



CANADA
4-H Ontario

www.4-hontario.ca

4-H ONTARIO PROJECT



Let's Get Growing
A Guide to Food Gardening Throughout the Seasons

RECORD BOOK

THE 4-H PLEDGE

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living,
for my club, my community and my country.

THE 4-H MOTTO

Learn To Do By Doing

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PROJECT RESOURCE INFORMATION:

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Thank you to the 4-H Let's Get Growing Advisory Committee members who assisted with the creation of this resource:

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Jenn Pfenning, Pfenning's Organic Vegetables
Elaine Roddy, Vegetable Crop Specialist, OMAFRA
Nathan Stevens, Manager, Horticulture Crops, Agriculture Development Branch, OMAFRA

Thank you to the 4-H Club that piloted this project.

Club Leaders – Brenda Dunster, Karen Elliott & Shirley Whitmore; Club Members – Emma Elliott, Sarah Elliott, Daniel Haggett, Dahlia Jacques, Deacon Scott, Hayden Simpson, Angus Sinclair, Chloe Waycik; Leeds 4-H Association

4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the



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RECORD KEEPING – WHY?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also....

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will make it easier to find what you need later on. This will also allow you to add extra pages later.

How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!

BASIC INFORMATION

RECORD BOOK FOR 20_____

Name: _____

Address: _____

Name of Parent or Guardian: _____

Age as of January 1: _____ Number of Years in 4-H: _____

List the other 4-H projects you are currently involved in:

Club Name: _____ Association: _____

CLUB MEMBERS:

| NAME | PHONE NUMBER | EMAIL |
|------|--------------|-------|
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WHO'S WHO

Club President: _____ Ph. # / E-mail: _____

Vice President: _____ Ph. # / E-mail: _____

Secretary: _____ Ph. # / E-mail: _____

Treasurer: _____ Ph. # / E-mail: _____

Press Reporter: _____ Ph. # / E-mail: _____

MEETING DATES:

| | DATE & TIME | PLACE | NOTES (Things to bring, remember, etc) |
|----------------------------|-------------|-------|--|
| <i>Meeting 1</i> | | | |
| <i>Meeting 2</i> | | | |
| <i>Meeting 3</i> | | | |
| <i>Meeting 4</i> | | | |
| <i>Meeting 5</i> | | | |
| <i>Meeting 6</i> | | | |
| <i>Achievement Program</i> | | | |

| LEADER NAME & CONTACT INFORMATION | LEADER NAME & CONTACT INFORMATION |
|-----------------------------------|-----------------------------------|
| | |
| | |

MEMBER EXPECTATIONS AND GOALS

Why did you join the Let's Get Growing 4-H Project?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Let's Get Growing Project? (Keep in mind that an Achievement Program should include the community in some way).

Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.
- Complete any other projects as required by the club leaders.
- Remember the more you put into your 4-H club the more you will get out of it!

ROLL CALLS – IN MY OPINION.....

| | ROLL CALL | MY ANSWER |
|----------|------------------|------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |

PROJECT SUMMARY: LET'S GET GROWING PROJECT

A. Member Comments

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?

a. Most:

b. Least:

3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

B. Parent/Guardian Comments:

C. Leader Comments:

This project has been completed satisfactorily!

Member: _____ Leader: _____

Date: _____ Leader: _____

SAMPLE JUDGING CARD

JUDGING – JUDGING CARD

CRITERIA:

1. Is the item made properly? Was this item grown properly?
2. Does the item serve the purpose for the class it is in?
3. Is it the proper size for its purpose?
4. Does it smell and/or look like it should?
5. _____
6. _____
7. _____

**note: additional requirements can be added to the list specific to the item being judged

Giving Reasons:

I place this class of _____, _____, _____, _____.

I place _____ first because.....

I place _____ over _____ because.....

I place _____ over _____ because.....

I place _____ over _____ because.....

I place _____ 4th because.....

For these reasons, I place this class of _____, _____, _____, _____.

Official Placing _____.

UNIT D: SPRING - ACTIVITY #2 - SEED OR SEEDLING?

Climate zone of your garden site: _____

Plant hardiness zone of your garden site: _____

| Crop Name | Soil Temperature for Germination | Days to Maturity | Direct Seed on... (date) | Subsequent Direct Seeding on...(date) |
|-----------|----------------------------------|------------------|--------------------------|---------------------------------------|
| | | | | |

UNIT I: SUMMER - ACTIVITY #2 - BUMBLEBERRY FREEZER JAM

Materials/Resources:

(Quantities are for six 250 ml containers of jam, increase as required for number of members)

- six clean freezer-safe 250 ml containers
- approximately 8 cups of mixed berries (needs to make 4 firmly packed cups (1 litre) of mashed berries)
- 3 ¼ cups (800 mL) sugar
- one package (49 grams) light pectin crystals
- measuring cups
- one large and two small bowls
- potato masher
- mixing spoons

Instructions:

1. Measure the sugar into a bowl.
2. Remove ¼ cup (50 ml) of the sugar and put it in different bowl along with the pectin crystals. Stir the sugar and pectin crystals together. Set both bowls aside.
3. In a large bowl mash the berries. Make sure you have 4 firmly packed cups (1 litre) of berries.
4. Add the pectin mixture to the berries and stir until combined, then let sit at room temperature for about 30 minutes, stirring once or twice. It will be thick and gooey.
5. Add the remaining sugar to the berries and stir constantly for three minutes.
6. Pack into freezer-safe 250 ml containers, leaving at least 5 millimetres (1/4 inch) on top to allow for expansion when frozen. Cover with lids and let jam stand at room temperature for several hours or overnight until set. Place in freezer for up to one year or in refrigerator if you will be using within three weeks.

Source: <https://www.todayparent.com/recipe/side-dishes/bumbleberry-freezer-jam/>

Was this jam easy or hard to make? Why?

After letting the jam sit, taste the jam. Do you like the taste?

Do you think you could make this jam using other types of fruit? If yes, which fruit would you try?

Would you make it again? Why or Why not?

Have a friend or family member taste the jam. What comments do they have about the jam?

UNIT J: FALL - ACTIVITY #2 - REFRIGERATOR PICKLED VEGETABLES

Materials/Resources:

(recipe is for two litres/quarts, increase quantities to reflect number of participants):

- 4 cups water
- 2 cups white vinegar
- 6 teaspoons kosher salt
- 4 fresh sprigs dill
- 1 teaspoon celery seed
- 1 teaspoon coriander seed
- 1 teaspoon mustard seed
- 3 to 4 cups of cucumber spears, cauliflower florets, summer squash spears or whole okra
- 2 clean one litre (1 quart) glass jars with lids (or four 500 ml)
- large saucepan
- spoon

Instructions:

1. In a large pan create a brine by bringing water, vinegar and salt to a boil. Stir until salt dissolves. Remove from heat and set aside.
2. Drop one or two sprigs of dill into each of the glass jars. Distribute the celery, coriander and mustard seeds evenly between the jars. Stuff each jar with the vegetables until well packed.
3. Pour the brine over the vegetables, covering completely. Allow to cool, then place the lids on the jars and refrigerate for at least 3 hours before serving.
4. The flavour will seep into the vegetables the longer they sit and they will keep for three to four months refrigerated.

Source: <https://bonnieplants.com/wp-content/uploads/Bonnie-Preserve-Your-Harvest.pdf>

Were the pickled vegetables easy or hard to make? Why?

After letting the pickled vegetables sit, taste them. Do you like the taste?

Do you think you could make these pickled vegetables using other types of vegetables? If yes, which vegetables would you try?

Would you make these again? Why or Why not?

Have a friend or family member taste the pickled vegetables. What comments do they have about them?

UNIT J: FALL - ACTIVITY #3 - GARDEN SALSA

Materials/Resources:

(recipe feeds approximately 20)

- 1.5 kilograms (3 pounds) of large tomatoes or 1 kilogram (4 pints) pints of small tomatoes
- two or three sweet peppers of any colour
- two bunches of green onions or one sweet onion
- one bunch of cilantro
- salt and pepper to taste
- 3 garlic cloves (optional)
- three or four limes (optional)

Instructions:

1. Wash tomatoes, peppers, green onions and cilantro, peel garlic and onion, if using.
2. Crush garlic, if using, chop cilantro finely and chop tomatoes, peppers and onions in small pieces.
3. Mix vegetables and herbs together in a large bowl.
4. Season with salt and pepper. If using, squeeze lime juice over the salsa.
5. Mix well and serve with tortilla chips. Leftover salsa can be kept in the refrigerator for a few days.

Was this salsa easy or hard to make? Why?

After you have finished making the salsa, taste it. Do you like the taste?

Are there any other vegetables you can think of that you might use when making salsa? If yes, which vegetables would you try?

Would you make it again? Why or Why not?

Have a friend or family member taste the salsa. What comments do they have about the salsa?

EXTRA ACTIVITIES

Let's Get Growing Memory Game

Memory games can be a lot of fun! Begin the game with the phrase, "One piece of equipment used for gardening could be....." and finish the phrase by adding one item. As each person takes a turn they add a new item and then they must repeat, in order, the items other people have added. The items can be real or silly items. When a person makes a mistake, they are out of the game. It will be fun to hear the silly additions and even more fun to find out how many items members will see before the game ends.

Other phrases could include:

"One thing plants need to grow well is....."

"One healthy food that I can grow is....."

Ball Toss

This is a review exercise. Have everyone stand up and form a circle so that everyone is facing inwards looking at each other. Toss a foam ball or bean bag to a person and have them tell what they thought was the most interesting fact or idea that was discussed at the meeting relating to the meeting topic. They then toss the ball to someone else and that person explains what they thought was the most interesting fact learned. Continue the exercise until everyone has caught the ball at least once and explained an interesting fact or idea learned at the meeting.