Introduction

Do you enjoy spending time outdoors? Do you eat lots of vegetables and fruit? In this project, you will grow some of the tastiest produce you’ve ever eaten. Vegetable and fruit gardening is a rewarding, inexpensive hobby. And, you can enjoy your harvest year round.

Unlike traditional 4-H projects, this project is designed to be completed throughout the Spring and Summer months. This project can be completed in a garden of any size. If you have raised garden beds, you can use them.

In this project, you will learn about a variety of plants, plan your garden, plant it, and care for the garden while watching out for pests. Gardening can be really easy and fun. In the end, you will be rewarded with an abundance of fresh produce. Eat lots of it at harvest time and save some for later!

Meet Larry Leaf!

Larry says, “Don’t leaf me alone—look for me throughout the manual. I’ll share exciting and important information that will help you with your project.

Leaf it to Me!

This More Leaves box will appear throughout the project book. Check out the great website link ideas that will lead you to fun online content to help you with your 4-H project.

Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

Dream it! Plan for success
Do it! Hands on learning
Dig it! What did you learn?
**What Skills Will You Learn?**

Each section or Skill Builder in this project has activities to do that will help your group learn to do by doing while learning new skills and having fun!

To complete this project, you must:
- Complete the activities in each Skill Builder OR a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club’s Achievement (See the inside back cover for more information about 4-H Achievements).

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>Activities</th>
<th>Page</th>
</tr>
</thead>
</table>
| Plants Galore | • Explain the purpose of a greenhouse  
• Understand the similarities & differences between annuals & perennials  
• Identify the main parts of the plant | • Visit a Greenhouse  
• What Do You Like?  
• Annuals & Perennials  
• Try Something New | 5  
6  
6  
6 |
| Planning It Out | • Prepare to plant a garden  
• Select seeds for a garden  
• Compare the qualities of soil samples | • Do Your Research  
• Seed Selection  
• Garden Map  
• Tools of the Trade  
• Row Markers  
• Soil Quality Tests  
• Seed Tapes | 7  
8  
8  
9  
9  
10  
11 |
| Plant, Plant, Plant | • Plant & transplant plants  
• Explain the process of planting seeds  
• Prepare an experiment | • An Early Start  
• A Gardening Record  
• Experimental Gardening  
• Planting Time | 12  
13  
13  
14 |
| Maintenance Matters | • Care for a garden  
• Record changes in garden plants  
• Describe sustainable maintenance practices | • Sustainable Practices  
• A Gardening Record  
• Germination Rate  
• Experimental Gardening | 15  
16  
16  
16 |
| The Power of Pests | • Describe good & bad influences on the garden  
• Identify various pests  
• Respond to pests to protect the garden | • Good vs. Bad Bug  
• A Gardening Record  
• Fight Back  
• Garden Inspection | 17  
17  
18  
18 |
| Harvest Time | • Collect produce as it ripens  
• Use fresh produce in a meal  
• Explain how local food can feed a community | • Taste Test  
• A Gardening Record  
• Visit a Farmers’ Market  
• 100 Mile Meal  
• Too Much Food  
• Exhibiting | 19  
19  
20  
20  
21  
21 |

When you successfully complete your Skill Builders, you will showcase what you have learned.

| Showcase & Portfolio | • Explain success in using the skills listed above | • Showcase Challenge  
• My Portfolio | 22  
24 |
Refer to this planting guide throughout the gardening process.

