



4-H VEGETABLE GARDEN PROJECT



In this project, youth will learn how to plan, plant, maintain and cultivate their own plant life for beauty, health and cuisine. This project will give youth an opportunity to learn that plants play a vital role for animals and humans providing food, shelter, fiber, medicine, oxygen, and beauty. Gardens will also provide the setting to teach and/or reinforce the concepts of:

- Appreciation of nature
- Plant growth and development
- Science and nutrition

4-H THRIVE

Help Youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Starting Out *Beginner*

- Learn the basic components plants need to be healthy.
- Plant seeds and watch them develop.
- Learn about the functions of each plant part.
- Learn that we eat all the different parts of the plant.
- Taste testing fruits/vegetables from each part of the plant.

Learning More *Intermediate*

- Learn about different types of soils and what nutrients need to be included for the plant to thrive.
- Learn about the water cycle and how fresh water needs to be conserved.
- Discover what pollination is and how the different modes of pollination work.
- Learn to build a nutritious meal from the products of the garden.

Exploring Depth *Advanced*

- Construct a raised garden bed and compare the differences to a ground level garden.
- Learn about the different types of composing methods and how they can be beneficial for the health of the garden.
- Explore careers relating to agriculture and botany.
- Make a garden plan and create a garden!

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Science, Technology, Engineering, and Mathematics

- Tour a local farm or ranch. Document the steps to get a product from seed to table.
- Research the use of beneficial pests for use in gardens and farms.
- Design and conduct an experiment comparing the same species of plant in different soils.

Healthy Living

- Learn about the USDA’s nutrition icon, MyPlate. Plan a meal that resembles MyPlate and includes foods from each of the food groups. Source your meal from your garden.
- Create a healthy stir-fry using vegetables from the garden. Serve with brown rice.
- Visit a local farmer’s market and ask farmers questions about how their products are grown.

Citizenship

- Check with your local food bank to see how you can help with hunger in your community by growing and donating food from your garden.
- Help build a garden at a school or community site.

Leadership

- Conduct a demonstration at your club or in a community setting on how to construct a raised bed for growing vegetables.
- Save and store seeds from your garden grown vegetables and share with neighbors, friends and/or neighborhood school garden while you teach them how to garden.

Resources

- 4-H Growing Connections www.uvm.edu/extension/youth/?Page=growingcurriculum.html
- Botany on Your Plate botanicalgarden.berkeley.edu/education/k12.shtml
- The USDA guidelines for a balanced meal www.choosemyplate.gov
- General gardening information www.garden.org
- American Hort. Society www.ahs.org
- Texas A&M 4-H Junior Master Gardener Curriculum - www.jmgkids.us/
- UC Eating Healthy From Farm to Fork - [//ucanr.org/sites/letseathealthy/Curriculum/?close=yes](http://ucanr.org/sites/letseathealthy/Curriculum/?close=yes)

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Connections & Events	Curriculum	4-H Record Book
<p>Presentation Days – Share what you’ve learned with others through a presentation.</p> <p>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • Linking Food & the Environment (LiFE) Curriculum blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/ • The Growing Classroom, Garden-Based Science www.gardeningwithkids.org/1-4017.html • UCCE TWIGS Gardening and Nutrition Curriculum cesanmateo.ucdavis.edu/TWIGS/ • Cornell 4-H MOSAICS www.gardenmosaics.cornell.edu 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/</p>