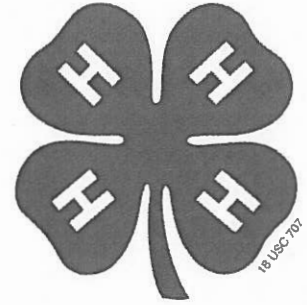


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Mini 4-H

GARDEN



An Introduction to 4-H for Youth in Grades K, 1 & 2

Developed by Purdue Extension— Elkhart County

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Revised September 2014

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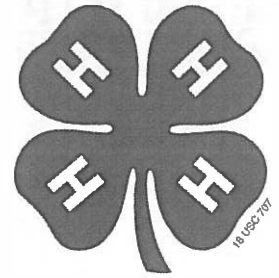
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OUR STAFF

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 fair. The 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 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 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 finish 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 product 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 the 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 most difficult, what was the easiest, and what they liked 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'ers 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 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 of 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.

The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.

I pledge my **Head**  to clearer thinking.

I promise to use my head to make good choices.

my **Heart**  to greater loyalty.

to use my heart to be a good friend.

my **Hands**  to larger service, and

to use my hands to do helpful things for others.

my **Health**  to better living.

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.

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



What is Gardening?

Having a garden can be FUN! Plants are living things that you grow. We see plants all around us. You may enjoy growing houseplants (grown inside your house in a pot), a vegetable garden to put food on the table or a flower garden to make your yard more beautiful. All these plants need special care to grow. In this project you will learn how to grow plants successfully.



ACTIVITY 1 – WHAT PLANTS NEED

All plants have needs to grow and be healthy. Among these are water, soil, air and space to grow. Different plants like different amounts of sunshine and different temperatures. It is important to choose a plant that likes the conditions that you have where you want it to grow. For example, you wouldn't plant a flower that likes to be in the sun under a shade tree. Read the seed package when choosing seeds for your garden.