<table>
<thead>
<tr>
<th>Kinds</th>
<th>Distance between Rows, Feet</th>
<th>Distance within rows, inches</th>
<th>Amount of seed, or # of plants per 50-foot row</th>
<th>Depth to cover, inches</th>
<th>Days to Emergence (good temp &amp; moisture)</th>
<th>Number of days to seeding to harvest</th>
<th>Approximate yield per 50-foot row</th>
<th>How to use or store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean (bush) (pole)</td>
<td>2</td>
<td>2-3</td>
<td>4 oz.</td>
<td>1 1/2 - 2</td>
<td>7-10</td>
<td>52-70</td>
<td>30-50 qt.</td>
<td>Fresh, fresh frozen, canned, pickled</td>
</tr>
<tr>
<td>Beet</td>
<td>11/2</td>
<td>1-3</td>
<td>1/2 oz.</td>
<td>1/2</td>
<td>4-10</td>
<td>55-70</td>
<td>250 roots</td>
<td>Fresh, pickled, canned, cool cellar</td>
</tr>
<tr>
<td>Broccoli Early Late</td>
<td>21/2</td>
<td>18</td>
<td>1 packet</td>
<td>1 packet</td>
<td>4-10</td>
<td>60-80</td>
<td>30-40 qt.</td>
<td>Fresh, fresh frozen</td>
</tr>
<tr>
<td>Cabbage Early Late</td>
<td>21/2</td>
<td>18</td>
<td>1 packet.</td>
<td>transplants 1/2</td>
<td>4-10</td>
<td>60-80-105</td>
<td>30 heads</td>
<td>Fresh, raw, Fresh, raw, kraut, or storage</td>
</tr>
<tr>
<td>Carrot</td>
<td>11/2-2</td>
<td>1-2</td>
<td>1/4 oz.</td>
<td>1/2</td>
<td>6-18</td>
<td>60-75</td>
<td>30-75 lb.</td>
<td>Fresh, raw, canned, cool cellar</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>21/2</td>
<td>18</td>
<td>1 packet.</td>
<td>transplants</td>
<td>5-10</td>
<td>60-80</td>
<td>30 heads</td>
<td>Fresh, fresh frozen</td>
</tr>
<tr>
<td>Chard, Swiss</td>
<td>2</td>
<td>8-12</td>
<td>1/2 oz.</td>
<td>1/2</td>
<td>4-10</td>
<td>50-60</td>
<td>Use all season</td>
<td>Fresh</td>
</tr>
<tr>
<td>Corn</td>
<td>21/2-3</td>
<td>12-18</td>
<td>2 oz.</td>
<td>1-2</td>
<td>5-8</td>
<td>60-100</td>
<td>45-75 ears</td>
<td>Fresh, fresh frozen, canned</td>
</tr>
<tr>
<td>Cucumber Slicing</td>
<td>4</td>
<td>12-24</td>
<td>1/8 oz.</td>
<td>1/2-1</td>
<td>6-10</td>
<td>65-75</td>
<td>100-150 fruits</td>
<td>Raw, Pickled</td>
</tr>
<tr>
<td>Cucumber Pickling</td>
<td>4</td>
<td>12-24</td>
<td>1/8 oz.</td>
<td>1/2-1</td>
<td>6-10</td>
<td>60-70</td>
<td>50-150 fruits</td>
<td>Raw</td>
</tr>
<tr>
<td>Lettuce (leaf) (head)</td>
<td>11/2</td>
<td>6</td>
<td>1 packet.</td>
<td>1 packet</td>
<td>6-8</td>
<td>40-50</td>
<td>100 heads</td>
<td>Raw</td>
</tr>
<tr>
<td>Lettuce (leaf) (head)</td>
<td>11/2</td>
<td>12</td>
<td>1 packet.</td>
<td>1/4</td>
<td>6-8</td>
<td>50-75</td>
<td>50 heads</td>
<td>Raw</td>
</tr>
<tr>
<td>Onion Transplants Seeds or sets</td>
<td>11/2</td>
<td>3</td>
<td>1 packet of Seed, 1/2 lb sets</td>
<td>transplants Seed 1/2 Sets 1</td>
<td>6-10</td>
<td>115-135</td>
<td>50-75 lb.</td>
<td>Store sand, moss, sawdust; or leave in ground over winter</td>
</tr>
<tr>
<td>Parsnips</td>
<td>11/2-2</td>
<td>2-4</td>
<td>1/4 oz.</td>
<td>1/2</td>
<td>14</td>
<td>120-150</td>
<td>150-300 roots</td>
<td>Raw, fresh, dry dark cool storage</td>
</tr>
<tr>
<td>Pea</td>
<td>11/2-3</td>
<td>2</td>
<td>4 oz.</td>
<td>11/2-2</td>
<td>6-10</td>
<td>60-80</td>
<td>20-40 qt. pods</td>
<td>Fresh, fresh frozen, canned</td>
</tr>
<tr>
<td>Potatoes</td>
<td>2-3</td>
<td>12</td>
<td>5 lbs cut to 1.5 oz.</td>
<td>4</td>
<td>4-11</td>
<td>As soon as big enough</td>
<td>60-100 lbs</td>
<td>Fresh, stored</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>6-8</td>
<td>36-48</td>
<td>1 oz.</td>
<td>1</td>
<td>4-10</td>
<td>110-130</td>
<td>30-50 fruits</td>
<td>Fresh, store dry</td>
</tr>
<tr>
<td>Radish</td>
<td>1</td>
<td>1</td>
<td>1/2 oz.</td>
<td>1/4</td>
<td>4-10</td>
<td>25-35</td>
<td>30-100 bunches</td>
<td>Fresh</td>
</tr>
<tr>
<td>Rutabaga</td>
<td>2</td>
<td>6</td>
<td>1/2 oz.</td>
<td>1/4</td>
<td>4-10</td>
<td>110-130</td>
<td>100 lb.</td>
<td>Fresh, stored</td>
</tr>
<tr>
<td>Spinach</td>
<td>11/2</td>
<td>4-6</td>
<td>1/2 oz.</td>
<td>1/2</td>
<td>5-12</td>
<td>40-45</td>
<td>1-2 bu.</td>
<td>Fresh, fresh frozen</td>
</tr>
<tr>
<td>Squash</td>
<td>6-8</td>
<td>36-48</td>
<td>1 oz.</td>
<td>1</td>
<td>4-6</td>
<td>90-115</td>
<td>100 fruits</td>
<td>Fresh, store dry</td>
</tr>
<tr>
<td>Tomato Staked Not Staked</td>
<td>2</td>
<td>18-24</td>
<td>25-33 plants</td>
<td>transplants 6-12</td>
<td>100-130</td>
<td>150-300</td>
<td>100-300</td>
<td>Fresh, canned</td>
</tr>
<tr>
<td>Turnip</td>
<td>11/2-2</td>
<td>3-4</td>
<td>1/2 oz.</td>
<td>1/4</td>
<td>3-8</td>
<td>50-70</td>
<td>150 roots</td>
<td>Fresh</td>
</tr>
</tbody>
</table>
Manitoba’s Plant Hardiness Zones

