

Mini 4-H

Gardening

All Divisions



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Please Note: As a professional courtesy, the Area VII Extension Educators request that these materials NOT be copied or duplicated by any means. Copies of the materials may be requested for purchase.

Resources and References

Delaware County Mini Arts and Crafts Manual
Franklin County Mini Crafts Manual
Kids 'Squish Book by Loris Theovin Bree and Marlin Bree

February 1998



Welcome to the **Mini 4-H** Program! **Mini 4-H** is designed for youth, age Kindergarten to 2nd grade, to explore a variety of project areas.

As a **Mini 4-H** parent, your job will be to guide and encourage your child through the activities. Help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is **“learn by doing”** and is the best educational tool that we can provide for youth. At this age the *PROCESS* of learning is more important than the *PRODUCT*.

The **Mini 4-H** program is set up to allow your child to exhibit a project at the 4-H Fair. This is non-competitive, with ALL participants receiving a **Mini 4-H** blue ribbon.



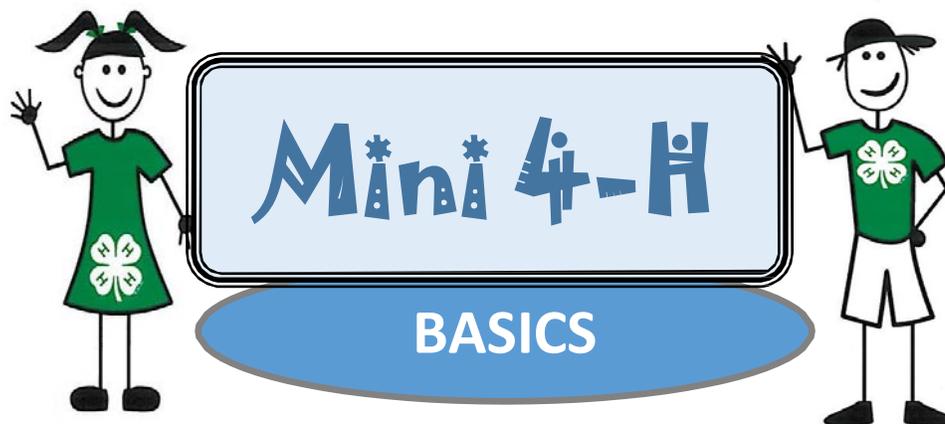
The 4-H Fair is an exciting time for 4-H members and families. It is a week in the summer that allows community youth to showcase their talents, interests, and enthusiasm for learning. We're excited to see your family there and invite you to take part in the events throughout the week.

If you have any questions regarding **Mini 4-H** or other 4-H programs, please feel free to contact the Floyd County Extension Office, (812) 948-5470.



Mini 4-H is fun!

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4-H Symbol:

A four-leaf clover with an “H” in each leaf
“Head”, “Heart”, “Hands”, and “Health”

4-H Colors:

Green and White



4-H Motto:

To make the best, better.

4-H Pledge:

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 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:

- Clear cup
- Red or blue food coloring
- Fresh white carnation or celery stalk with leaves

Here is what to do:

1. Add 8-10 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 coloring 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.

