

4-H GARDENING PROJECT



Image: National 4-H Council

Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Lead an activity about the parts of a plant with younger 4-H'ers.
- Write an article for the local newspaper on how to garden in small spaces.

Citizenship

- Plant a community vegetable garden at the county Extension office or a local park or school.
- Participate in the "Plant a Row for the Hungry" campaign.

Leadership

- Teach a class on when and how to properly harvest fruits and vegetables.
- Lead a session on how to properly take a soil sample and interpret testing results.

4-H is a community of young people who are learning leadership citizenship and life skills.

Are you Into It?

Ashley Osborne,
Extension Specialist for 4-H Youth Development

Cultivate new ideas by participating in a 4-H garden project!

- Learn how to plan, grow, and maintain a garden.
- Explore new foods by participating in fruit and vegetable tastings.
- Learn how to properly harvest fruit and vegetables.
- Participate in harvesting, preparing, cooking, and eating fruits and vegetables from the garden!

Here's what you can do all year!

Starting Out Basic/Level 1

- Research the different parts of a plant.
- Learn about the basic needs of plants.
- Learn when, where, and what to plant in a garden.
- Prepare a plan and layout for a garden.
- Plant and maintain a garden.
- Learn how to harvest, prepare, and cook fruits and vegetables from the garden.

Learning More Intermediate/Level 2

- Learn how to properly take a soil sample and interpret the test results.
- Build a backyard compost bin.
- Learn about pest management.
- Learn about the nutritional benefits of eating fresh produce.
- Learn proper storage and preservation methods for fruits and vegetables.

Expanding Horizons Advanced/Level 3

- Research different plant varieties.
- Investigate growing versus buying fruits and vegetables.
- Investigate intercropping and double-cropping methods.
- Identify plant diseases.
- Research genetic engineering in fruit and vegetable plants.
- Research organic versus chemical fertilizers.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Gardening Further!

Here are some other opportunities to explore gardening:

- Enter an exhibit in county and state fair.
- Invite a speaker to present on the importance of pollination.
- Attend a food preservation class.
- Host a potluck meal featuring fruits and vegetables grown locally.
- Tour a commercial horticulture operation.
- Participate in the 4-H State Horticulture Contest.
- Create garden tools made from recycled materials.
- Host a seed swap event at your county Extension office.
- Research vermicomposting and create a worm bin.
- Tour the UK Plant Disease Diagnostic Laboratory.
- Learn about the advantages and disadvantages of using local produce in a restaurant by interviewing a chef.
- Job shadow at a local farm or nursery.
- Schedule a visit with the University of Kentucky College of Agriculture, Food, and Environment. Website: <http://www.ca.uky.edu/>

Exhibit Ideas

- Create a poster featuring cool- and warm-season vegetables.
- Develop an exhibit on backyard composting. Identify items that can and cannot be composted.
- Do a cost comparison of growing vegetables using chemical fertilizers versus growing vegetables organically.
- Develop a poster featuring beneficial insects.
- Create an exhibit on container gardening.
- Do a taste-testing exhibit featuring different fruits and vegetables grown locally.
- Conduct a cooking demonstration using garden produce.

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Junior Master Gardener – Teaching and Leader Guide • Junior Master Gardener – Handbook for Youth • Learn, Grow, Eat, & Go! • Gardening Level A – See Them Sprout • Gardening Level B – Let’s Get Growing • Gardening Level C – Take Your Pick • Gardening Level D – Growing Profits • Gardening – Helper’s Guide 	<ul style="list-style-type: none"> • Home Vegetable Gardening in Kentucky Publication • A Beginner’s Guide to Vegetable Gardening in Kentucky Publication • Gardening in Small Spaces Publication • Ready, Set, Grow: A Kid’s Guide to Gardening in Kentucky Booklet 	<ul style="list-style-type: none"> • Keep a record book of planting dates, weather, pesticide and fertilizer applications (if applicable), harvest dates, etc. • Record all costs associated with your garden, including seed purchases, soil testing costs, equipment expenses, etc.