Skill Builder 1: Plants Galore

Larry Says....
How many plants could a single person or organization grow? Greenhouses are the perfect place to visit to see thousands of plants under one roof. You might find a new favourite plant at the greenhouse.

SKILLS CHECKLIST
- Explain the purpose of a greenhouse
- Understand the similarities & differences between annuals & perennials
- Identify the main parts of the plant

Important Words
Watch for these important words throughout this Skill Builder: Greenhouse, Annual, Perennial, Succulent, Herb

Dream it!

Visit a Greenhouse
Locate a local greenhouse and arrange a time to visit. Owners and operators may have more time for a tour in the off-season. What are the benefits of a greenhouse?

While at the greenhouse, learn about the following:
- Planting Process
- Business Operation
- New Plants
- Your Growing Zone & Season
- Plant Parts & Growth
- Annuals & Perennials
- Plant Propagation Methods
- Pest Management
- Indoor Growing Challenges

Record three things you learned.

Complete the Do it! section of this Skill Builder at the greenhouse, too!

More Leaves...
Take a look inside this greenhouse in Carman, Manitoba http://www.vanderveensgreenhouses.com/photo-gallery/. Then, see how vegetable plants are commercially grown for mass production by watching this video: https://www.youtube.com/watch?v=P9rZH642U3g
Do it!

What Do You Like?

While you are at the greenhouse, think about what you like to grow by answering these questions. Why do you plant a garden?

What veggies do you like?

What veggies don’t you like?

