

Noble County Mini 4-H



Garden

Mini 4-H Helper's page

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when they enroll in Mini 4-H. This manual and the manuals on various other topics will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly suggested that you do not complete the activities for them. Instead help them, guide them, work with them and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension Office in your county.

Helper's Tips

The Mini 4-H Program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children
- **Relax and have fun.** Some children will want to finished their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished project should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the easiest, and what they like the most.

This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills.



Mini 4-H Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

The 4-H symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



The 4-H colors are green and white. The four-leaf clover is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. **The 4-H motto** is "To make the best better." When something is better than all the others it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you, to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before. There are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

*"To make the
best better"*


The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is a bold print below.


I pledge...


my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living for
my **club**, my **community**,
my **country**, and my **world**.

What do these words mean?

I Pledge my Head  to clearer thinking, means I promise to use my head to make good choices.

My heart  to greater loyalty, means to use my heart to be a good friend.

My hands  to larger service, and, means to use my hands to do helpful things for others.

My health  to better living, means to take care of my body and to show others how to live in a healthy way.

For my club, my community, my country  and my world, means to help my group, my community, my country and my world be happy and safe for everyone.

What Is Gardening?

Do you ever wonder where different vegetables or flowers come from? Would you like to see things grow?

Gardening involves planting a seed in soil and watching it grow. It needs water, light, air, food, and room to grow.

Activity 1 -- Seeing Plants Drink

You will need the following things:

- clear cup
- red or blue food coloring
- fresh white carnation or celery stalk with leaves

Here is what you do:

1. Add 8 to 10 drops of red or blue food coloring to water in a clear cup.
2. Trim the carnation or celery stalk so the end will be freshly open and not clogged.
3. Place the celery stalk or white carnation inside the clear cup.
4. Set a timer for 20 minutes.

The carnation or celery will slowly change to the color of the food coloring in the cup. Tomorrow, the changes will be even more colorful!

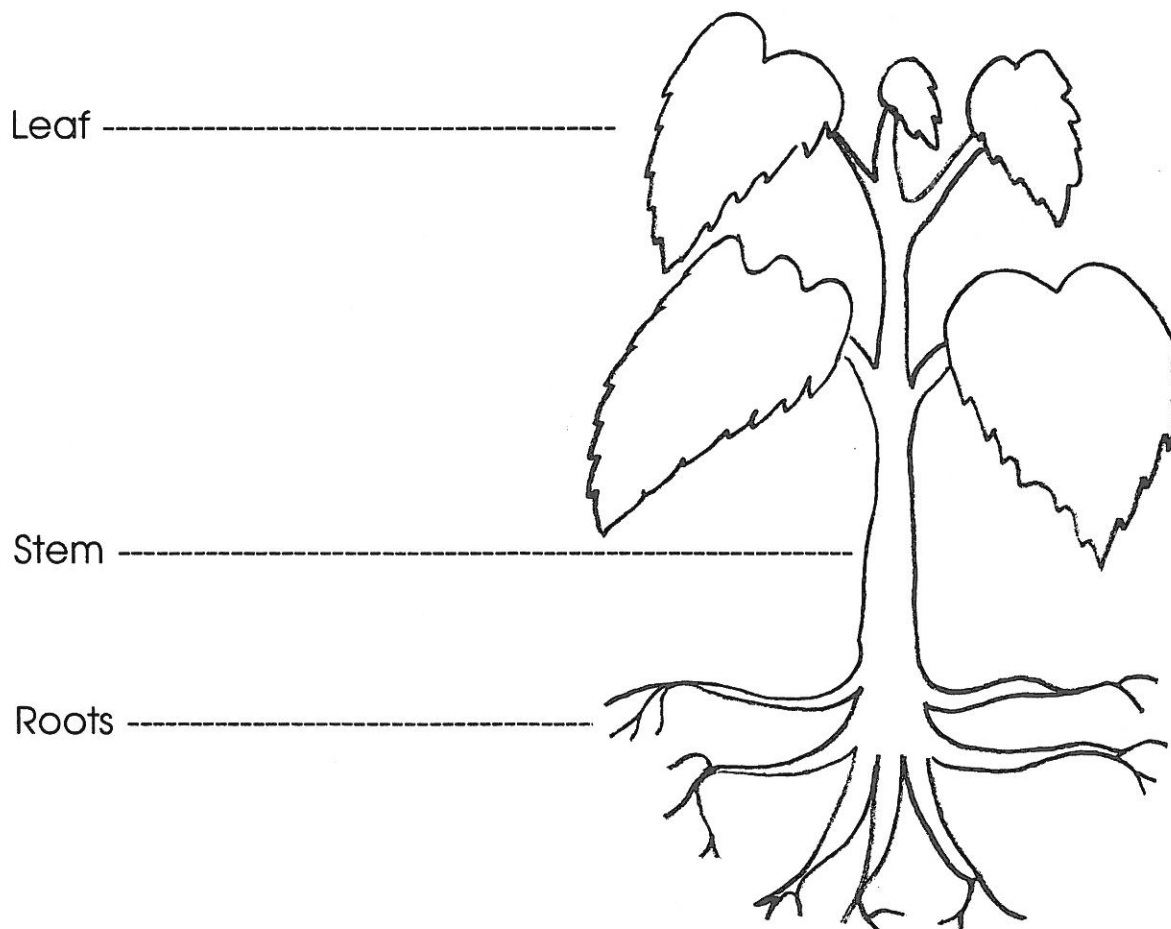
This process shows that the stem of a plant not only holds the plant in an upright position, but it also helps in the transportation of foods and liquids from one part of the plant to another.

