



Arkansas 4-H Publications

***4-H Project Books are a great asset to 4-H members!
Follow the key below to order.***

Key:

POD – Print on Demand – from our Publication Ordering System.

1. Go to <http://uaex.edu/publications/default.aspx>
2. Click online publication order system
3. Enter your zip code
4. If you are an employee click CES Employee login (use your AD password)
5. Enter the order number (from above)
6. Click the red link and a PDF will download – then print

CES – Cooperative Extension Service Publication Ordering system.

1. Go to <http://uaex.edu/publications/default.aspx>
2. Click online publication order system
3. Enter your zip code
4. If you are an employee click CES Employee login (use your AD password)
5. Enter the order number (from above)
6. Enter quantity
7. Click add-to-cart
8. Click continue shopping or checkout
9. Click proceed to checkout
10. Choose shipping (media mail rate) or pickup
11. Confirm shipping information

Handling fee (approx. \$2 per order regardless of if you pick up yourself) will apply.

4-H Mail – www.4-hmall.org - shipping & handling apply. Combine orders to save on shipping. You can set up an account and they will bill you. Sign up for their emails - for sales and free shipping offers.

Note – Most of the book listed as CES are available at the 4-H mall but you save approximately \$2 per book if you order from CES because they are bought in bulk.

Agriculture

Click the pictures to get an online sneak peak



Agriculture		Cost	Order #	Where to Buy
1. Acres of Agriculture		\$7.00	8330	CES
2. Acres of Agriculture		\$7.00	8331	CES

Animal Science

Beef		Cost	Order #	Where to Buy
1. Bite Into Beef		\$3	8143	CES
2. Here's the Beef		\$3	8144	CES
3. Leading the Charge		\$3	8145	CES
4. Beef Helper's Guide		\$3	8146	CES
Pattern for Calf Model		\$1.95	7332	4-H Mall
Exploring Beef Health & Husbandry Grades 5-8		\$24.95	8455	4-H Mall

Dairy		Cost	Order #	Where to Buy
1. Cowabunga		\$3	8161	CES
2. Mooving Ahead		\$3	8162	CES
3. Rising to the Top		\$3	8163	CES
4. Dairy Helper's Guide		\$3	8164	CES
Learning about Dairy: Resource Guide		\$2	NCR593	CES

Horse		Cost	Order #	Where to Buy
1. Giddy Up & Go		\$3	8053	CES
2. Head, Heart & Hooves		\$3	8054	CES
3. Stable Relationships		\$3	8055	CES
4. Riding the Range		\$3	8056	CES
5. Jumping to New Heights		\$3	8057	CES
6. Horse Helper's Guide		\$3	6358	CES
Horse Judging		\$3.65	X302	POD
Horse Conformation Analysis		.55	FSA3029	POD
Fundamentals of Horsemanship		\$1.43	MP500	POD
General Horse Care		\$1.43	MP501	POD



Animal Science (con't.)

Saddling the Horse	.44	FSA3030	POD
Goats	Cost	Order #	Where to Buy
Goat			
1. Getting Your Goat	\$3	8352	CES
2. Stepping Out	\$3	8353	CES
3. Showing the Way	\$3	8354	CES
4. Goat Helper's Guide	\$3	8355	CES
Meat Goat			
1. Just Browsing	\$3	7909	CES
2. Growing the Meat Goat	\$3	7910	CES
3. Meating the Future	\$3	7911	CES
4. Meat Goat Helper's Guide	\$3	7912	CES
Managing and Showing Market Goats	.68	FSA3121	POD



PETS	Cost	Order #	Where to Buy
1. Pet Pals	\$3	6359	CES
2. Scurrying Ahead	\$3	6360	CES
3. Scaling the Heights	\$3	6361	CES
4. Pet Helper's Guide	\$3	6362	CES
Inside the Aquarium	\$3.65	S206	CES
Dog	Cost	Order #	Where to Buy
1. Wiggles & Wags	\$3	8166	CES
2. Canine Connection	\$3	8167	CES
3. Leading the Pack	\$3	8168	CES
4. Dog Helper's Guide	\$3	8169	CES
Cat	Cost	Order #	Where to Buy
1. Purr-fect Pals	\$3	8148	CES
2. Climbing Up!	\$3	8149	CES
3. Cat Connections	\$3	8150	CES
4. Cat Helper's Guide	\$3	8151	CES