What new plants would you like to try to grow? Look around the greenhouse to see which plants catch your eye!

Annuals & Perennials

Compare annuals and perennials. Place the two plants side by side. What differences can you see? Ask a gardener at the greenhouse to tell you more about the growth of annuals and perennials.

<table>
<thead>
<tr>
<th>Annuals</th>
<th>Both</th>
<th>Perennials</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Try Something New

At the greenhouse, select a new plant. This project focuses on fruit and vegetable gardening. Take this opportunity to select any plant you wish. You might choose something new or unique such as cacti, herbs, water garden plants, trees, succulents, perennials, or non-flowering plants such as ferns.

What did you select?

Why?

Larry Says...

Apples, potatoes, and tomatoes are among the top fruits and vegetables in Canada.

Dig it!

Why do people enjoy gardening?

Would you like to operate a greenhouse?

What will you purchase from a greenhouse on a future visit?

What’s next?

Skill Builder 2 is all about preparing for planting a garden in the spring. There are lots of things you can do to prepare before the snow melts.
Skill Builder 2: Plan It Out

Larry Says....

Think about the weather patterns in your community. Some fruits and vegetables will grow well in your climate, while others will be unsuccessful. The climate plays a huge part in the decisions of a gardener. There are a lot of activities in this Skill Builder; spread them out over multiple project meetings.

**Dream it!**

**Do Your Research**

What zone will you be growing in?

What is the average length of the growing season in your area?

Name a task related to outdoor gardening for each month of the year.

<table>
<thead>
<tr>
<th>Month</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td></td>
</tr>
<tr>
<td>February</td>
<td></td>
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<tr>
<td>March</td>
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<td>April</td>
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<td>May</td>
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<td>June</td>
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<tr>
<td>August</td>
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<td>September</td>
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<tr>
<td>October</td>
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<tr>
<td>November</td>
<td></td>
</tr>
<tr>
<td>December</td>
<td></td>
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</tbody>
</table>

More Leaves...

These maps show information about the climate and growing season in Manitoba. Learn more about your region at [https://www.gov.mb.ca/agriculture/weather/agricultural-climate-of-mb.html#summary-of-all-maps](https://www.gov.mb.ca/agriculture/weather/agricultural-climate-of-mb.html#summary-of-all-maps)
Do it!

Seed Selection

What would you like to plant in your garden? Think about the favourite vegetables you listed in the What Do You Like? activity in Skill Builder 1. Look in a seed catalogue to select veggies. Try to plant a variety of plants. Select plants from at least 5 of the categories below.

- A plant that is started in early spring & transplanted
- A plant that was purchased as a seedling
- A perennial vegetable
- A plant that grows below ground
- A leafy vegetable
- A squash
- A vine
- A vegetable that is a flower
- An herb
- A fruit (even if you didn’t know it was a fruit)
- A legume

Garden Map

Plan and draw a map of your garden. You will need to know how big your garden is. Refer to the seed catalogue for information on seed spacing and row width. You might need to revise your seed selection as you begin mapping. Include a copy of your map in the space below.

Larry Says...

Plant veggies that you and your family like to eat. Don’t let your efforts go to waste.

Finalize your seed selections and order the seeds. You can also purchase seeds at local stores in the spring.

You can also plan to use containers or a community garden if one is available.

More Leaves...

Learn more about companion gardening at http://www.vegetablegardeninglife.com/companion-planting-charts.html
Tools of the Trade

Think about the tools and supplies, including seeds, you will require for gardening. Organize and list the items you already have. Identify the items you will need to buy. As you purchase new items, keep a record of their costs in the chart below.

<table>
<thead>
<tr>
<th>Tools &amp; Supplies I Have:</th>
<th>Tools &amp; Supplies I Need:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

TOTAL

Row Markers

You will want to label your rows or sections of plants so you remember where you have planted each vegetable. Row markers can be as simple as sticks, rocks, or other items around the yard. You can also use row markers for a decorative touch. Locate materials that can be used as row markers or create your own using paint sticks or wooden spoons and bright paint.

http://www.livingwellspendingless.com/2014/03/31/diy-rainbow-garden-markers/

http://twigandtoadstool.blogspot.ca/2012/05/wooden-spoon-garden-stakes.html
Soil Quality Tests

Soil is an important factor in gardening. Good soil includes a mixture of minerals, organic material, water, air, and living plants and microorganisms.