▼ Activity 2 -- Parts of a Plant

You will need the following things.

- a live or artificial plant or simply see the illustrations below
- colorful construction paper
- scissors
- glue
- marker

1. Mom, Dad or an adult can show you the different parts of this plant.
2. Use scissors to cut out leaves, stems, roots, etc. from construction paper.
4. Glue pieces on another full sheet of paper to make your own plant.
5. Use your marker to label the appropriate parts of your plant.



▼ Activity 3 -- Garden Search & Color

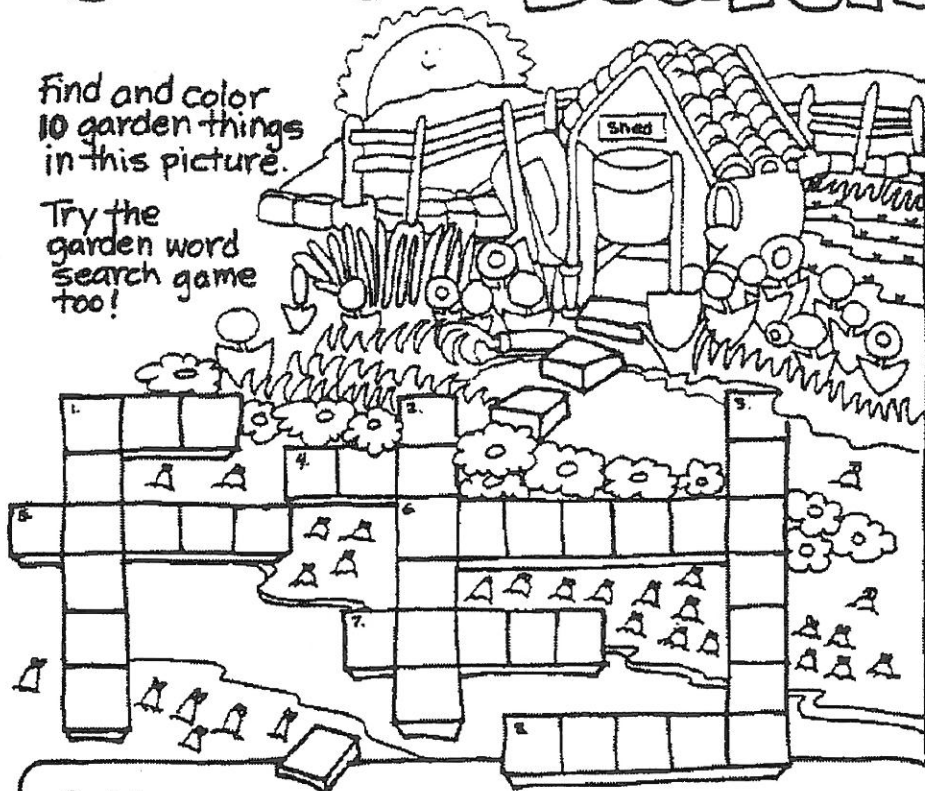
You will need the following things:

- crayons, colored pencils, or markers

Garden Search

Find and color
10 garden things
in this picture.

Try the
garden word
search game
too!



Down

1. Many kinds of _____ grow in gardens.
2. The part of lettuce that we eat.
3. Many of these are garden pests.

Across

1. Bright green vegetable.
4. Garden tool.
5. Thirsty plants need plenty of _____.
6. Plants that live for only one growing season.
7. Plants start out as _____.
8. Gardens give us good _____ to eat.

