



Owyhee County 4-H Cloverbud

Gardening Activity Book



Name _____

Age _____ Year in 4-H _____ 20 _____

Club Name _____

Member's Signature _____

Parent/Guardian's Signature _____

Leader's Signature _____

Projects or activities I worked on this year were: _____

I attended _____ club meetings.

I helped the community by: _____

I like being in 4-H because: _____

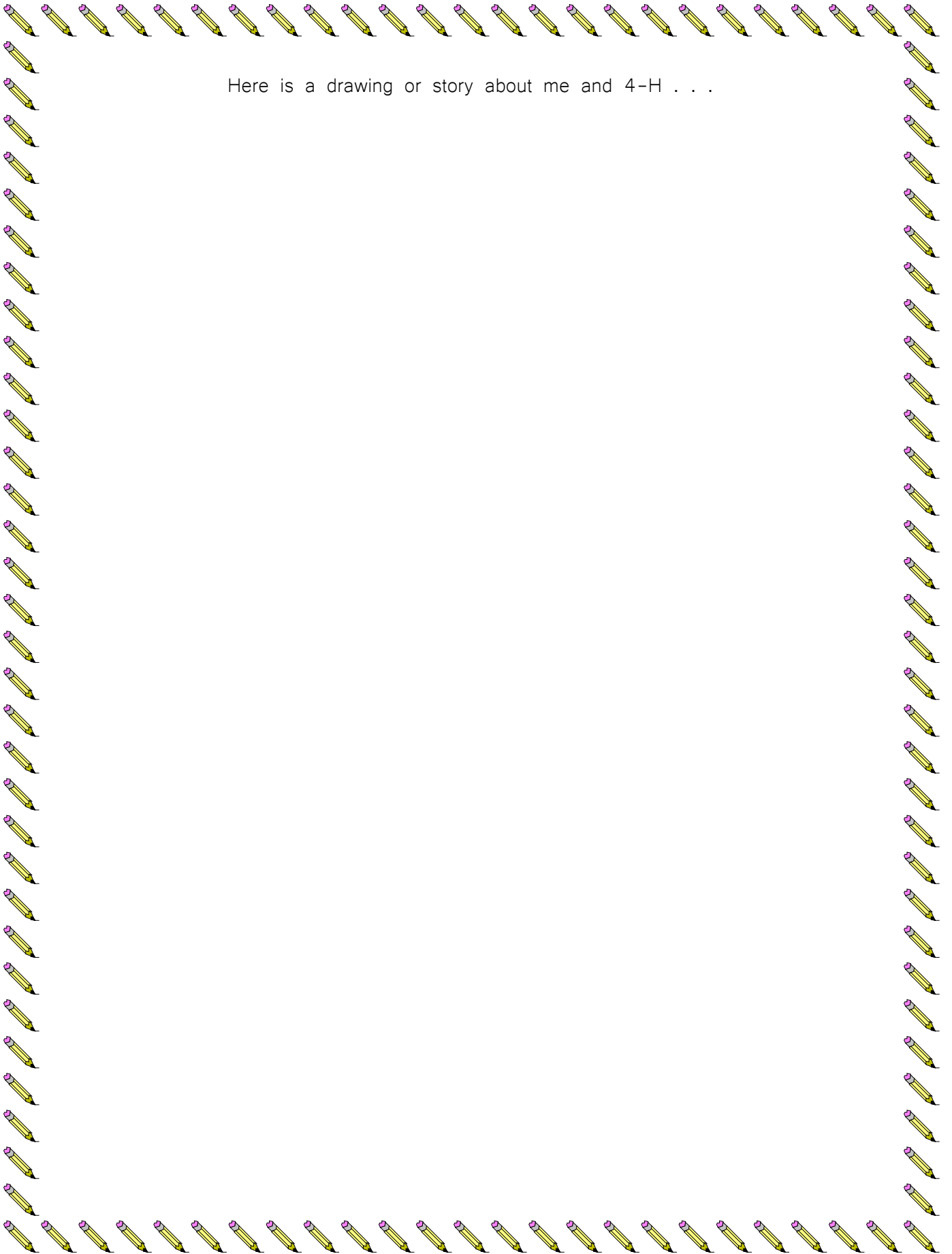
This year I learned how to: _____

This year I showed others how to: _____





Here are some pictures of me and things I did in 4-H this year . . .



Here is a drawing or story about me and 4-H . . .