Animal Science (con't)

Poultry	Cost	Order #	Where to Buy
1. Scratching the Surface	\$3	6363	CES
2. Testing Your Wings	\$3	6364	CES
3. Flocking Together	\$3	6365	CES
4. Poultry Helper's Guide	\$3	6366	CES
Embryology in the Classroom Grades 2-8	\$5	7595	CES
Embryology Experiments in Poultry Science - Grades 6-8	\$3	7596	CES
Arkansas 4-H Poultry Chain	.55	O202	POD
Poultry Breeds for the Small Farm	\$1.08	FSA8012	POD



Rabbits	Cost	Order #	Where to Buy
1. What's Hoppening?	\$3	8080	CES
2. Making Tracks	\$3	8081	CES
3. All Ears	\$3	8082	CES
4. Rabbit Helper's Guide	\$3	8083	CES



SHEEP	Cost	Order #	Where to Buy
1. Lambs, Rams & You	\$3	6367	CES
2. Shear Delight	\$3	6368	CES
3. Leading the Flock	\$3	6369	CES
4. Sheep Helper's Guide	\$3	6370	CES



SWINE	Cost	Order #	Where to Buy
1. The Incredible Pig	\$3	8065	CES
2. Putting the Oink in Pig	\$3	8066	CES
3. Going Whole Hog	\$3	8067	CES
4. Swine Helper's Guide	\$3	8068	CES
Pattern for Baby Pig	\$1.95	7201	4-H Mall
Exploring Swine Health & Husbandry Grades 5-8	\$24.95	8456	4-H Mall





STRENGTHENING FAMILIES

Child Development	Cost	Order #	Where to Buy
1. Growing on My Own	\$3	8075	CES
2. Growing With Others	\$3	8076	CES
3. Growing in Communities	\$3	8077	CES
4. Child Development Helper's Guide	\$3	8078	CES
Build Your Future – Helper's Guide	\$13.95	8562	4-H Mall
Build Your Future – Youth Notebook	\$10.95	8561	4-H Mall
Cloverbuds 4-H Discovery Program	\$3.00	C-479	CES



ENCOURAGE INDIVIDUAL DEVELOPMENT

Achievement	Cost	Order #	Where to Buy
1. Exploring the Treasures of 4-H	\$3	8171	CES
2. Exploring the Treasures of 4-H Helper's Guide	\$9	8172	CES



Arts & Humanities	Cost	Order #	Where to Buy
1. Sketchbook Crossroads	\$5	8140	CES
2. Portfolio Pathways	\$5	8141	CES
1. Theater Arts – Play the Role	\$3	8070	CES
2. Theater Arts – Become a Puppeteer	\$3	8071	CES
3. Theater Arts – Set the Stage	\$3	8072	CES
4. Theater Arts Helper's Guide	\$3	8073	CES
Que Rico! La Cultura	\$5	8180	CES
Digital Theatre Arts			
1. Beginner	\$3.75	8445D	4-H Mall
2. Intermediate	\$3.75	8556D	4-H Mall
3. Advanced	\$3.75	8447D	4-H Mall
4-H Filmmaking DVD	\$10	DVDFILM	4-H Mall
Arts & Crafts – A Palette of Fun	\$10	7597	CES





Encourage Individual Development (con't.)

Citizenship	Cost	Order #	Where to Buy
Arkansas History & Government	\$2.40	C203	CES
National History & Government	\$2.70	C304	CES
Citizenship Adventure Kit	\$5	8153	CES
1. Service Learning Agents of Change	\$5	8182	CES
2. Service Learning Raise Your Voice	\$5	8183	CES
3. Service Learning Helper's Guide	\$3	8184	CES
A Guide to Bully Prevention Programs	\$4.95	8450	4-H Mall

Communication	Cost	Order #	Where to Buy
1. Picking Up the Pieces	\$3	8156	CES
2. Putting it Together	\$3	8157	CES
3. The Perfect Fit	\$3	8158	CES
4. Communication Helper's Guide	\$3	8159	CES
			
Heads-On, Hands-On – Experiential Learning			
1. DVD & Guide	\$30	7901	4-H Mall
2. VHS & Guide	\$30	7900	4-H Mall