Word Bank

hoe
pea
foods
seeds
insects
plants
water
annuals
leaves

▼ Activity 4 -- Indoor Gardening

There are seven requirements for growing plants indoors.

Room to grow
Water
Food

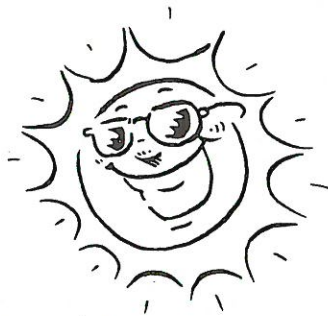
Temperature
Time

Light
Air



You will need the following things:

- seeds
- potting soil
- quart Ziploc sandwich bag, 2-liter bottle or flower pot
- water



Here is what you do.

1. Fill plastic bag 3/4 of the way with good moist soil. Or have an adult cut off the bottom section of a 2-liter bottle and fill with soil.
2. Select seed.
3. Plant seed about 1/16 of an inch deep.
4. Water soil with light spray. Set in sunny window.
5. Watch the plant as it grows.



▼ Activity 5 -- Scrapbook of Vegies

You will need the following things:

- construction paper
- stapler
- scissors
- glue
- marker



Here is what you do.

1. Look through old magazines, etc., and find as many pictures of vegetables as you can.
2. Cut these out with scissors.
3. Glue your vegetable pictures onto different colors of construction paper. Leave enough room below each picture to write the name of each vegetable.
4. Use a marker to write out the names of the vegetables.
5. Write the title of your scrapbook on the first page. Decorate around your title with smaller vegetable pictures or your own drawings of vegetables.
6. Use a stapler to form your scrapbook.

▼ Activity 6 -- A Letter from the Garden

Hi, Kids!

We are glad you are going to plant us in a garden and give us a home. You must take care of us and help us grow into strong, healthy plants. Then we will give you food for you and your family.

If you have a little space, you can grow a little garden. If you have a lot of space, you can grow a big garden. Simple instructions are listed below for each of us!

Our home needs to be very special. We need sunlight, air, and water. Pick up a handful of dirt. Squeeze it. Now, open your hand. If the dirt falls out in pieces, you can plant your garden. If it stays in a mud ball, it is too wet. Try again tomorrow. If it is too dry, wait until it rains.

Plant your rows straight. Your sticks and string will help you do this. If the rows are straight, they will look better and you will get more in your garden. Plant each of us the way it says in this manual. Then watch us. In a week or so you should see us sticking out of the ground. Remember - if you have any questions with your garden, ask for some help. If you make some mistakes, don't worry, sometimes the best way to learn is from mistakes.

We hope you have fun with your garden. We are looking forward to being on your table in a few months.

Sincerely,

Leafy Lettuce *Squeaky Squash*
Groovy Green Bean!
Risky Red Radish
Onion Onion *Topsy Turvy Tomato*

Try planting us in your garden. Turn the page to find out how.....

Risky Red Radish

Put my seeds in the garden as soon as you can. I am small, so don't put me very deep in the ground - no more than 1/2 inch. Cover me lightly with soil, not too deep or I'll never peek through. Pick me when I'm as big as a dime and no bigger than a quarter. I should be ready in 3 to 4 weeks.

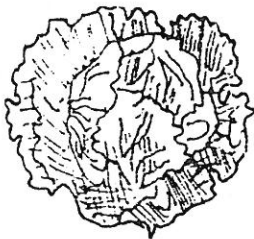


Groovy Green Bean

You can plant my seeds between May 15 and June 1. Not before then because the ground might be too cold for me. Put me in the ground a little deeper than my friend, Risky Red Radish. Snap me off when I get to be about 4 to 5 inches long. I take about 50 to 70 days after I am planted.



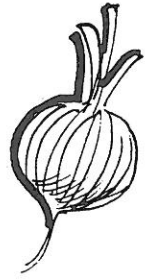
Leafy Lettuce



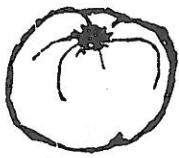
You can put me in the ground as soon as possible. Don't put me as deep as Risky Red Radish because I will never find my way out of the ground -- I'm too lazy. Just put a little dirt on top of me, only enough so you can't see me anymore. I need lots of sunlight, cool nights and plenty of soil moisture. Cut me when my leaves are crisp and as big as the palm of your hand or bigger. I will be ready in 6 to 7 weeks.