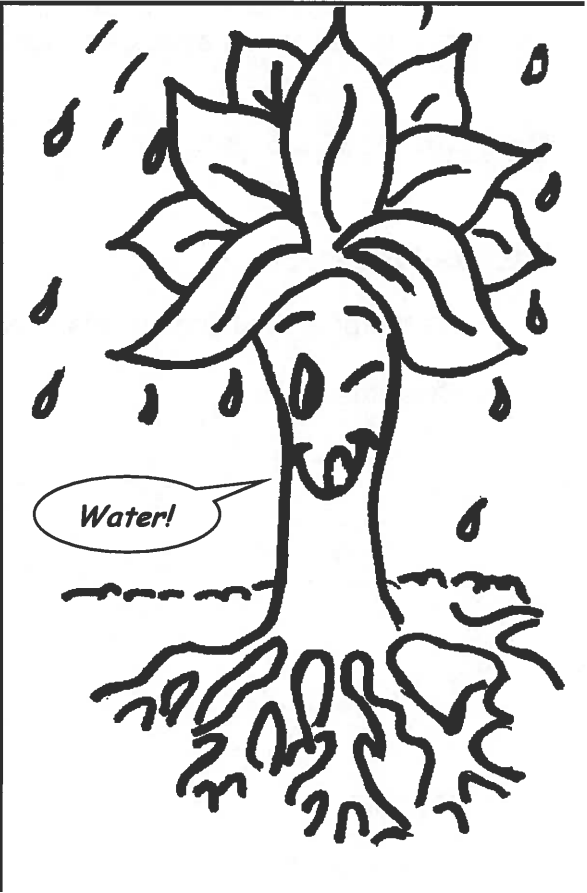
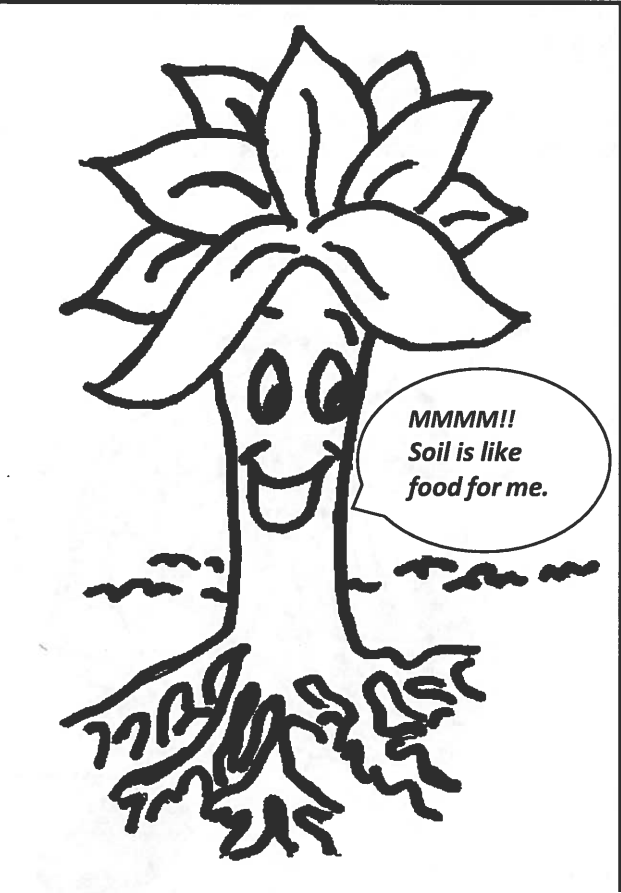
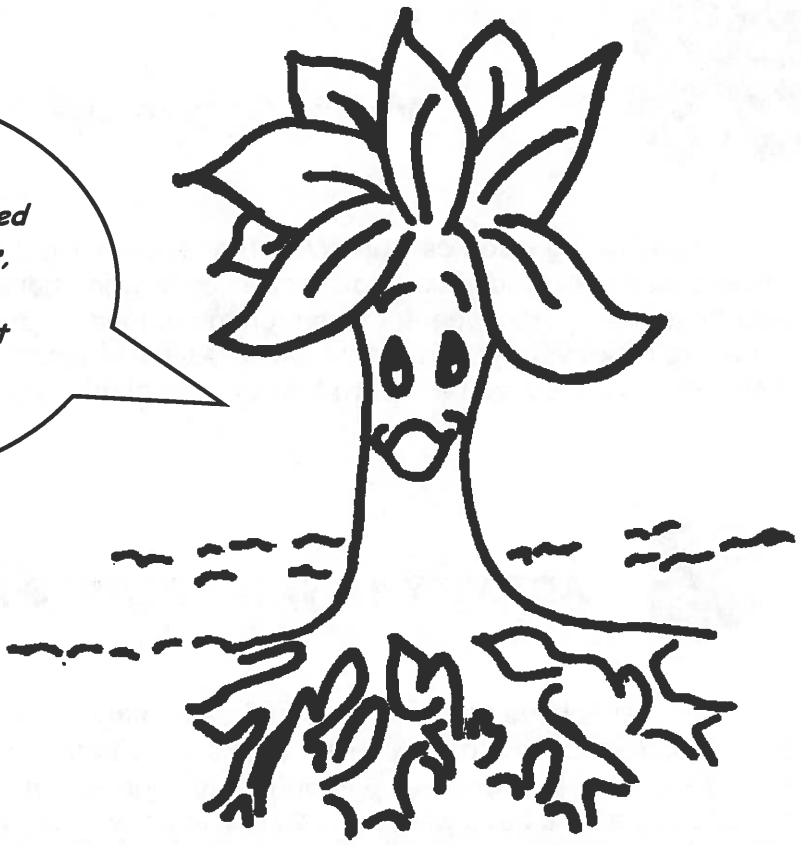
Materials needed for this activity: crayons activity sheets

What you will do:

1. Read about the things plants need to grow.
2. Color the pictures.



Like you, plants have many needs. Plants need lots of soil, water, air, sunshine, the right temperatures and a lot of good care.



What did you learn?

Name 4 things plants need to grow.

What would happen to your grass if we had no rain? _____

Why? _____

What can you do to prevent this from happening? _____



ACTIVITY 2 – GROWING A BEAN PLANT

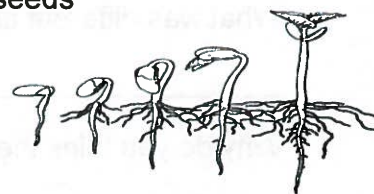
This experiment will show you what happens when a plant doesn't get one of their needs met. In this case it will be light (or sunshine). This experiment also lets you see how a plant grows from a seed. The bean is the seed for the bean plant.

Materials needed for this activity:

pencil
water
ruler

2 clean plastic bags
2 paper towels

8 – 10 bean seeds
chart



What you will do:

1. Fold each paper towel so that it fits inside the plastic bag. Wet the paper towel and place it in the bag.
2. Place the seeds evenly inside the bag on the outside of the paper towel so you can see if they are growing.
3. Place one plastic bag in a warm, sunny place. Place the second bag in a dark place, like a closet.
4. Check the seeds every 2 days and record on the chart how they are growing.
5. Keep checking the seeds until they grow into a small plant.

Be sure to wet the paper towel if it dries out.
You may plant the small bean plant in your garden!



