fire can start another fire.

Gathering Wood for the Fire

To make a good fire you will need tinder and kindling. Tinder is very dry grass, leaves, or small sticks that burn readily. Kindling is very small dead twigs. Gather and split larger sticks to add to the fire.

Building a Fire

A fire requires heat, air, and fuel.

To start a fire, take a handful of dry tinder and place it in a cone shaped pile over a loosely crumbled ball of paper (about the size of a baseball). Surround the tinder with pencil-sized sticks in a tepee-shape. Prepare it so air can get in at the bottom and out at the top to give draft. Light paper with a match. Gradually add fuel until a good fire is started. Add small dry sticks at first and then, add larger split sticks to make a bed of coals.

Once the fire is going, it burns best if a slight breeze blows into the open side. Smoke then goes up and out over the back and the fire gets enough draft to keep it going. Flames from a fire are useful to boil water or cook food in a container. After the flames die down, the glowing coals furnish the best heat for cooking.

Problems can occur in firebuilding. When sticks are too close, the air cannot get in and the fire smothers. When the sticks are too far apart, too much air gets in and cools the fire below the kindling point. Piling too much fuel on a fire before it gets started may put out the fire. Add small sticks very carefully, a few at a time, until the fire catches well. A fire must be continually supplied with fuel to keep burning. Many times fires burn out for lack of fuel.

Campfire Safety

Never leave a fire unattended; always have someone watching it.

Keep fire-fighting equipment and material (tools, bucket, shovel, water or sand) readily available.

Break used matches in two and make sure the head is cold enough to touch before throwing them away.

How to Put Out a Campfire

Where there is plenty of water, drench the hot coals with water and stir with a stick until all the coals are soaked. The larger sticks and logs will need to be turned and drenched on both sides.

Sand or dirt are also good for putting out a fire. cover the hot coals with a good layer of dirt, starting around the outer edge of the fire. The soil needs to be deep enough so when you put your hand on it, it will not feel hot. Then tramp it down and check again with your hand.



Charcoal for Fires

Charcoal fires give coals that are hot for a long period of time and produce a minimum of sputter, smoke, and smell. If you are going to be cooking in the backyard on a grill, this is the type of fuel you will most likely be using.

- 1) Start the charcoal fire at least half an hour before you want to use it. Pile the charcoal into a pyramid in the grill or fireplace. Use only enough to cover an area slightly larger than the amount of food to be cooked. A thin bed of sand, gravel, or fire base will give more ventilation to the charcoal and help produce more heat.
- 2) Pour a small amount of lighting fluid onto the charcoal and let it soak into the coals for about 3 or 4 minutes.
- 3) Ignite the coals and allow them to burn for a while. Do not add more lighting fluid. The fire from charcoal is almost invisible at first.
- 4) Start to cook the food when the coals are 2/3 covered with a gray ash. Spread the coals out evenly with a poker or stick and tap them lightly to knock off the ash. Avoid cooking while there are flames.

Do not pour water into a hot grill or charcoal burner or it may damage the metal. Empty the live coals into a metal container and smother them with dirt. If you want to save the charcoal that is left, you can place it in a metal container with tongs and cover it tightly with aluminum foil. This will smother the fire and you will have charcoal for another time.

You can use a tin can to aid in starting your charcoal fire. Cut the top and bottom from a large can and punch holes around the bottom side. Place the charcoal in the can and follow the steps above. When the charcoal is ready for cooking, remove the can, and spread the coals evenly.

CAMPFIRE TREATS

S'Mores (They make you want some more!)

marshmallows
graham crackers
flat milk chocolate candy bar



Prepare a cracker topped with chocolate squares. Toast two marshmallows on a stick slowly so they will be hot and gooey all the way to the center. Use a spoon or clean stick to push the marshmallow off the stick and onto the chocolate. Top with a second cracker.

Stuffed Apples

Core apples and stuff center with marshmallows. Roast on sticks. Put green sticks through stem ends of apples. Roast over coals, turning often until the skin slips off. Peel and roll in brown sugar. Then, toast the apple just long enough to melt the sugar.

Baked Banana Boat

Select under-ripe or green-flecked bananas. Wash and with a paring knife slash the skin on the inside curve of the bananas. Cut down into the banana and spread it apart. Insert small pieces of marshmallows and chocolate bars. Pull the skin together. Wrap each banana in foil, place over the coals, and cook for about 10 minutes. Turn once. Serve hot.

BISCUIT TRICKS

Add hot biscuits to a meal and it's an extra treat. Naturally, biscuits call for plenty of jam and jelly, honey or butter. Biscuits and the trimmings add a lot of calories to a meal, so only have them occasionally.

Ready made biscuits from the refrigerated case at the grocery store are good for outdoor cookery. They are easy to use and you will have tasty biscuits in a few minutes. Refrigerated biscuits can also be used for twisters and doughboys over the campfire. Using clean hands, shape the dough as desired, and bake over hot coals.

Biscuit Twists

Using canned biscuits or biscuit mix, shape the dough into twists. Mold the dough into a ribbon about two inches wide and as thick as your little finger.

Get four sticks of wet green wood (willow, hazel, alder, vine maple) about two feet long and 1 to 2 inches thick. Peel the large end and heat for a few minutes over the fire. Dust stick with flour. Wind the ribbon of dough spirally around the peeled end of the sticks.

Bake over hot coals. Turn so they bake evenly. The "twists" should slip off the stick when they are done. Put a hot dog, cheese, or bacon in the hole or eat the twist hot off the stick.

Doughboys

Use refrigerated biscuits or make biscuits from "scratch" or a mix. Mold the dough into balls. Shape the ball over the end of a green peeled stick 1 to 2 inches thick. Shape dough down the stick evenly to about 1/2 inch thickness. Be sure the dough covers end of the stick. Bake over hot coals - turn to get the crust an even golden brown. Remove from stick and fill center with preserves, cheese, peanut butter, or jam.

Other Outdoor Biscuit Tricks

Wrap strips of biscuit dough around a hot dog. Fasten dough at either end with a toothpick. Roast over hot coals.

Biscuits and bread are easily toasted over an open fire. Split and butter bread or biscuits. Place them buttered side down on a piece of heavy duty foil. Lay foil on the grill and cooking rack. The bread will brown to perfection in about 5 minutes.

Be adventurous! Bake drop biscuits in a heavy skillet with a lid. Place skillet over hot coals, grease generously, and drop biscuits in. Cover and bake. They should be done in about 15 to 20 minutes.

HOW DO YOU RATE AS A BISCUIT COOK?

- _____ Are the crusts a delicate golden brown with no brown or yellow spots?
- _____ Are they twice the volume (twice as tall) as they were before baking?
- _____ Are they springy, soft, and light - not soggy?
- _____ Is the inside an even creamy color with no spots or grey look?
- _____ Does the inside of the biscuit flake off in thin layers with fine even cells?
- _____ Do they have a good flavor - no "off" flavors from shortening, baking powder, salt, or green stick?
- _____ Did the twisters or doughboys get done on the inside?
- _____ Are the twisters or doughboys uniform in shape, well browned and not burned?

SACK LUNCHES FOR HIKING

Why not plan a hike and take your lunch? Plan a filling, nutritious lunch that is easy to carry and keeps well. Keep this in mind when you decide what type of sandwich you want to make. Remember, foods that contain protein spoil easily in the heat. Be sure to carry a good supply of drinking water with you.

Pack your lunch in wrappings that are lightweight and can be discarded after you have eaten. Use plastic wrap or bags for your sandwiches and relishes. Salty foods may make you extra thirsty. Some suggestions for your hiking lunch might be: sandwiches, relishes, fruit that does not mash or bruise easily, hard boiled eggs, and a drink. Your drink could be one you have prepared at home or milk or fruit juice in a carton.

Pack your sandwich last. If you use a paper bag, put in heavy things first, such as juice or fruit. That way they won't put big dents in your sandwich. If you wear a hooded sweat shirt, the hood makes a good "knapsack" for carrying your lunch.

Check which foods are best for a hike and explain why:

- | | |
|-----------------------------|------------------------|
| _____ Potato chips | _____ Nachos |
| _____ Yogurt | _____ Pizza |
| _____ Celery, carrot sticks | _____ Pita bread |
| _____ Cheese sticks | _____ Hard boiled eggs |
| _____ Apples | _____ Raisins |
| _____ Candy Bar | _____ Popcorn |
| _____ Potato salad | _____ Cookies |
| _____ Dried fruit | |