Orville Onion

I take a long time to grow, so put my seeds in the ground as soon as you can. Don't put me very deep in the ground or I will grow V-E-R-Y slowly. These seeds take about 16-20 weeks before they are ready to eat. Pick me just before my root starts to form a ball. My top should be green and fresh. If you want, you can buy onion sets or plants. These should be planted the same way as the seeds. We will be ready to eat in eight or nine weeks!



Topsy Turvy Tomato



My plants take a long time to come through the ground. So, after May 15 and before June 1, you may want to go to a greenhouse and get two of my plants. These plants grew from two of my seeds, which were planted in March. They were put in the ground and kept inside because I would have frozen outside. Don't pick me too early. Pick me when I just start to get red in the face. Take me in the house and leave me in a sunny window to get bright red. If those birds and bugs leave me alone, you can leave me in the garden to get bright red. But be careful, insects sneak up when you're not around.

Squeaky Squash

I can be planted anytime between May 15 and June 15. Put me in the ground a little deeper than my friend, Orville Onion. I won't be ready to pick for 50 to 60 days. I am best when my skin is soft and thin. Don't let me get too big!



▼ Activity 7 -- A Garden Fun Song

♪ ♪ (sung to the tune, "Mary Had A Little Lamb") ♪ ♪

A tiny seed is sleeping in the ground,
sleeping in the ground, sleeping in the ground.
A tiny seed is sleeping in the ground, showing nature's way.

The sun comes out and warms the seed,
warms the seed, warms the seed.
The sun comes out and warms the seed, showing nature's way.

The rain comes down and wets the seed,
wets the seed, wets the seed.
The rain comes down and wets the seed, showing nature's way

The roots grow down and spread their toes,
spread their toes, spread their toes.
The roots grow down and spread their toes, showing nature's way.

The leaves are growing inside of the seed,
inside of the seed, inside of the seed.
The leaves are growing inside of the seed, showing nature's way.

The stem humps its back and stands straight and tall,
stands straight and tall, stands straight and tall.
The stem humps its back and stands straight and tall, showing nature's way.

The leaves grow out and wave in the breeze,
wave in the breeze, wave in the breeze.
The leaves grow out and wave in the breeze, showing nature's way.

The blossoms grow and look beautiful,
look beautiful, look beautiful.
The blossoms grow and look beautiful, showing nature's way.

A tiny seed falls back to the ground,
back to the ground, back to the ground.
A tiny seed falls back to the ground, and starts the great replay.





What to Exhibit



Exhibit - Level "A": (choose one)

1. Display a plate with 1 kind of vegetable, 3 items.
(Example – 3 tomatoes, 3 green beans, 3 cucumbers.)
2. A Chia pet.

Exhibit – Level "B": (choose one)

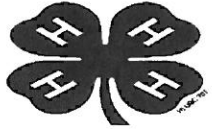
1. A poster with pictures of 3 to 5 vegetables. Label each with the name of the vegetable and some ways it is used or cooked.
2. A vegetable plant in a pot (no larger than 10" in diameter). You must have taken care of your plant for at least 2 months before judging.

Poster Construction Rules:

All posters are to be covered with clear plastic and have a stiff, non-flexible backing. All posters are to be **14" HIGH x 22" WIDE**. You may use any color of poster board. Each poster project should have a title.

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.

If you have any questions about your project, please call the Extension Office at 636-2111 or 1-800-601-5826.



4-H Fair Exhibit

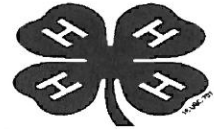


Exhibit – Kindergarten

Display a plate with one (1) kind of vegetable, three (3) items. (Example - 3 tomatoes.)

Exhibit – 1st Grade:

Display a collection with two (2) kinds of vegetables, three (3) items each. (Ex-3 tomatoes, 3 carrots.)

Exhibit – 2nd Grade:

Display a collection with three (3) kinds of vegetables, three (3) items. (Example - 3 tomatoes, 3 green beans, 3 cucumbers.)

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.

If you have any questions about your project, please call the Extension Office at 636-2111 or 1-800-601-5826.



Noble County Mini 4-H Record Sheet

Name _____ Grade in School _____

Address _____

4-H Club _____ Township _____

Number of years in Mini 4-H _____ Number of years in project _____

Member's Signature _____

Parent's Signature _____

Leader's Signature _____

A. Project: _____

B. Estimated number of hours worked to complete project _____

C. Money spent on project:

Cost of supplies: (list) _____

OR

Foods – number of _____

times made _____

D. List the things that you learned while you were doing Mini 4-H:
