# 4-H Garden to Table Contest

This event is in collaboration with the County Extension Program, and facilitated by the Heroes 4-Health Junior Master Gardener (JMG) Task Force. We are currently seeking sponsorship from (**Bonnie Plants Inc.**, **Texas Farm Bureau** and **Lowe's Store**), but schools may also seek their own sponsors. The goal is to engage a wider audience in the 4-H Healthy Living Programs. This contest is part of the Heroes 4-Health – JMG program, sponsored by the Walmart Foundation. It supports the joint initiative of the "**Path to the Plate – Dinner Tonight**" program, in connecting Agriculture to Health. See link: http://pathtotheplate.tamu.edu/. Schools as well as 4-H clubs are eligible to participate, the "**Path to Plate Media Contest.**"

Growing a garden can help to achieve the STEM or STEAM (Science, Technology, Engineering and Mathematics, or Science, Technology, Engineering, Agriculture and Mathematics) academic standards. Gardening can be therapeutic, fun and enlightening, thus having a great impact on youth and community development. As a service learning project, students can raise food for their family, and those in need, also spend time enjoying the outdoors, become physically active, demonstrate a healthy lifestyle, and learn the path food take to their plate! The pho

**Garden Types - 1 and 2**:

1. Raised Beds – these may be of various shapes but averaging the sizes indicated below (Example: Keyhole, Square foot, Grow Box, 3 Tier Elevated Planter etc.)
2. Containerize Gardens – these may be commercial containers or created specifically for the contest (creativity will be considered in the competition).

**Categories:**

1. SINGLE CLASS/PARTICIPANT/GROUP GARDEN (Garden used by one class/ group – for schools/ or individual – **only for Community 4-H Club, or the 3rd Grade Cabbage Program**).
2. MULTIPLE CLASS GARDEN (Garden used by more than one class/ group or grade, but not by the entire school/ club).
3. ENTIRE SCHOOL GARDEN (Garden that is used by all grade levels at the School).

**Rules:**

1. For schools - each single entry (4th – 12th grade), will be made up of a team of a minimum of four and maximum of a class size, (**3rd grade Cabbage Program - only one participant, and for Community 4-H Club(s) - one to six participants**).
   Garden plot must be 32 Sq. (4X8), or a standard size Keyhole garden (28.3 Sq. Ft). Each Team must have their own garden space within the school premises, (while 4-Hers, and 3rd grade Cabbage Program will

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have optional location).

2. Schools without the required raised bed garden structures may enter a Garden Type - 2: (**i.e. the containerized gardening**), but will be judged separately. This is the garden type that an individual 4-H club member or participant(s) of one to six members may also enter.
3. Planting must begin on a selected date between **February and March**, or after the last frost day.
4. Each garden (or each entry) will contain **five (5)** vegetable and, or fruit crop, i.e. (**three (3)** required crops - Cabbage or Chinese cabbage (Bok Choy), Beet or Carrot, Strawberry or Tomato, and **two (2)** team's (or contestant's) choice (example Radish, Broccoli, Basil, Collard/ Kale, Mint, a Bulb or a unique leafy vegetable). Consider the growing season and attempt to start crops from transplants, teams (or contestants) however, have a choice of starting from seeds. If seed is the choice, your sponsor may provide this or the Extension Office could assist in providing these seeds or you may sign out seeds from the Atlanta Public Library Seed Exchange project. Seedlings (transplants) must be purchase from a reputable local store or nursery.
5. Participants are encouraged to show evidence of successive cropping and demonstrate **Integrated Pest Management (IMP)** with care and conservation of the environment.
6. Most work must be done by the YOUTH/ YOUTH TEAM. An adult can help with garden bed preparation, but weeding, watering, and daily tending is the youth's/ youth team's job.
   All vegetables or fruits (or crops) must be labeled in the garden. Gardens can be decorated using various methods, for example yard art and flowers. Decorating your garden is not a requirement but extra points will be awarded for creativity and environmental preservation.
7. A Garden Journal or a project log will be presented by each team (or contestant). Garden Journals or project log are meant to keep track of garden activity and will be turned in to be judged. Journals or project log must have action pictures of the team (or participants) working on their garden project throughout the competition.
8. Each team (or contestant) is required to answer questions asked by the judges during their garden visits. The questions or presentation should be based on: the health (nutritional) benefits and environmental benefits of their crops or harvest; the crop growth, seed to harvest process, personal experiences, as well as problems and solutions encountered.
9. Each team should identify a charity of their choice, to donate their food harvest or choose to use their food harvest at a culminating event called "*Garden to the Table Festival / Sping Festival Outreach Event*."
10. Each participant will be encouraged to complete a common measures evaluation before or by the end of the garden competition.