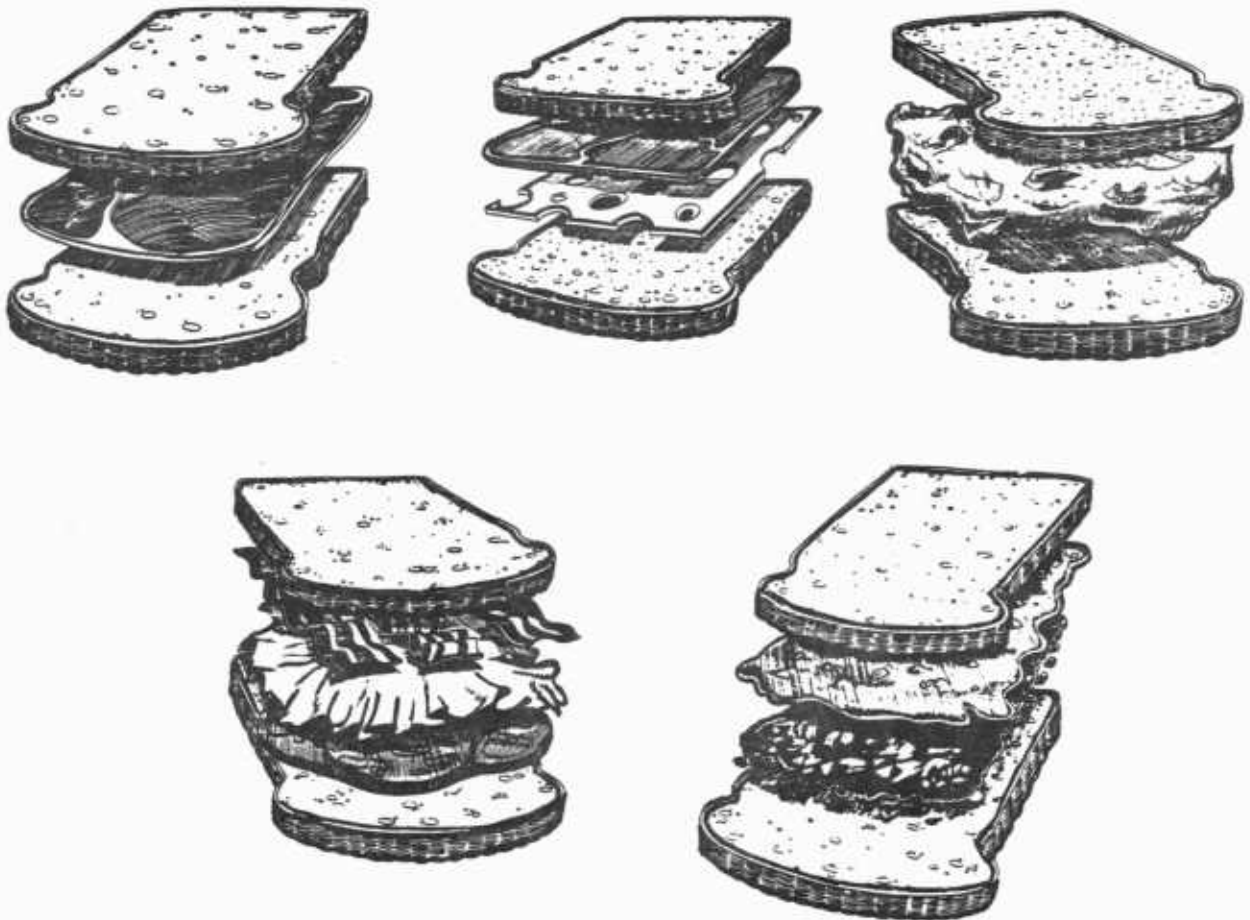
SANDWICHES

Sandwiches are a part of American eating habits because they are simple and quick to fix, and easy to serve. Try making sandwiches this way:

Spread the bread slices evenly with softened butter or margarine. To soften the butter or margarine, take it out of the refrigerator about 30 minutes before making the sandwiches. In place of butter or margarine, you may want to spread mustard or catsup. If mayonnaise or salad dressings are used, be sure to keep sandwiches cool. Place the filling on one slice of bread. Spread it on evenly.

If you make the sandwiches ahead of time, wrap them to keep them moist and cool. If you use lettuce, be sure it is well drained so water doesn't soak the bread. Put the lettuce on the sandwich when you are ready to eat.

The Earl of Sandwich liked roast beef between his bread slices. Some kids today have unusual favorites such as peanut butter and pickles, or peanut butter and marshmallow creme. The five most popular sandwiches are ham; ham and cheese; tuna salad; bacon, lettuce and tomato; and peanut butter and jelly.