To determine your soil type, drip water onto a small amount of soil in your hand. Squeeze and roll the soil until it starts to stick to your hand. The extent to which it can be shaped gives a rough idea of the soil type. Compare your soil sample to the diagrams below. Which soil type do you have?

- Sand: soil is loose, single grained, can be heaped but not formed.
- Sand Loam: can be shaped into a ball that easily falls apart.
- Silt Loam: Can be rolled into a short, thick cylinder.
- Loam: about equal sand, silt, and clay. Can be rolled into a thick thread that breaks when bent.
- Clay Loam: soil can be rolled into a thick thread and can also be bent carefully into a U shape without breaking.
- Light Clay: soil feels smooth and can be bent into a circle with some cracks.
- Clay: like plasticine, can be bent into a circle without cracks.

How can you improve your soil for planting?

You can also complete a soil test to determine whether your soil is acidic or alkaline. This characteristic of soil is important in selecting what you will grow and where you will grow it. You should take samples from different areas of the garden.

Soil is Acidic if: Soil + Baking Soda --> Bubbles
Soil is Alkaline if: Soil + Vinegar --> Bubbles

What did you find out? Acidic Alkaline

Larry Says...
You can add compost (coffee grounds, tea bags, egg shells, orange peels, dried leaves, and potato tops) to your soil for additional nutrients.

Larry Says...
Berries, tomatoes, and potatoes grow best in slightly acidic soil. Broccoli, cauliflower, cabbage, and asparagus grow best in slightly alkaline soil.
Seed Tapes

If you are going to plant some of your vegetables in rows, you can prepare seed tapes to speed up the planting process. Seed tapes are especially useful when you will be planting tiny seeds like lettuce, spinach, radishes, carrots, or parsnips. Using seed tapes will reduce the amount of wasted seed and you won’t need to thin these veggies later.

- Gather some newspaper, scissors, markers, flour and water, and your seeds before getting started.
- Your seed package will include information on planting. Determine how far apart your seeds should be planted. Make sure this is the distance for after thinning. Also take note of how deep these seeds should be planted.
- Create a paste using 5 parts flour to 1 part water. You will only need to use about 15 mL of flour.
- Cut newspaper into 5 cm strips. Along each strip, measure and mark dots for the placement of each seed based on the spacing.
- Place a small drop of paste at each dot. Place one seed in each drop of paste.
- Let dry overnight.
- Roll up and secure with an elastic. Label each roll.
- Store seed tapes in a dry, cool place until planting.

When you are ready to plant, lay the seed tape across the ground in a straight line. Place soil on top of the tape to the depth indicated on the seed package. Keep the soil and the seed tape moist.


More Leaves...


Dig it!

Why did you select these seeds?

Do you think your gardening project will be expensive or profitable?

Did you make any improvements to your soil?

What’s next?

You will begin planting your garden in Skill Builder 3. Wait until the risk of frost has passed before planting outdoors. You might have some plants you can start indoors in early spring.
Skill Builder 3: Plant, Plant, Plant

Larry Says....
Our Manitoba growing season is limited. Watch the forecast so you plant your garden at the best possible time. Wait until after the last frost, but make sure your vegetables will have enough time to produce veggies before the first fall frost. Plant when nature is ready.

Dream it!
As the snow melts and the temperatures warm, recognize the changes in your garden. Is it moist?

When it is dry enough, till your garden to loosen the soil before planting. Look at the forecast. When do you think the best date to plant your garden will be?

Do it!
An Early Start
Give some of your plants an early start. Plant seeds and draw your plant at three different stages of its growth up to the time of transplanting. Follow your leader’s instructions.