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Prairie View A&M University
College of Agriculture and Human Sciences
Cooperative Extension Program

Texas A&M AgriLife Extension

Judging

Each team/ group or participant will be judged on educational relevance, level of involvement, garden creativity, journal-packet quality and student presentations.

Important Dates

**Planting Period -**
February 15th thru March 15th (Mentor visiting time).

**Judging –** May 14 - 17, 2019 (Mentor visiting appointment – 1 week before).

**Awards – TBD** May, 2019 (Agent/ Mentors/ and Volunteer Leaders and Teachers are invited).

**Each school will be assigned a Master Gardener Mentor, while participating 4-H club(s) may work with their project leader/ volunteer. This person will be in touch with the team leader (or contact) to see how the team/ contestant(s) is doing, answer any questions, give advice, and even visit the school's garden (or project site) to help each team/ contestant do their best.**

If you have any questions please feel free to call or email the Cass County extension office. The contact agent is John Ferguson: **903-756-5391**, john.ferguson@ag.tamu.edu

**Strawberry Jam Project**

**All the photos represnt past activities in this program:**

**Service Learning - End of Program Presentation**

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# GUIDELINES FOR MENTORS

## 4-H Garden to Table Contest

These guidelines are established to create an expectation of job performance on behalf of mentors of the *4-H Garden to Table Contest*, in a collaborative effort of support to the AgriLife Extension Office and the Cooperative Extension Program (CEP). Mentors should be committed to the program and faithfully fulfill their commitments in conjunction with oversight by a designated C(EA) from the AgriLife Extension Office. Mentors will be mindful of the age bracket of the children and act accordingly when around the children and ISD officials. The main focus is for the mentor to be on call, to communicate, to inspect with the "In School designee" here in after referred to as the "contact teacher" for the most part. Contact with the competitors will occur from time to time therefore, mentors will agree to a criminal background check to protect all interests.

- **Attire:** Appropriate attire should be worn at all times. In the early stages, mentors should wear identifying T-shirts with logos such as the Master Gardener, Junior Master Gardener, 4-H or official AgriLife or CEP logo and name tags until ISD officials have established an identity and rapport with the mentor - keeping in mind that first impressions send a strong message. Also the logo is promoting the Master Gardener and the AgriLife and CEP programs. Mentor must have official photo I.D. to present to the school.

- **Communication:** Mentors should be savvy with email, phone, text, etc. in an effort to be available for any questions. It is expected that mentors will be available at their convenience - Monday through Friday. In addition, the IT connection should be as such that if mentor is not readily available for inspection that photos can be sent to mentor by teacher/competitor in an effort to isolate growing problems or monitor progress of plant growth.

- **Guidance:** Mentors will only guide competitors. It is agreed and understood by mentors and competitors, that competitors must perform the physical labor to complete all tasks as well as funding the said project with their own funds (or through

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sponsors). Mentors are to assist and educate on location of vegetable bed, along with construction, planting media and care.

- **Inspection:** The time of inspection will be scheduled between mentor and contact teacher as needed, and biweekly at a minimum. Inspection can be with the contact teacher or by the mentor alone with communication to the teacher. If competitors (students) are present, the contact teacher or a school official should be present. C(EA) can send instructions to mentors for special inspection i.e. in case of heavy storms for immediate damage assessment.

- **Problem Solving:** In as much as no plantings are without challenges, it is understood that the Master Gardeners are not experts in entomology or pathology, however, can detect problems. Mentor is first line of defense for problem solving by using resources available to them as Master Gardeners.

