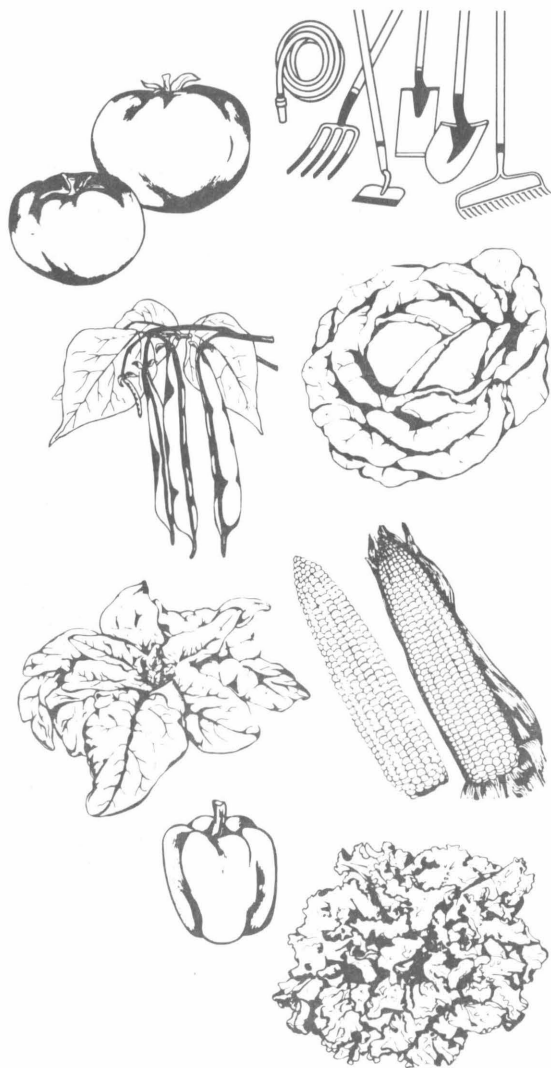


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MORE VEGETABLES FROM YOUR GARDEN



LEADERS' GUIDE

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Helping families and youngsters plan a summer garden project can be fun as well as a good learning experience.

Families can:

- save money on food.
- add nutritious vegetables to meals.
- have more to eat.
- add variety to their meals.
- learn to like a larger variety of food.
- learn how vegetables grow.
- make use of unused space.
- stay healthy by exercising more and working outdoors.

Activities

As a leader, you may wish to help others with some of these gardening activities. Choose some of these activities to help adults and youth learn more about gardening.

1. Work with groups and individuals to teach how to:
 - a. Make a drawing of a garden plan. Include the names of all vegetables to be planted.
 - b. Figure the cost of all items of expense. Include the cost of seed, fer-

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- tilizer, insecticide, plants, and rent of land or machinery.
 - c. Make a soil test of a garden plot.
 - d. Prepare the soil.
 - e. Plant the garden.
 - f. Care for the garden.
 - g. Harvest the crops.
 - h. Prepare and preserve vegetables.
2. Visit a soil testing laboratory in your area if one is available.
 3. Have a garden tour often to look at:
 - a. Seedlings
 - b. Methods of cultivation
 - c. Growth of plants
 - d. Insects or diseases that may occur
 - e. Buds or flowers on the plants
 4. At the right time, give demonstrations on:
 - a. preparing the soil
 - b. planting
 - c. fertilizing
 - d. thinning
 - e. applying insecticide
 - f. cultivating
 - g. mulching
 - h. cooking vegetables
 - i. preserving vegetables
 - j. care of garden at the end of summer
 5. Check with county extension adviser for helps and resources to teach gardening.
 6. Have a vegetable display. Invite families and other interested persons to the display.
 7. Plan nutritious meals using the garden vegetables.

8. Demonstrate new ways of preparing familiar vegetables.
9. Have a vegetable picnic.
10. Have a vegetable cook-out.

Evaluation

Help gardeners evaluate their project. Discuss:

1. How did you decide which vegetables to raise? How much of each vegetable did you grow?
2. Was your garden too big? Too small? The right size?
3. Did your garden grow well? Did you plant at the right time?
4. Was your garden plot fertile, well-drained, far from trees and shrubs?
5. What problems did you have? Insects, weather, dryness, cultivation, weeds?
6. How many vegetables did you produce? How many bushels, quarts?
7. How were the vegetables used? Preserved; stored; eaten?
8. Did you sell any of the vegetables? Talk about your experiences.
9. What vegetables did you raise that were of better quality than those available at the store? How could you tell?
10. What would you do differently next year?
11. What did you learn about gardening?
12. Did you think the project was a good experience?

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