My Bean Plants

	In the Sun	In the Dark
Which grows first, the stem or the root?		
How many days did it take to sprout?		
How many days before leaves appeared?		
How long was the root the first day it appeared?		
What color is the root?		
How long was the stem the first day it appeared?		
What color is the stem?		

What did you learn?

Which seed grew the fastest? _____

Why? _____

What grew first, the root or the stem? _____

What was different about the plants in the sun and the plants in the dark? _____

Why do you think they were different? _____



ACTIVITY 3 – PROTECT YOUR PLANTS

Some things hurt your plants and keep them from growing. You need to watch for these *hazards* and protect your plants.

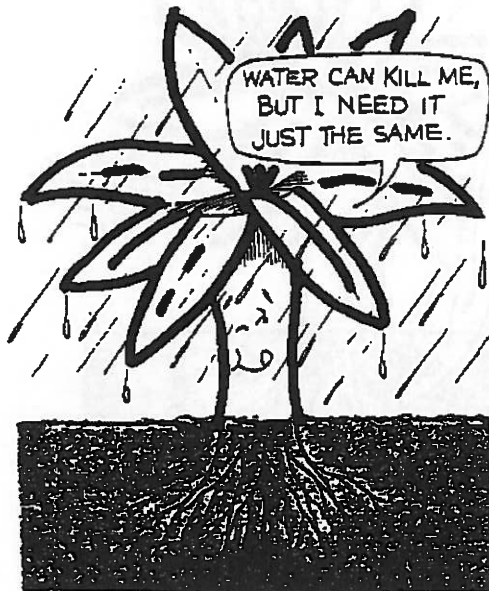
Materials needed for this activity: crayons activity sheets

What you will do:

1. Read about the things that can hurt your plants.
2. Color the pictures.

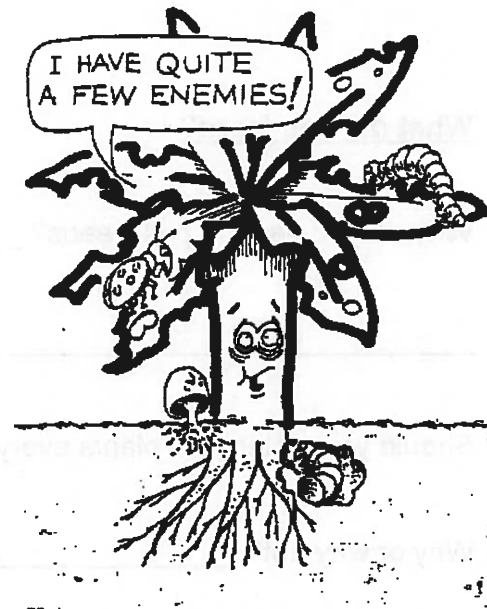


Too much water drives out air and shuts off the oxygen supply causing root damage.



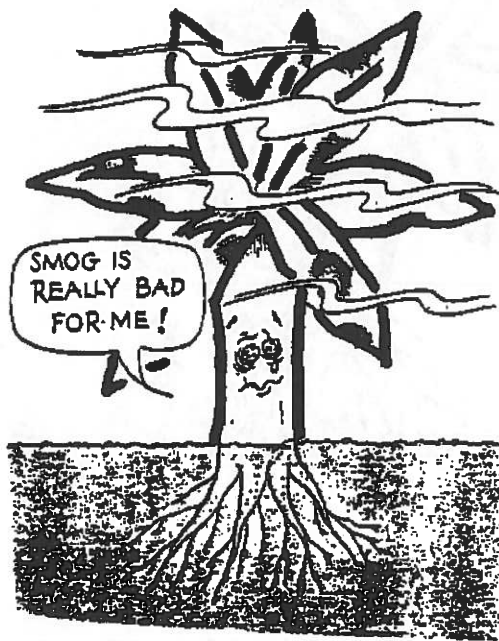
Weeds are like robbers. They steal food, sunlight, and soil from your plants. Pull weeds when they grow.

Too much fertilizer or natural salt can harm plants. Good watering washes away excess salt.



Bugs injure plant tissue, rob plants of juices and attack leaves, stems and roots

Air pollution can kill plants.



Physical injury to roots, stems, and leaves can harm plants.

What did you learn?

Why do you need to pull weeds? _____

Should you water your plants every day? _____

Why or why not? _____



ACTIVITY 4 – GROW A GARDEN

(Get permission from your parents.)

Materials needed for this activity:

seeds of your choice
garden tools

a place to grow a garden
fertilizer

What you will do:

1. Prepare the soil. Put fertilizer on your garden area, turn the soil 6 – 8 inches deep and smooth with a rake.
2. Plant your seeds. Follow the instructions on the package. This will tell you how deep to plant your seeds and how long they will take to grow. *(Be sure to plant early enough for your vegetables to be ready for the Fair.)*
3. Care for your garden. Water it every week if there isn't any rain. Protect your garden from the hazards mentioned in Activity 3. Remember to pull weeds.