- **Logs:** Mentors will post their hours in **VMS** weekly under "Special Projects" or in any other format determined by the C(EA).

**NB: Judging will be done at least once or twice by a selected team of judges.**

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# 4-H GARDEN TO THE TABLE PRE-ENTRY SPONSORSHIP FORM

TEAM/ PARTICIPANT NAME:_____

TEAM/ MEMBERS:_____

_____

SPONSOR NAME:_____

EMAIL:_____

SCHOOL

NAME:_____

ADDRESS:_____

CITY:_____

ZIP:_____PHONE:_____

_____ _____

SPONSOR SIGNATURE DATE

## Pre-Entry Form Deadline: February 15, 2019

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# 4-H Garden Contest Judging Sheet

Garden name: _____ Gardeners' ages/ grade:_____
Phone #: _____ e-mail address: _____
Judge's name: _____ Judging date: _____

**Evaluation Criteria:**

| GARDEN SITE | | | | |
|---|---|---|---|---|
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Sufficient sun exposure for crop | | | | |
| Water source nearby and handy | | | | |
| Protection from wildlife or human and pet traffic | | | | |
| Protection from wind | | | | |
| **Total:** | | | | |
| **SOIL MANAGEMENT** | | | | |
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Good soil tilth | | | | |
| Well drained; no low spots with standing water or salt crust | | | | |
| Sustainable soil fertility practices evident in garden and/or garden journal (cover crops, mulching, regular additions of organic matter, minimal tilling) | | | | |
| Composted organic matter addition | | | | |
| Use of mulch | | | | |
| Minimal tilling | | | | |
| **Total:** | | | | |

# 4-H Garden Contest Judging Sheet

| GARDEN DESIGN | | | | |
|---|---|---|---|---|
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Tallest crops not shading shorter crops | | | | |
| Efficient use of garden space | | | | |
| Plant Supports used as needed | | | | |
| Successive cropping evident in journal | | | | |
| **Total:** | | | | |
| **VIGOROUS PLANTS** | | | | |
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Green leaves, absence of yellowing or dead plants | | | | |
| Plant size is right for plant age and cultivar | | | | |
| **Total:** | | | | |
| **INTERGRATED PEST MANAGEMENT** | | | | |
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Scouting records at least 2 times per week, including observation notes in journal | | | | |
| Pest management techniques evident or noted in journal | | | | |
| Beneficial insects evident or noted in journal | | | | |
| **Total:** | | | | |
| **PRODUCTIVITY** | | | | |
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Crop harvest recorded (date, quantity, quality notes) | | | | |
| Plant supports used for increased productivity (trellis, tomato cages, vertical garden, etc.) | | | | |
| Appropriate cultivars selected for space limitations | | | | |
| Successive cropping practiced | | | | |
| Sustainable gardening practices used and documented (cover crops, no-till, mulch, etc.) | | | | |
| **Total:** | | | | |

# 4-H Garden Contest Judging Sheet

| GARDEN JOURNAL | | | | |
|---|---|---|---|---|
| | **Poor (1)** | **Fair (2)** | **Good (3)** | **Excellent (4)** |
| Readable, dates entries in chronological order, Photos | | | | |
| Soil preparation notes | | | | |
| Garden plan drawn, including plant spacing after transplant or thinning | | | | |
| Task management plan | | | | |
| Records of plants in garden, including cultivar or variety name and method of establishment (seed or transplant) | | | | |
| Records of pest scouting, if any found, control methods | | | | |
| Harvest records including approximate quantities, quality, pounds of produce, other notes | | | | |
| Ease of reading, will be useful for future reference | | | | |
| **Total:** | | | | |

| **Total:** | |
|---|---|

Notes:

_____ Initials

Cass County Extension Office
604 TX Hwy 8
P.O. Box 471
Linden, TX 75563

To Whom It May Concern:

The Cass county 4-H and Youth Development Program will kick off its School and 4-H Club Garden Competition between Feb. 15th and March 15th, 2019 (spring growing season). This competition is part of an initiative to increase our collaboration between school and community. It is part of the Heroes 4-Health - Junior Master Gardener (JMG) program, which also supports the joint initiative of the "**Path to the Plate – Dinner Tonight**" program, in connecting Agriculture to Health. See link: http://pathtotheplate.tamu.edu/. Studies have shown that youth in 4-H are twice as likely to participate in Science, Engineering, and Computer Technology programs during out-of-school time (10th- 12th Grades) (Lerner, and et al, 2013). We therefore, continue our efforts to reach these youth through curriculum enrichment programs, as well as community based 4-H Club programs. Doing so, certainly helps to address the various youth issues, leading to better life skills, leadership, and citizenship development.