- Plant & transplant plants
- Explain the process of planting seeds
- Prepare an experiment

Important Words
Watch for these important words throughout this Skill Builder: Moisture, Forecast, Till, Transplant, Experiment
A Gardening Record

In a separate notebook or scribbler, keep a record of your observations of your garden. Take note of germination, plant growth rates, rainfall and significant weather, weeds, pests, and anything else that interests you.

More Leaves...

Refer to this guide to compare pictures as your garden grows. The Basics of Vegetable Gardening in Manitoba: http://www.gov.mb.ca/ana/pdf/pubs/mafri-vp.pdf

More Leaves...

You can become a CoCoRaHS weather reporter. Join this citizen-science project at http://www.cocorahs.org/Canada.aspx. As a 4-H member, receive a rain gauge and report your rainfall totals to CoCoRaHS every morning.

Experimental Gardening

There are many gardening practices that have been tried and tested over the years. Some gardeners swear by a certain practice, while that technique may not work for others. Try something new in your garden with some of your plants. Some of these techniques are applied as soon as the seeds are planted, while others are tested later in the growing season.

Here are some ideas:
- Thinning vegetables
- Planting at different times
- Tomato cages/stakes
- Shelters for pumpkins
- Place a board over the row of carrots (this holds the moisture) until they are visibly pushing above ground
- Place grass around bases of tomatoes
- Plant marigolds near tomatoes (to keep aphids away)
- Under watering (this can encourage deep root development)
- Grow peas along a fence or around cages

I am going to experiment by ______________________________________________________________
________________________________________________________________________________________

I predict ______________________________________________________________________________
________________________________________________________________________________________

I will know this because ___________________________________________________________________
________________________________________________________________________________________

Larry Says...

When you are experimenting, you need to be able to prove that your special treatment in the experiment is what caused a different result. Grow one set of plants normally (this is a control group) and one set of experimental plants.
Planting Time

When the temperatures warm up and the risk of frost has passed, it is time to plant your garden. Watch the forecast so you can pick a good day. You might want to plant some crops, like lettuce, in part rows at a time at weekly intervals so you have a long lasting supply. As you are planting, keep a record of the date and the variety you are planting in each row. Follow your leader’s instructions.

<table>
<thead>
<tr>
<th>Date</th>
<th>Plant</th>
<th>Variety</th>
<th>Other Notes</th>
</tr>
</thead>
<tbody>
<tr>
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Dig it!

Why do you need to till a garden before planting?

Why is starting plants indoors a good idea in Manitoba?

What have you noticed in your garden observations so far?

Larry Says...

As you are planting one row with larger seeds (beans, peas, corn, etc), count and record the number of seeds you sow in that row. You will need this information in Skill Builder 4.

What’s next?

You will need to spend time caring for your garden throughout the growing season. Keep recording any changes you notice and observe your experiment to see if your prediction is correct.
Skill Builder 4: Maintenance Matters

Larry Says....
Looking after a garden takes time and plants require patience. Plants have many needs for good growth. Stay safe while working in your garden. Protect yourself from sunburns and mosquitoes.

**SKILLS CHECKLIST**
- Describe sustainable maintenance practices
- Care for a garden
- Record changes in garden plants

**Important Words**
Watch for these important words throughout this Skill Builder: Sustainability, Thinning, Fertilizer, Germination

**Dream it!**
You will be spending a lot of time outdoors while you care for your garden. List 5 reasons why gardening is good for you.

1. 
2. 
3. 
4. 
5. 

**Larry Says...**
Gardening requires muscle power and it keeps you physically fit.

**Sustainable Practices**
Sustainable practices are farming and gardening methods that are less harmful to the environment. They don’t use too many resources from the Earth and they keep the Earth in balance. Think of some ways that you can be a sustainable gardener.

**More Leaves...**
**Germination Rate**

Do you remember the row that you counted the number of seeds that were planted? Refer back to that information. Count the number of plants that are growing in that row. To determine the rate of germination, calculate:

\[
\frac{\text{Number of Seeds that Grew}}{\text{Number of Seeds that were Planted}} \times 100 =
\]

**Experimental Gardening**

Provide a report on your experiment in Skill Builder 3. What have you discovered so far?