Sandwich Fillings

Here are some sandwich fillings that are easy to fix and tasty: cheese, peanut butter, sliced or chopped ham, chicken, roast meats, and hard boiled eggs and bacon.

Food that contains protein spoils easily. If you use meat for a sandwich, keep the sandwich filling cold until ready to eat. Mayonnaise and salad dressings contain eggs and must also be kept cool to prevent spoilage.

Let each person make their own sandwich at the picnic. They are fresher and each person can have what they like.

HOW DO YOU RATE AS A SANDWICH CHEF?

- _____ Is the filling spread to the edge?
- _____ Is the filling evenly spread?
- _____ Is there enough filling?
- _____ Is the sandwich moist enough, not soggy or dry?
- _____ Does the sandwich look good?
- _____ Was it wrapped properly?
- _____ Was it stored in a cool place if it had protein foods in it?
- _____ Is it easy to eat?
- _____ Does it taste good?

EGGS

Hard Boiled Eggs

Hard boiled eggs pack well. Just be sure to keep them cool if you are going out for more than a few hours.

Boiled water makes eggs tough. Try the method below for best results.

Cover eggs with cold water. Have water at least 1" above eggs.
Put a lid on the pan.
Heat until water is just ready to boil.
Remove from heat.
Let stand covered about 20 minutes.
Drain off the water.
Cool immediately in cold running water.

Try this experiment. Cook an egg in boiling water for 10 minutes and compare the difference. Notice a dark ring around the yolk? This is from overcooking.

Deviled Eggs

4 hard boiled eggs
1/3 tsp dry mustard
1/2 tsp salt
salad dressing, vinegar, pickle juice or cream for moisture

Remove shells and cut egg lengthwise. Remove yolks and add seasonings and enough salad dressing, vinegar, pickle juice or cream to form a smooth paste. Fill egg white with the yolk mixture. To take on a picnic, gently put two egg halves together and keep them cool.

FUN TO FIX VEGETABLES

Raw vegetables make great hiking snacks or outdoor meals. These crunchy foods help keep teeth and gums in good condition. Some raw vegetables, especially tomatoes and green peppers, are full of Vitamin C.

When serving raw vegetables, clean them thoroughly. Scrub root vegetables, such as carrots, turnips and radishes, with a brush. When cleaning celery, be very sure to scrub each piece because field dirt can get on the inside of the stalks. Tomatoes should be washed well but take care not to break the skin. Unpeeled scrubbed vegetables provide more fiber and are more practical for serving out-of-doors.

When it's necessary to peel vegetables, use a vegetable peeler or a paring knife. Cut away from you. To cut or slice vegetables, hold the vegetables firmly and always cut or slice on a board.

Chilling vegetables before you serve them will keep them crisper. Place them in a plastic container or bag.

To serve something "fancy," prepare these for a relish plate:

Carrot Curls



Using a vegetable peeler, cut paper thin lengthwise slices.

Roll each slice around the finger, fasten with a toothpick.

Chill in ice water for 1 1/2 to 2 hours.

Remove toothpick before serving.

Radish Curls



Cut off any spots. Leave a small amount of green stem for use in holding the curl when eaten.

Dry in paper or dish towel.

To make radish roses, make cuts down the side close to the skin starting at the bottom.

Place in ice water to open - about 1 1/2 to 2 hours.

Fluted Cucumbers



Leave the skin on or peel.

Make marks the long way of the cucumber with fork tongs. Repeat pulling fork tongs along cucumber until it is marked on all sides.

Cut in thin round slices.

Stuffed Celery



Pick out pieces of celery round enough to hold stuffing.

Cut long stalks into 3 or 4 inch lengths.

Use a small spatula or knife and pack in such stuffing as:

peanut butter

soft cream cheese mixed with drained crushed pineapple

deviled ham mixed with a little mayonnaise

Celery Curls



Place the stalk of celery on a cutting board.

Cut celery into pieces 4 or 5 inches long.

You can make curls by making slices from both ends and leaving about an inch uncut in the middle or from one end down to within one inch of the other end.

Place in a bowl of ice water to curl about 1 1/2 to 2 hours.

COOKIES

Cookies are a favorite with just about everybody. They are easy to take on a picnic or hike. They can be made with less sugar and with cereals to add fiber and crunch.