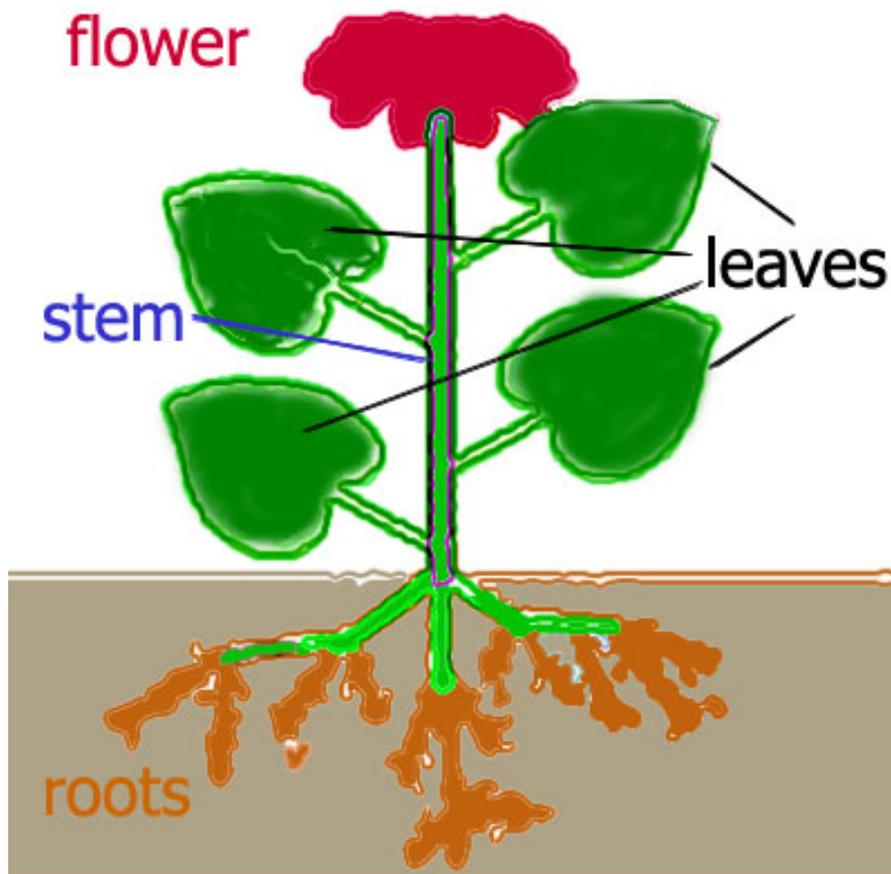
Activity 2 - Parts of a Plant

You will need:

- A live or artificial plant or simply see the illustration below
- Colorful construction paper
- Scissors
- Glue
- Marker

Here is what to do:

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

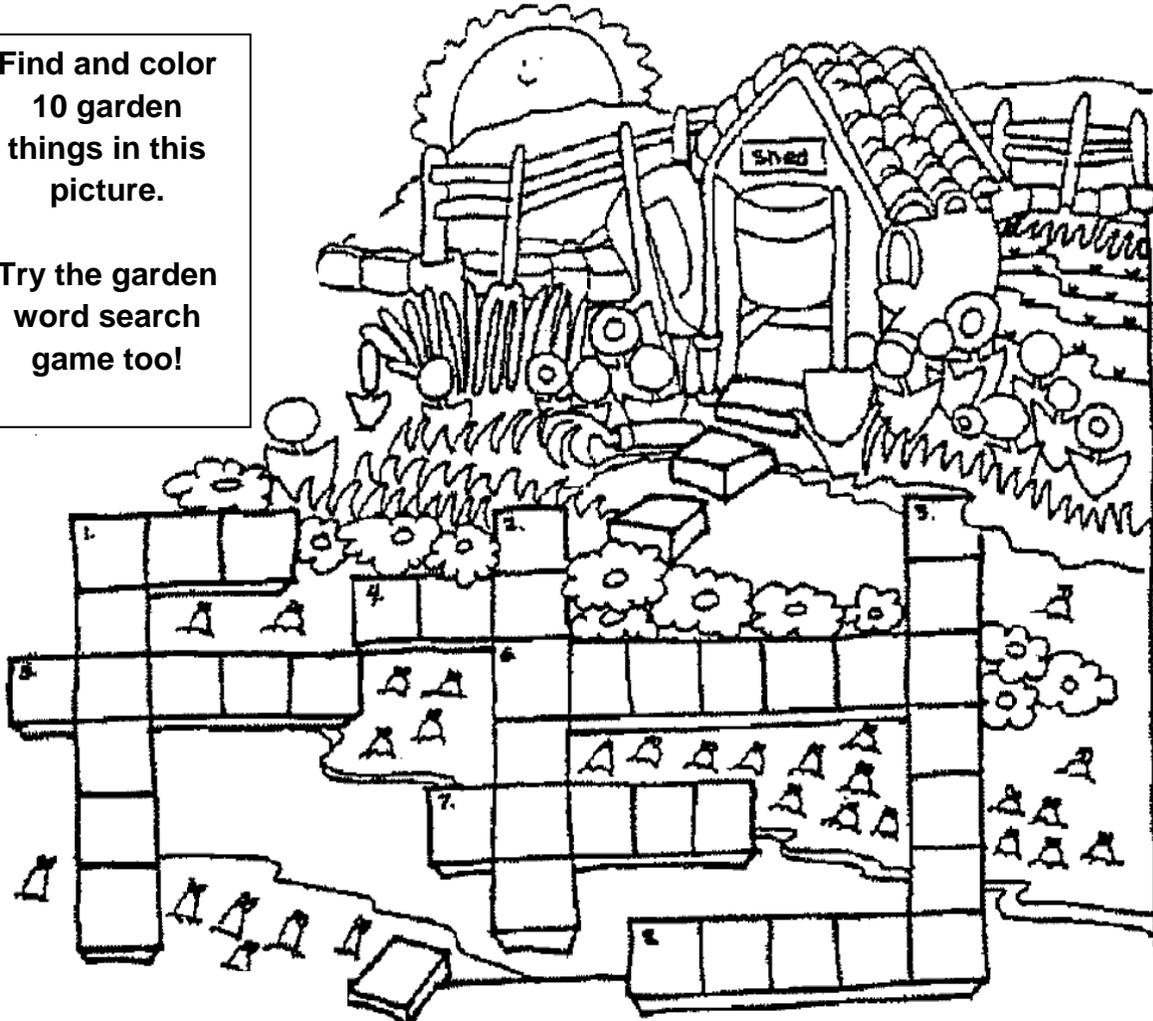


Activity 3 - Garden Search & Color

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 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