---

**Dig it!**

What is the most difficult part of maintaining a garden?

How could you improve the germination rate?

How are you gardening sustainably?

---

**What's next?**

Skill Builder 5 introduces a variety of pests that will affect the productivity of your garden.
Skill Builder 5: The Power of Pests

Larry Says....
There are numerous pests and enemies that will attempt to limit the success of your garden. Be prepared to fight back. Approach pest management in an environmentally friendly and sustainable way.

SKILLS CHECKLIST
- Describe good & bad influences on the garden
- Identify various pests
- Respond to pests to protect the garden

Important Words
Watch for these important words throughout this Skill Builder: Weed, Disease, Enemy

Dream it!

Good vs. Bad Bugs
Some bugs and diseases will attack the plants in your garden. Weeds will gather moisture and can starve your plants. But, there are some good, helpful bugs in your garden too. Circle the good bugs in the collection below.

Do it!

A Gardening Record (continued)
Continue recording your garden observations. As you work through this Skill Builder, take note of any pests (insects, weeds, or diseases) you are encountering in your garden.
**Fight Back**

Locate three different pests in your garden. Try to find different weeds, insects, and diseases. Provide a description or drawing of each pest. If you don't know what the pest is, do some research to find out. What is it called? How will you respond to it?

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**Garden Inspection**

Hopefully you’ve been taking really good care of your garden. Ask a leader, 4-H member, friend, or neighbour to visit your garden. Your visitor can provide feedback in the following areas:

- Planted with care (straight rows with spacing, well thought-out layout)
- Safe storage of tools
- Moisture and drainage, water conservation methods
- Weeds & pests visible
- Ability to answer questions about the gardening process and observations
- Able to explain experiment procedure and results (if visible at this time)

Comments:

**Dig it!**

What good bugs did you observe in your garden?

How did you respond to pests?

How could you be more proactive in responding to pests?

**What’s next?**

In Skill Builder 6 you will be rewarded for your efforts. Your hard work and patience will result in delicious fruits and veggies. Eat some now and save some for later!
Skill Builder 6: Harvest Time

Larry Says....
Your hard work has paid off. As your plants produce fresh veggies and fruit, enjoy the products of your labour. The harvest is your reward.

SKILLS CHECKLIST
- Collect produce as it ripens
- Use fresh produce in a meal
- Explain how local food can feed a community

Important Words
Watch for these important words throughout this Skill Builder:
Farmer’s Market, Food Security, Preserving, Exhibit

Dream it!
Taste Test
Which tastes better? Fresh from your garden or store-bought?
Find out in this activity. Test two different foods. Circle the winner and state why you think it tasted better.

Do it!
A Gardening Record (continued)
Continue recording your garden observations. As you work through this Skill Builder and harvest your crops, take note of the fruits or vegetables each plant is producing. Record which plants produced a lot and which plants did not. Think about what you would like to grow next year.

Larry Says...
Harvest veggies when they are fully-grown, but before they get tough and woody. Make sure you harvest most of your veggies before the first frost. Potatoes and parsnips can stay in the ground even after frost has touched the leaves.

More Leaves...
Learn more about when your veggies will be ready to be harvested by visiting http://gardening.about.com/od/vegetablepatch/a/HarvestTimes_2.htm
**Visit a Farmers’ Market**

Is there a Farmers’ Market in your area?

Plan to visit a Farmers’ Market or a road-side vegetable stand. What garden produce are vendors selling?

What else do people sell at a Farmers’ Market?

What is a Community Supported Agriculture Program? Is there a Community Supported Agriculture program near you?

Consider selling some of your produce at the Farmers’ Market. What would you need to do to make you garden a business?

**100 Mile Meal**

Grow local, eat local! Food production and transportation can be very unfriendly to our environment. The 100 Mile Meal movement has gained substantial recognition in recent years. Plan and prepare a meal that uses only ingredients that can be sourced from within 100 miles of your home.

