Vegetable Gardens: A Healthy Environment to Learn, Grow and Consume

Presenter: Xiomara N. Diaz, 4-H/FCS Extension
Agent IUF IFAS Marion County Extension Service
What Does 4-H Believe In?

We believe in POSITIVE YOUTH DEVELOPMENT

• Every child is a GOOD child with great potential.
• Every child has unique talents and abilities.
  • Sometimes children make bad choices or exhibit bad behavior. Why?
• Our job is to shape children in such a way that they make the best use of their talents while also making good choices.
What Does 4-H Believe In?

We believe in the 4 ESSENTIAL ELEMENTS OF POSITIVE YOUTH DEVELOPMENT

- Belonging
- Mastery
- Independence
- Generosity
We believe that children learn best BY DOING

- We practice experiential learning in everything we do
What Does 4-H Believe?

We believe in LIFE SKILLS

- Research has shown that there are 33 life skills common to successful adults.

- Our goal is to instill these life skills in youth using project work, which captures their interests, as the vehicle.
Life Skills developed in a Vegetable Garden Project

- Record keeping
- Time Management
- Decision Making
- Problem Solving
- Enhanced self esteem
- Citizenship
- Healthy lifestyles
Vegetable Garden Project
Performance Goals

- Acquire the knowledge and develop the skills essential to the care and management of the well planed garden.
- Develop record keeping, problem solving, healthy lifestyle choices and a marketable life skills as reflected in a completion of a project.
- Help others understand gardening by giving demonstrations and preparing exhibits.
- Understand how to determine the nutritional value of the vegetable grown.
- Develop sense of citizenship through donations of vegetables.
Selection of delivery methods for the Vegetable Project

- Training for Trainers (Master Gardeners and volunteers working in schools)
- Afterschool Workshops
- Orientation Night
- Garden Information Guide
- Newsletters
- Face to Face Consultation
Vegetable Gardens in Afterschool Sites

WHY?

• The students spent around 7 hours per day receiving formal education in schools and most of the students who participate in afterschool programs spent an average of 11 hours per day out of homes.
Training Session

- Training the trainers (lessons)
  - Garden plan
  - Land preparation
    - Soil characteristic
    - Compost
  - Pest and control measures
    - Entomology
  - Irrigation
- Completion of project book (record keeping) and demonstration
Implement a Garden plan (1st Component)

- Garden Development
- Follow Plan
  - 20x26
- Cultural practices
- Appearance

Growing season: mid- March to the end of May

*Receipt of free planting materials, fertilizer and pesticide.*
Garden Video
**Map (Follow Plan) vegetable grown**

<table>
<thead>
<tr>
<th>Plant</th>
<th>Minimum Spacing</th>
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<tbody>
<tr>
<td>Corn</td>
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<td>Tomatoes</td>
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<td>Cucumbers</td>
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<td>Zucchini</td>
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<td>Squash</td>
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<td>Green beans</td>
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<td>Onions</td>
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<td>Turnip</td>
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<td>Radish</td>
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<td>Bell peppers</td>
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**4-H Seminole Garden Project Follow Plan**

- **Radish** - 1”
- **Tomatoes** - 36 inches
- **Cucumbers** - 18 inches
- **Zucchini** - 42 inches
- **Squash** - 42 inches
- **Green beans** - 2-3 inches
- **Onions** - 4 inches
- **Turnip** - 4 inches
- **Radish** - 4 inches
- **Bell peppers** - 20 inches

**Rows run north to south**

- 3 ft between row spacing
- 2 ft between row spacing
- 3 ft between row spacing
Record Book (2nd Component)

- Calendar Diary
- Expense Report
- Economic Analysis
- Let's Cook
  - Nutritional facts
  - Recipe preparation
  - Survey
- Demonstration
- Garden Story
- Project Pictures
Garden Exhibit Night (3rd Component)

- Variety (4 different kinds of vegetables)
- Uniformity
- Maturity
- Appearance
Parents, Teachers and Participants Testimonies

- Increase of participants vocabulary
- Improve the participants performance in subjects such as math and science
- Improved and develop participants’ motor skills
- Expose the participants to real situations
- Increase consumption of vegetables
- Develop marketable life skills
- Provide the participants the opportunity to work as team players in outdoors activities
The Value of a Vegetable Garden

- Personal growth
- Self responsibility
- Community awareness
Personal growth
Self responsibility
Community Awareness
Thanks for your attention!

Making the Best Better!

2010 Seminole Garden Project Video