Have you ever tried to make cookies on top of the stove or in a frying pan? Here are some recipes that are easy to make and taste delicious. Find some other "no-bake" cookie recipes and try them.

Oatmeal "No-Bake" Cookies

Mix together:

3 cups uncooked quick oats

1/2 cup coconut

1/2 cup chopped nuts

1 T grated orange rind

Combine ingredients below in saucepan and cook over medium heat until it boils.

Continue to cook for 3 minutes.

1/2 cup evaporated milk

1 1/2 cups firmly packed brown sugar

1/2 cup butter or margarine

Pour the brown sugar mixture over the oatmeal mixture and mix well. Drop from teaspoon to waxed paper. Let stand till firm.

Unbaked Oatmeal Cookies

Mix together in pan and boil 1 minute:

2 cups sugar

1/2 cup milk

1/2 cup butter or margarine

Add:

3 cups quick cooking oatmeal

1/2 cup nuts

5 T cocoa or 3 T peanut butter

1 tsp vanilla

Drop on waxed paper and let set till firm.

Fry Pan Cereal Cookies

2 eggs, beaten
3/4 cups sugar
1 1/2 cups chopped dates

1 tsp vanilla
2 cups Rice Krispies
coconut

Mix eggs, sugar and dates. Pour into cold buttered skillet. Cook 10 minutes, stirring constantly. Remove from heat and add vanilla and cereal. Form into balls and roll in coconut.

HOW DO YOU RATE AS A COOKIE MAKER?

_____ Are all the cookies about the same size and shape?

_____ Are they tender?

_____ Do they taste good?

_____ Are they attractively served?

DRIED FRUITS

Have you ever packed a lunch only to find it was smashed or badly bruised when you were ready to eat it? Try dried fruits instead of fresh fruits in your next lunch. They taste good and are easy to carry. Apricots, prunes, apples, pineapple, and peaches are available in food stores.

COOKING IN ALUMINUM FOIL

One of the easiest ways to cook outdoors is to wrap your food in heavy duty aluminum foil and place the package on hot coals of the campfire. The food cooks by steam and keeps the juices in. You can cook more than one food at a time in the same package and the flavors blend with each other to make a delicious meal.

To wrap foods, place them on a sheet of aluminum foil. Allow enough wrap for a three-fold crimping of open edges. Next fold in half and crimp the three open edges. Makes three folds on these edges. This makes an airtight envelope. If light weight foil is used, take another sheet of aluminum foil the same size as the first, repeat the process, making a double layer around the food.

Place this package on the hot coals. Turn it carefully a few times (about every 5 to 10 minutes) during the cooking. If the foil is broken, the juices and steam necessary for cooking will be lost. Two long sticks, tongs, or insulated gloves can be used to handle the package. Be careful opening the package to avoid burning your hands! When the food is cooked, the three crimped edges can be torn off in zipper fashion. The foil serves as a dish and leaves no dirty pots and pans and dishes to clean up later.

Meal in One Package

Hamburger and vegetables (canned green beans, frozen mixed vegetables, sliced or diced onions, potatoes and carrots)

Place a pat of butter on center of foil. Press hamburger to about 1/4 inch thick and season. May use bite size pieces if preferred. Then add the vegetables and onions. Add another pat of butter on top. Salt and pepper and wrap. Cook 40 minutes.

Ham, sweet potatoes, and apples or pineapple

Place a slice of raw ham on foil. Slice potatoes about 1/2 inch thick and place on top of ham. Then add slices of apples (or pineapple) on top. Wrap and cook 45 minutes. If precooked ham is used, it will be ready in about 30 minutes.

Link or bulk sausage, potatoes or apples

Cut core out of a potato or apple. Stuff with a link sausage or bulk sausage. Wrap in foil and cook 45 minutes.

Canned tuna fish or salmon (keep sealed until time to use), onions and potatoes

Place a pat of butter on foil. Put a layer of sliced potatoes on foil. Place a layer of fish about 1/2 inch thick on top of potatoes. Top with sliced onions. Wrap and cook about 30 minutes.

HOW DO YOU RATE AS A COOK?

- _____ Was the food done all the way through?
- _____ Was the food seasoned well?
- _____ Was the food moist and not dried out?
- _____ Did the meat and vegetables combination go well together?
- _____ Did it taste good?
- _____ Were the edges burned or dried out?
- _____ Did the food have a pleasing appearance?
- _____ Did you enjoy cooking this meal?



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