Leadership	Cost	Order #	Where to Buy
1. BE the E – Entrepreneurship	\$9.25	8035	CES
2. Entrepreneur Helper's Guide	\$4.95	8036	CES
Ready to Go – Mentoring Toolkit (CD only)	\$80	4h1642PDF	4-H Mall
1. Workforce Readiness: Get in the Act! Take 1	\$5	8191	CES
2. Workforce Readiness: Get in the Act! Helper's Guide	\$3	8192	CES
Leadership Project Books			
1. My Leadership Workbook	\$3	7905	CES
2. My Leadership Journal	\$3	7906	CES
3. My Leadership Portfolio	\$3	7907	CES
4. Mentor Guide 1 (K-5 grades)	\$3	7904	CES
5. Mentor Guide 2 (6-12 grades)	\$3	7903	CES




Encourage Individual Development (con't.)

Photography	Cost	Order #	Where to Buy
1. Focus on Photography 	\$4	PC1	CES
2. Controlling the Image	\$4	PC2	CES
3. Mastering Photography	\$4	PC3	CES

ENHANCING HEALTH AND WELL BEING

Bicycle	Cost	Order #	Where to Buy
1. Bicycling for Fun 	\$3	8334	CES
2. Wheels in Motion	\$3	8335	CES
3. Bicycle Helper's Guide	\$3	8336	CES
Don't Get Stuck – Fix It! DVD	\$10	8399	4-H Mall

Foods & Nutrition/Food Prep	Cost	Order #	Where to Buy
1. Six Easy Bites 	\$3	7144	CES
2. Tasty Tidbits	\$3	7146	CES
3. You're the Chef	\$3	7148	CES
4. Food Works	\$3	7150	CES
5. Foods Helper's Guide	\$3	7730	CES
Microwave Magic			
1. Bag of Tricks	\$3	8087	CES
2. Micro Magicians	\$3	8088	CES
3. Amazing Rays	\$3	8089	CES
4. Presto Meals	\$3	8090	CES
5. Microwave Helper's Guide	\$3	8091	CES
What's on Your Plate?			
1. The Secrets of Baking	\$9.95	1411Y	4-H Mall
2. Secrets of Baking Helper's Guide	\$12.95	1415F	4-H Mall
3. The Power of Protein Chemistry	\$9.95	2416F	4-H Mall
4. The Power of Protein Helper's Guide	\$12.95	1416F	4-H Mall
5. The Inner Mysteries of Fruits & Vegetables	\$9.95	1413Y	4-H Mall
6. The Inner Mysteries of Fruits & Vegetables Helper's Guide	\$12.95	1417F	4-H Mall
7. Be a Food Scientist	\$9.95	1414Y	4-H Mall
8. Be a Food Scientist Helper's Guide	\$12.95	1418F	4-H Mall





Enhancing Health and Well-Being (con't.)

Food Preservation & Safety	Cost	Order #	Where to Buy
http://nchfp.uga.edu/publications/publications_usda.html	POD		USDA
Complete Guide to Home Canning (To buy hard copy)	\$14.40	AIG-539	Purdue

Health & Fitness	Cost	Order #	Where to Buy
1. First Aid in Action	\$3	8174	CES
2. Staying Healthy	\$3	8175	CES
3. Keeping Fit	\$3	8176	CES
Health Rocks 			
1. Beginning Level	\$9.95	8380	4-H Mall
2. Intermediate Level	\$9.95	8381	4-H Mall
Steps to a Healthy Teen (Ages 14-19)			
1. Youth Notebook	\$8.95	8390	4-H Mall
2. Helper's Guide	\$10.95	8391	4-H Mall
Yoga For Kids Color Poster	.60	MP517	POD
Yoga For Kids Fact Sheet	\$2.01	FSFCS24	POD

Extending Resources

Consumer Education	Cost	Order #	Where to Buy
Consumer Savvy			
1. The Consumer in Me 	\$3	8030	CES
2. Consumer Wise	\$3	8031	CES
3. Consumer Roadmap	\$3	8062	CES
4. Consumer Savvy Helper's Guide	\$3	8033	CES
Money			
1. Money FUNdamentals 	\$3	7710	CES
2. Money Moves	\$3	7711	CES
3. Financial Champions Helper's Guide	\$3	7712	CES
Reading Makes Cents (grades 3-5)	\$17	8389	4-H Mall



Extending Resources (con't.)