What did you learn?

What kind of seeds did you choose? _____

How deep did you plant the seeds? _____

How long did it take for the plants to appear? _____



ACTIVITY 5 – Growing Food

Materials needed for this activity:

seeds of your choice
garden tools

a place to grow a garden
fertilizer

What you will do:

1. Choose a vegetable to grow in your garden.
2. Repeat the steps in Activity 4 to plant and care for your seeds.
3. When your vegetables are ripe, pick your vegetables and eat them.

What did you learn?

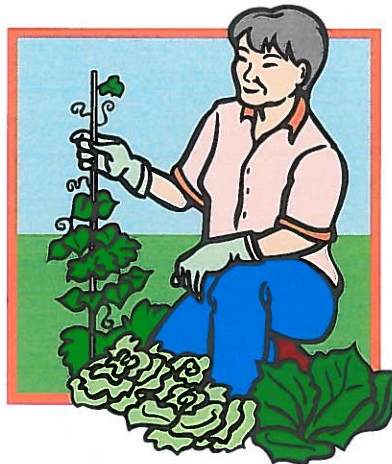
Did you grow a vegetable? _____

Did you eat your vegetable? _____

Do you think your vegetable tasted better than what you buy at the store? _____

Why? _____

What other vegetables would you like to grow? _____





ACTIVITY 6 – DIFFERENT PLANTS

There are many kinds of plants you can grow. Think about some of these as you try the word search. Plants all need special care to grow.

Materials needed for this activity: pencil word search activity

Garden Words

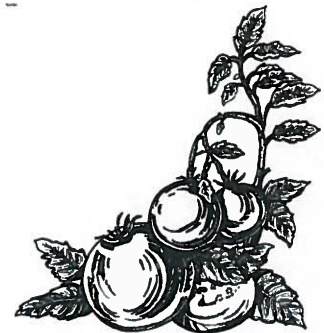
B	E	E	T	S	A	C	A	N	T	A	L	O	U	P	E	S
R	C	W	A	T	E	R	M	E	L	O	N	S	B	A	P	W
O	D	E	F	L	E	T	T	U	C	E	G	H	I	E	J	E
C	A	B	B	A	G	E	K	T	U	R	N	I	P	S	L	E
C	M	S	G	H	T	U	F	G	E	G	G	P	L	A	N	T
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L	T	O	M	A	T	O	E	S	N	R	Y	A	N	P	J	O
I	O	V	F	J	R	W	P	I	S	Q	X	S	G	I	K	R
S	N	W	P	O	T	A	T	O	E	S	W	A	G	N	L	N
T	P	I	E	K	R	X	G	R	E	E	N	B	E	A	N	S
O	Q	X	H	L	O	Y	C	U	M	R	V	B	E	C	M	T
R	R	Y	D	C	P	Z	B	J	S	Q	U	A	S	H	N	S
R	S	Z	C	M	C	A	U	L	I	F	L	O	W	E	R	R
A	S	R	E	B	M	U	C	U	C	S	U	C	P	P	O	Q
C	T	A	B	N	O	A	Z	K	L	T	O	N	I	O	N	S

asparagus
green beans
tomatoes
cantaloupes
peas
cucumbers

eggplant
sweet corn
cabbage
peppers
zucchini

squash
broccoli
onions
watermelon
cauliflower

beets
lettuce
turnips
carrots
potatoes



What did you learn?

Name a plant growing in your yard. _____

Who cares for the plants in your yard? _____

What is your favorite vegetable? _____

Name a vegetable you would like to try growing that you are not growing now. _____





What to Exhibit

Garden

Here is a list of projects that can be shown at the Fair. Pick *one* of the projects you would like to exhibit at the fair. You do not need to make the projects in special order. If you have any questions about your projects, contact your leader or the Extension Office. There are people there who can help you.

There are **three choices** for your Fair exhibit. Please choose **only one**.

1. Make a Gardening poster. Your poster should be 22"L x 14"H, displayed horizontally. Take several pictures of you working in your garden. Put 1-5 pictures on your garden poster.
2. Select a vegetable from your garden. Place your vegetable on a paper plate along with one picture of you in your garden. Place your plate inside a plastic bag.
3. Select a flower or plant from your garden. You may put your flower or plant in a pot. You may decorate your pot if you want. Place a picture of you in your garden with your flower or plant.

For more information on how to label your project, when to enter it in the Fair, and where your project needs to go, please contact the Extension Office.