GROWING FLOWERS

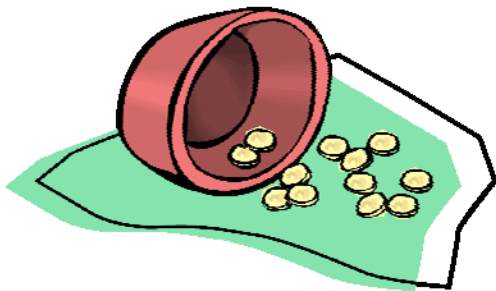
Equipment Needed:

- Buy your seeds, Dwarf Marigolds and/or Dwarf Zinnias (grow about 12" high)
- Obtain your soil. It should be disease-free and sterilized and is available from garden centers or green houses. Other soil substitutes are peat wafers and mixes. It is best if the soil has a fine texture.
- Select a good container: pot, egg carton, or half a milk carton makes a good container.



Getting Started:

- It is best to place a layer of small gravel in the bottom of a container for good drainage. This is not absolutely necessary, however.
- Put your soil in a pot or container of your choice.

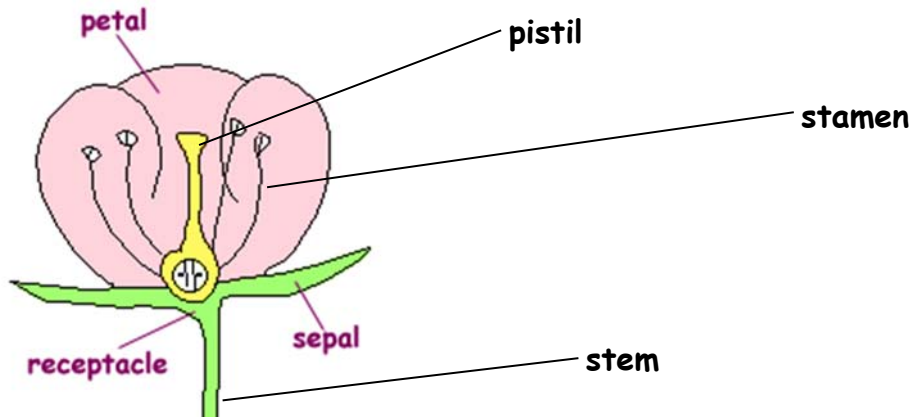


- Make a 1/4 inch deep hole in the soil with a pencil. Drop in the hole two seeds of marigolds or zinnias. Cover them lightly with soil, and water them.
 - Be sure to label each container with tape or a stake giving the type of plant you are growing and date you planted it.
- Place your container (already planted) in a warm area (75-80 degrees) but not on a windowsill. You will probably be able to see your plant growing in about 10 days.
 - After your plants have come up in your container, and for those extremely close together, you should determine which is the sturdier plant. You may want your parents or 4-H leader to help you with this. You should clip the weaker plant so the strongest will have more room, light, and such. You may want to plant them outside in a flower bed or box later on.



The Parts of a Flower

Flowers are important in making seeds. Flowers can be made up of different parts, but there are some parts that are basic equipment. The main flower parts are the stamen and the pistil.



Other parts of the flower that are important are the petals and sepals. Petals attract pollinators and are usually the reason why we buy and enjoy flowers. The sepals are the green petal-like parts at the base of the flower. Sepals help protect the developing bud. The stem is the stalk of the flower.

Can you draw a flower on another sheet of paper and point out the different parts of the flower to a parent or your 4-H leader?



See if you can answer some questions about this activity:

1. How long did it take your seeds to sprout?
2. What kind of flowers did you choose to grow?
3. What is the variety name of your flower seeds (look on the seed packet)?



4. What color are your flowers?

Let's Make Carnations!

You'll need two squares of tissue paper or one 2-ply facial tissue. (For very large flowers your tissue can be as large as 12" x 18"!) Fold your tissue squares or facial tissue lengthwise until it's a strip four layers deep.

Accordion fold the strip and tie it in the middle with yarn, a twist-tie wire, or a pipe cleaner. Cut along any folded edges, then pull the layers of tissue gently apart to make rows of soft petals. Some might want to give their flowers a bit of scent with a few drops of perfume. Use different colors of tissue paper for a colorful bouquet. After you've made several flowers, practice arranging the flowers in a bowl or vase.



PINEAPPLE ROYAL

Equipment Needed:

- Cut an inch or two from a pineapple using the top leafy portion. Set this leafy portion, cut side down, in a large shallow dish.
- Keep water in the dish at all times. Water should always cover at least half of the fruit part of the pineapple. Every two weeks you should change the water and clean the dish. Be sure to keep your pineapple moist while you are doing this.
- Set your Pineapple Royal in a sunny place or on a windowsill, if possible.
- With the remaining pineapple fruit, you should cut away the pineapple covering and taste the fresh fruit.



See if you can answer some questions about this activity:

1. How long did it take for your pineapple roots to grow?



2. In what state in the USA are pineapples grown?

3. Did you like the taste of the fresh pineapple?

4. Do you like fresh or canned pineapple better?



AVOCADO FLOAT

Remove the seed from one or more avocados.