Fabrics & Fashions	Cost	Order #	Where to Buy
1. Under Construction	\$3	8060	CES
2. Fashion Forward	\$3	8061	CES
3. Refine Design	\$3	8062	CES
4. Clothing Helper's Guide	\$3	8063	CES
Clothing Judging Manual	\$1.35	E304	CES
Let's Sew – A Beginner's Guide	\$4	SEW1	CES



Housing & Home Environment	Cost	Order #	Where to Buy
Table Manners & Etiquette	\$3	C489	CES

PLANT SCIENCE

Gardening & Horticulture	Cost	Order #	Where to Buy
Gardening			
1. See Them Sprout	\$3	7162	CES
2. Let's Get Growing	\$3	7163	CES
3. Take Your Pick	\$3	7164	CES
4. Growing Profits	\$3	7165	CES
5. Gardening Helper's Guide	\$3	7166	CES
Judging Horticultural Crops	\$1.25	HORT1	CES
4-H Land Judging in Arkansas	\$2	B305	CES
Gardening Down to Earth (grades 6-8)	\$10	7714	CES



Click the pictures to get an online sneak peak



PROTECTING THE ENVIRONMENT

Environmental Stewardship	Cost	Order #	Where to Buy
1. Eco-Wonders	\$3	7704	CES
2. Eco-Adventures	\$3	7705	CES
3. Eco-Actions	\$3	7706	CES
4. Helper's Guide	\$3	7707	CES
Exploring Your Environment (grades 6-8)			
1. Earth's Capacity	\$6.95	8411	4-H Mall
2. Ecosystem Service	\$6.95	8410	4-H Mall
Environmental Stewardship Project: STOP Respect the Law	\$3	S109	CES
There's No New Water	\$15.95	8420	4-H Mall



Forestry	Cost	Order #	Where to Buy
1. Follow the Path	\$3	8038	CES
2. Reach for the Canopy	\$3	8039	CES
3. Explore the Deep Woods	\$3	8040	CES
4. Forestry Helper's Guide	\$3	8041	CES



Outdoor Adventures	Cost	Order #	Where to Buy
1. Hiking Trails	\$3	8043	CES
2. Camping Adventures	\$3	8044	CES
3. Backpacking Expeditions	\$3	8045	CES
4. Outdoor Helper's Guide	\$3	8046	CES
Backyards & Beyond			
1. Community Organizational Guide	\$5	4HAZBB1	4-H Mall
2. Club Explorers Journal	\$10	4HAZBB2	4-H Mall
3. Club Leader's Guide	\$15	4HAZBB3	4-H Mall





Protecting the Environment (con't.)

Sportfishing	Cost	Order #	Where to Buy
1. Take the Bait	\$3	7598	CES
2. Reel in the Fun	\$3	7599	CES
3. Cast Into the Future	\$3	7600	CES
4. Fishing Helper's Guide	\$3	7601	CES
Reel Into Sportfishing	\$1.75	S207	POD
4-H Baitcasting & Game Fish ID	\$1.75	S303	POD



Wildlife Management	Cost	Order #	Where to Buy
1. Wildlife Manual (Grades 5-6)	\$4	4H904	CES
2. Wildlife Manual (Grades 7-9)	\$4	4H905	CES
3. Wildlife Manual (Grades 10-12)	\$4	4H906	CES
Amphibians & You			
1. Student Journal (10 and Up)	\$12.95	4H5150	4-H Mall
2. Leader's Guide	\$12.95	4H5140	4-H Mall



Wood Science	Cost	Order #	Where to Buy
Woodworking			
1. Measuring Up	\$3	6875	CES
2. Making the Cut	\$3	6876	CES
3. Nailing it Together	\$3	6877	CES
4. Finishing Up	\$3	6878	CES
5. Woodworking Helper's Guide	\$3	6879	CES
Woodcarving for Beginners	\$1.45	J209	CES





UTILIZING SCIENCE & TECHNOLOGY

Electricity	Cost	Order #	Where to Buy
1. Magic of Electricity	\$3	6848	CES
2. Investigating Electricity	\$3	6849	CES
3. Wired for Power	\$3	6850	CES
4. Entering Electronics	\$3	6851	CES
5. Electricity Helper's Guide	\$3	6852	CES