One major problem which prevents greater participation, is the lack of funds or tangible incentives which could motivate families, the schools and the community. We are therefore, asking local businesses, civic groups, faith based organizations, and community patrons such as you, to assist with sponsorship of this program, or assume direct responsibility for a school or a 4-H Club. Each competing school or club will have varying needs for seeds/ plants, raised beds, planters (pots), irrigation equipment and tools. We will also need end of program prizes for awards and recognition.

Donation or sponsorship may be paid out or given directly to the participating school or 4-H Club. Checks may be paid out to the **CEP 4-H Youth Advisory Board – Tax ID# 90-1031973**

If you have any question about this program, please contact the Cass County Extension Office at: **(903) 756-5391** or cass-tx@ag.tamu.edu

Thank you for your sponsorship and support in helping to grow the Cass County 4-H Youth Development Program.

Sincerely,

_____

Name of school or 4-H Club contact

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# What to use

Soils (View back for soil recipe)

- Natural Compost
- Vermiculite
- Peat Moss
- Natural Top Soil
- Sand

Pesticides

- Neem oil
- Dish Soap (without degreaser)
- Garlic Spray
- Pepper Mixture
- BT
- DE- food grade

Fertilizers

- Natural compost
- Sulfur
- Tea/Coffee Grounds
- Molasses
- Micro Organism additives
- Fish emulsion
- Compost Teas
- Bone/Blood meal
- Magnesium Sulphate (Epsom salts)
- Worm Castings

Herbicides (view back for recipe)

- Vinegar Solution 20%

# What not to use

Soils

- No chemicals
- No soils with synthetic materials

Pesticides

- No chemicals
- Acephate
- Triforine
- Fenbutatin-oxide

Fertilizers

- No synthetics
- Manure
- Osmocote

Herbicides

- No chemicals
- Glyphosate
- Imazapyr
- Parquat
- Atrazine

See Master Gardener mentor for any questions

## Soil mix recipes

- Basic Soil Mix
  1. Add one gallon of moist, coarse sphagnum peat moss, followed by one gallon of coarse sand, perlite, or vermiculite.
  2. Adjust the texture of the medium to create a loose, well-drained mixture. Sand feels gritty and clay feels sticky.
  3. If the potting soil feels too sandy, more peat moss should be added.

## Pesticide recipes

- Garlic Spray
  1. Crush four or five garlic cloves in a food processor, blender or with a mortar and pestle.
  2. Add to this, one quart of water and four or five drops of dishwashing soap, preferably a natural, biodegradable soap without degreaser.
  3. Strain the mixture through some cheesecloth two times to remove any bits of garlic that may clog the spray bottle.
  4. Store the concentrated garlic in a glass jar with a tight-fitting lid.
  5. To make the garlic spray, just dilute your concentrate with 2 ½ cups of water, pour into a spray bottle or pressure sprayer.
  6. Apply to infested area.

## Fertilizers

- Organic mix 1/1/1
  1. Add one-part coffee ground to blender. Add one-part banana peel to blender. Add one-part egg shells to blender.
  2. Add water to blender till liquefied
  3. Apply to soil.

## Herbicide recipes

- Vinegar recipe
  1. Pour 1 gallon of white vinegar into a bucket.
  2. Add 1 cup of table salt.
  3. Stir in 1 tablespoon of liquid dishwashing soap.
  4. Funnel the weed killer into a plastic spray bottle.
  5. Spray areas that need to be cleared during the hottest times of the day

See Master Gardener mentor for any questions