The seed:

- Stick 3 toothpicks (equal distance apart from each other) in the middle of a brown avocado seed. With the pointed end of the seed up, rest the toothpicks on the rim of a jar of water with the bottom of the avocado in the water. Set this in a sunny place or on a windowsill if possible. Be sure to keep the water level the same at all times. After some time and patience, your seed will begin to grow.
- It is best to start two or three seeds at the same time in hopes that at least one will grow. You should change the water and clean the jar every week. Be sure to keep the seed moist while you are doing this.
- When your green shoot is about 8 inches tall, you should pinch off (remove) the top so that your shoot is about 7 inches tall (pinch off one inch).



The fruit:

You might like to try the following recipe . . .

Guacamole Dip



- 1 medium Avocado, cut up
- 1 medium Tomato, cut up
- $\frac{1}{2}$ small Onion, chopped
- 2 tablespoons Lemon juice
- 1 teaspoon seasoned salt
- $\frac{1}{4}$ teaspoon hot pepper

Just before serving: In a covered blender, at low speed, blend all ingredients until smooth. Makes $1\frac{3}{4}$ cups dip.

See if you can answer some questions about your Avocado Float and Guacamole Dip:

1. From what country does the Avocado come?
2. How long did it take for your seed to grow a root?
3. How long did it take for your seed to grow a sprout?
4. Did you like Guacamole Dip?



GROWING VEGETABLES

Equipment Needed for Starting Vegetables Indoors:

- Seeds. Select vegetable seeds which grow best in your environment. Ask a parent or your 4-H leader for help in selecting the best type of seeds.
- Soil. Sterilized soil is best to use. It is best mixed with peat and vermiculite.
- Container. You can use an egg carton or peat pellets.
- Pencil



Getting Started:

- Punch a hole in each egg carton section with a pencil. Make a hole the width of the pencil.
- Fill the egg carton sections with soil mix and level it off.
- Make a 1/4 inch hole in the soil in each section with the pencil.
- Drop 2 seeds in each egg section.
- Water seeds.
- To transplant outdoors, once seeds have sprouted, cut apart each egg section. Before planting, take carton away from plant being careful not to damage roots.



For planting outdoors, you will need to consider:

Your Garden Site. Garden plots should be away from trees and in at least six hours of sunlight each day.

Soil Preparation. You like a soft, nice smooth bed and so do vegetable seeds! So, really work at preparing your garden seed bed. Everything else is very easy if you have done spading and raking well. REMEMBER, no clods or trash should show when you are done.

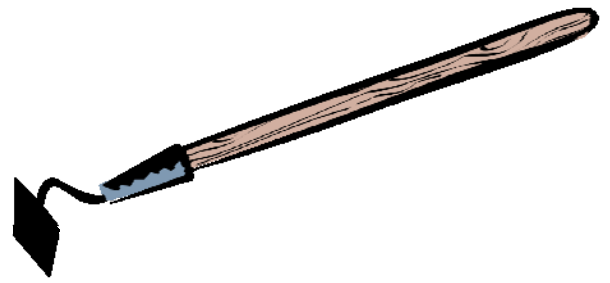
- Spade completely to a depth of 6-8 inches. Turn soil completely over when spading. Do not work soil when wet.
- Spread a commercial mixed fertilizer over the soil, or use manure, grass cuttings, or old leaves. Mix it through the soil. This helps provide food for the young plants and improves the soil.
- Rake and level the soil.



Planting the Garden:

NOW, you are ready to plant!

Plant in straight rows. They are neater and easier to hoe. Use a string tied to stakes to make a straight line. Make trenches with a hoe.



The trench should be dug 1/4–1/2 inch for smaller seeds, and 1 to 1 1/2 inches deep for larger seeds. Tiny seeds need to be planted shallow because they don't have the strength to push through a lot of soil; however, if you plant them too shallow, they may wash away with the first rain! Press gently in rows after covering the seeds with soil.

Wash your hands after planting seeds. There may be powders on the seeds which help keep them healthy, but which won't keep you healthy!

Watering:

Sprinkle garden gently each day until all the seeds have started growing. Be gentle! Don't wash away the seeds! You might want to use an old, clean, plastic jug with holes punches in it. Later on, water well every 5-7 days (or as needed).



Weeds and Insect Control:

Weeds fight with plants for food, water and sun. Don't let them get big. They will go to seed and you'll have a big crop of weeds next year!



- Pull weeds as soon as they appear. This should be done about once a month.
- Thin plants by removing some of the young plants. This gives the ones you leave more room to grow.
- If insects or diseases start showing in your garden, ask a parent or your 4-H leader for help in using an all-purpose spray. Sometimes it's better not to use a spray.