List the dishes you served and include a picture of your meal.

**Larry Says…**

The St. Norbert Farmers’ Market in south Winnipeg has been operating since 1988. It has more than 125 full-time vendors.

Larry Says…

It is estimated that the food we eat travels 1500 to 2000 miles from farm to table. Longer transportation means local food is a fresher choice. (FoodMattersManitoba)
Too Much Food

What can you do with your fruits and vegetables if you have too much to eat during harvest time?

Consider giving some produce to a friend or neighbour, donating it to a local food bank, or preserving it so you can enjoy it all winter. What is one item you could donate to a food bank? ____________________

Think about a fruit or vegetable you would like to preserve. You could make jelly or freeze peas, beans, or corn. Potatoes can be stored in a cool, dark, damp place. Prepare at least one fruit or vegetable for storage and include the recipe or explain the storage process.

Exhibiting

Research a local fair or horticultural show. Learn about the expectations and proper practices of exhibiting and enter some of your produce. The fruits and vegetables to be displayed will vary by the timing of the fair. What produce can you exhibit? Record your entries and results.

More Leaves...


Dig it!

Did you eat more nutritious foods during harvest time?

What plant produced the most?

What did you learn from your experiment?

What will you change in your garden next year?

What’s next?

Remember to clean up your garden and till it in the fall! Now that you have finished all the Skill Builders in this project, it is time to think about and plan for the Showcase Challenge. The Portfolio Page is for you to make sure your Discovering Outdoor Gardening Project Skills Chart is complete. There is a space for you to write down reflections on the project (what you liked and didn’t like, etc.).
Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

**Dream it!**

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Act out a play
- Make a video or slideshow
- Create a game
- Compose a song
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!

**My Showcase Challenge Plan**

My showcase idea: ____________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What materials and resources do I need? ____________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Who do I need to help me? ____________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

When do I need to have things done by? ____________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
Do it!

Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.

Dig it!

Now that you have showcased your project skills;
• How did your Showcase Challenge go?

• What would you do differently next time?

• How will you use your new skills in the future? (in different situations?)
Discovering Outdoor Gardening
To be completed by the leader and the member based on observations and conversations throughout the project.

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>We know this because...</th>
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<tbody>
<tr>
<td>1</td>
<td>Explain the purpose of a greenhouse</td>
<td>Identify activities completed and record observations and information from discussions about activities.</td>
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<td>Understand the similarities &amp; differences between annuals &amp; perennials</td>
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<td>Identify the main parts of the plant</td>
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<td>2</td>
<td>Prepare to plant a garden</td>
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<td>Select seeds for a garden</td>
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<td>Compare the qualities of soil samples</td>
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<td>Plant &amp; transplant plants</td>
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<td>Explain the process of planting seeds</td>
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<td>Prepare an experiment</td>
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<td>4</td>
<td>Care for a garden</td>
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<td></td>
<td>Record changes in garden plants</td>
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<td></td>
<td>Describe sustainable maintenance practices</td>
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Additional Comments/Activities:

Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader’s Signature: _______________________________
Above and Beyond!
In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H. (Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonsiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc.)

_____________________________________       _______________________________________
_____________________________________       _______________________________________  
_____________________________________       _______________________________________  
_____________________________________       _______________________________________  
_____________________________________       _______________________________________  

*Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.

Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member’s Signature: ________________________________

Point of Praise! Another’s perspective on your achievements in 4-H.
(community professionals, 4-H club head leader, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: ________________________________
4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club’s Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Projects
Manitoba Agriculture
1129 Queens Avenue
Brandon, MB R7A 1L9

Email: 4h@gov.mb.ca
Phone: 204-726-6613
Fax: 204-726-6260

This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

http://www.gov.mb.ca/agriculture/4-h/
What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today’s 4-H program reaches both farm and non-farm youth across Canada. The motto of “Learn To Do By Doing” is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

4-H Motto

“Learn To Do By Doing”

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.

All project materials are available in alternate format upon request.

Manitoba 4-H project material is developed by
Manitoba Agriculture