Energy Management	Cost	Order #	Where to Buy
The Power of Wind			
1. Youth Guide	\$5.50	8383	4-H Mall
2. Helper's Guide	\$4.40	8384	4-H Mall



Entomology	Cost	Order #	Where to Buy
Creepy Crawly series			
1. Creepy Crawlies	\$4.95	6853	4-H Mall
2. What's Bugging You	\$4.95	6854	4-H Mall
3. Dragons, Houses & Other Flies	\$4.95	6855	4-H Mall
4. Entomology Helper's Guide	\$4.95	6856	4-H Mall
Teaming with Insects series			
1. Level 1	\$3.50	8440	CES
2. Level 2	\$3.50	8441	CES
3. Level 3	\$3.50	8442	CES
4. Helper's Guide	\$4.50	8443	CES
Making an Insect Collection	\$1.36	MP83	POD
Project Butterfly Wings			
1. Youth Guide	\$6	8392	CES
2. Helper's Guide	\$6	8393	CES





Utilizing Science & Technology (con't.)

Technology & Engineering	Cost	Order #	Where to Buy
Aerospace			
1. Pre-Flight (Grades 1-3)	\$3	6842	CES
2. Lift-Off	\$3	6843	CES
3. Reaching New Heights	\$3	6844	CES
4. Pilot in Command	\$3	6845	CES
5. Aerospace Helper's Guide	\$3	6856	CES
Launching Aerospace Community Programs	\$3	6847	CES
Small Engines			
1. Crank it Up	\$3	8186	CES
2. Warm it Up	\$3	8187	CES
3. Tune it Up	\$3	8188	CES
4. Helper's Guide	\$3	8189	CES
Tractor			
1. Basics Project Book	\$3	R102	CES
2. Engines & Lubricants	\$3	R103	CES
3. Maintenance	\$3	R202	CES
4. Systems, Transmissions & Controls	\$3	R302	CES
Science Discovery Series			
1. Level 1 (Grades 3-6)	\$10	7914	CES
2. Level 2 (Grades 4-7)	\$15	7915	CES
Junk Drawer Robotics			
1. Give Robots a Hand (Grades 3-6)	\$5	8431	CES
2. Robots on the Move (Grades 6-9)	\$5	8432	CES
3. Mechatronics (Grades 10-12)	\$6.50	8433	CES
4. Youth Robotics Notebook (Ages 9-16)	\$4	8435	CES
5. Robotics Platform DVD	\$6.50	8434	CES
6. Virtual Robotics DVD	\$6.50	8430	CES
Computers			
1. Newbie Know-How – Taming Tech	\$4.95	8346	4-H Mall
2. Inside the Box	\$4.95	8347	4-H Mall
3. Peer to Peer	\$4.95	8348	4-H Mall
4. Teens Teaching Tech	\$4.95	8349	4-H Mall
Geospatial CD: Exploring Spaces, Going Places (Grades 4-12)	\$15	8358	CES



Vet Science	Cost	Order #	Where to Buy
7. From Airedales to Zebras	\$3	8048	CES
8. All Systems Go	\$3	8049	CES
9. On the Cutting Edge	\$3	8050	CES
10. Vet Science Helper's Guide	\$3	8051	CES
Exploring Farm Animals from A-Z (K-3 grades)	\$3	6350	CES



4-H Projects

A 4-H project is the area of interest that members explore through hands-on activities, sequential learning experiences, goal setting, and evaluation. These skills are taught in project books like the ones shown above. More than 82 4-H projects are available.

New 4-H members are encouraged to limit their project choices to best maximize their first year experience and not become overwhelmed with completing them. Members select new projects each year or may re-enroll in the same projects for multiple years. 4-H projects are self-regulated and completed at the member's own pace.

If 4-H'ers need help choosing a project, go [HERE](http://www.uaex.edu/4h-youth/about/clubs.aspx) (<http://www.uaex.edu/4h-youth/about/clubs.aspx>). Scroll to the bottom of the page to Publications – click the accordion and it's the bottom file.

Record Books

4-H'ers need to record what they have done in their project area – go [HERE](http://uaex.edu/4h-youth/resource-library/project-books.aspx) (<http://uaex.edu/4h-youth/resource-library/project-books.aspx>) to find out how to fill out a record book. Record books are due in January to your County Extension Office.