See if you can answer these questions about your Cloverbud Vegetable Garden:

1. What type of vegetable or vegetables did you grow?

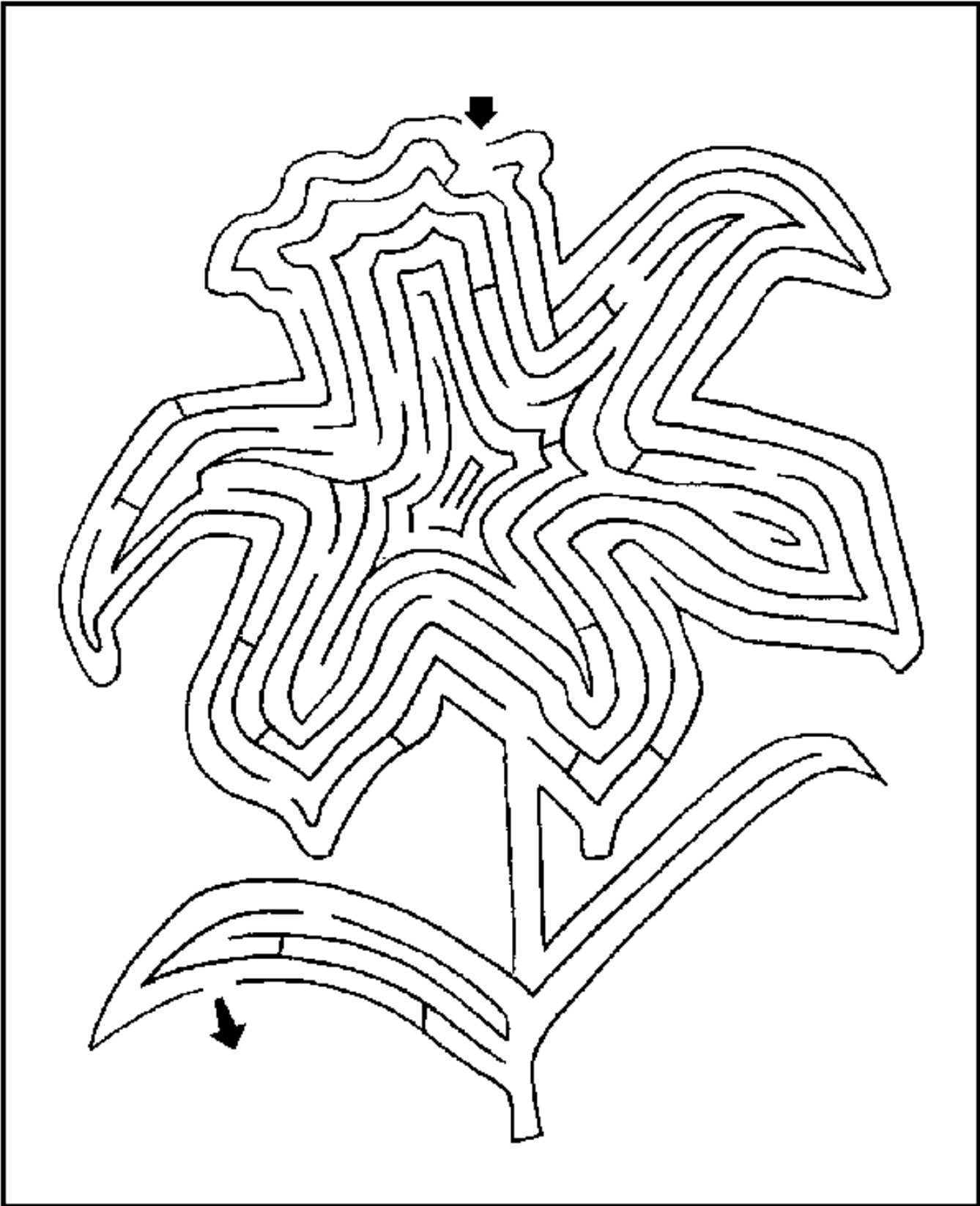


2. Why should you not cover seeds really deep?

3. Why should your container have a hole in the bottom?

4. Did you have any insects in your garden?

Can you find your way from the top of the flower, through the maze, to the end at the bottom of the leaf?



FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



1



2



3



4



5



6

ANSWER: ONE AND SIX



Would you like to learn more about all the 4-H projects and activities in Owyhee County?

Contact us at:
208-896-4104 ♦ owyhee@uidaho.edu
www.owyheecounty.net

I Pledge

(Right Hand over Heart)



(Arms at Sides)



4-H Pledge

My Head to Clearer Thinking,



(Right Hand Points to Forehead)

My Heart to Greater Loyalty,

My Hands to Larger Service



(Arms Slightly Bent Palms Up)

and My Health to Better Living,

For My Club, My Community, My Country, and My World.

University of Idaho
Extension

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