Food

Time

Air

Water

Temperature

Light

You will need:

- Seeds
- Potting soil
- 1 quart Ziploc sandwich bag, 2 liter bottle or flower pot
- Water



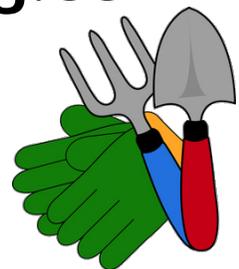
Here is what to do:

1. Fill plastic bag $\frac{3}{4}$ 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. Plant seed about $\frac{1}{16}$ of an inch deep.
3. Water soil with light spray. Set in a sunny window.
4. Watch the plant as it grows.

Activity 5 – Scrapbook of Veggies

You will need:

- Construction paper
- Glue
- Stapler
- Marker
- Scissors



Here is what to do:

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

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 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.

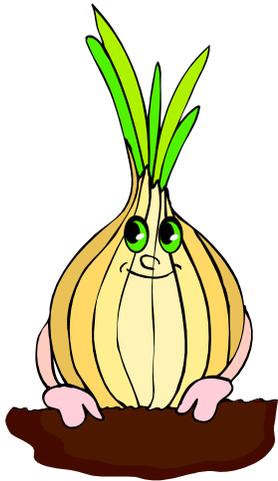
Sincerely,

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

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 ½". 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 3-4 weeks.



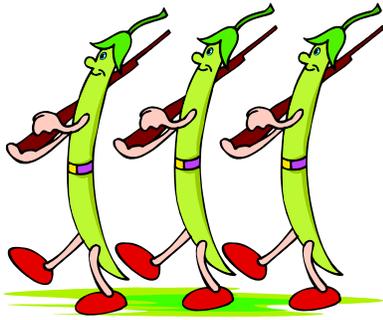
Orville Onion

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.

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 am 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.



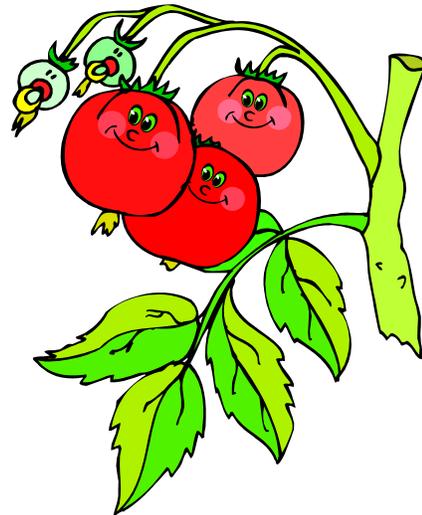


Groovy Green Bean

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"-5" long. I take about 50-70 days after I am planted.

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 are 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 50-60 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 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

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 stem humps its back and stands straight and tall, 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 start the great replay.



What to Exhibit



Your exhibit will be one plant in a pot (no larger than 10" in diameter). You must have taken care of your plant for at least the last two months before judging. A chia pet you have grown can be substituted for the potted plant.

OR

A plate with a maximum of three vegetables.

OR

A scrapbook of pictures of different types of vegetables. Label each vegetable with its name.

How to Exhibit Your Items

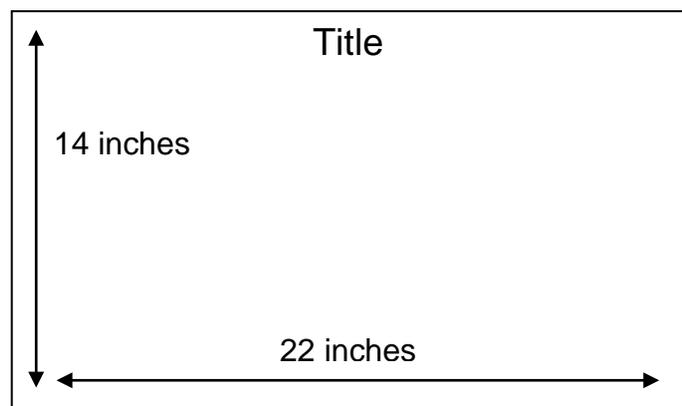
For information on how to label your project, when to enter it in the fair, and where the project needs to go, please contact your Extension Office.

Good Luck and Have Fun!

Mini 4-H Poster Requirements

Poster requirements for ALL Mini 4-H projects that require posters:

1. Poster board (14"x22") should be displayed horizontally
2. Poster should have stiff backing and covered with clear plastic
3. A title should be at the top of the poster
4. Include your name, grade and club on a card in the lower right hand corner.



Sample poster