



2020 Garden Program



4-H GROWS HERE

Why Garden?

While you are outside enjoying the fresh air, use your gardening experience to help you learn more about: growing plants, food and nutrition, soil science, nature, working together, pest management, community service, time management, failure and success, and most importantly... how to have fun Learning By Doing!

How do you participate in the Garden Program?

1. **Read** the enclosed instructions carefully.
2. **Register** for the Garden Program via 4hOnline.
3. **Plant** your seeds.
4. **Look** for additional learning activities to increase your gardening knowledge during the summer.
5. **Write** thank you notes to all our sponsors during the month of June.
6. **Enter** something from your garden in the North Haverhill Fair (entries are due June 15).
7. **Harvest** your cucumbers and **Make** your pickles.
8. **Complete** the optional *Grafton County 4-H Gardening Booklet* by the September 16 deadline.
9. **Participate** in the October 4-H Family Fall Festival.

SEEDS

FREE seeds will be provided from the Extension Office as they are available. Additionally, you may choose to purchase your own seeds or plants to grow in your garden.



GENERAL INFORMATION about the GARDENING PROGRAM

1. If for any reason seeds fail to germinate, please notify your 4-H leader or the 4-H office so extra seeds can be obtained (if available).
2. Garden booklets are available on-line, or you may contact the office to get your copy.
3. If you decide not to plant, we ask that you please return the seeds to the office so others can use them.
4. One *Grafton County 4-H Gardening Booklet* per person may be submitted prior to 3pm on September 16, 2020. **Only members who have submitted a completed *Grafton County 4-H Gardening Booklet*** by the September deadline will be considered for gardening booklet special recognition.
5. Feel free to call on local resources, including Master Gardeners and those in the area of agriculture/farm business. Information is available at <https://extension.unh.edu/programs/ask-unh-extension>.



GARDENING BOOKLET SPECIAL RECOGNITION

Special garden awards will be handed out at the Family Fall Festival in October. Those members who **complete** the *Grafton County 4-H Gardening Booklet* and **submit** it to the office by the deadline are eligible for these awards.

*Please note: Completion of the Gardening Booklet is **optional** and will not prevent you from being able to participate in the Grafton County 4-H Gardening Program.*

GIANT PUMPKIN CONTEST

1. Each participant in the Garden Program is eligible to compete in the Giant Pumpkin Contest. Only those youth enrolled in the garden project will be allowed to participate in this contest at the Family Fall Festival. Limit one entry per member.
2. Participating 4-H members will be provided with Giant Pumpkin seeds, which are grown throughout the summer and harvested for the Family Fall Festival in October. The record pumpkin is 285lbs.
3. Call the office for giant pumpkin growing suggestions.
4. Participants must grow their own pumpkin.
5. **Entries must be grown from the seeds provided by the 4-H office.**
6. The winning entry will be determined by weight only.
7. Contestants must be present at the festival to receive recognition. Special ribbons will be given out to the 3 largest pumpkins, along with participation ribbons to all participants who enter a pumpkin.



GIANT SUNFLOWER CONTEST



1. All participants must be enrolled in the Garden Program to participate in the giant sunflower contest.
2. Participants will be given giant sunflower seeds.
3. Each participant must grow their own sunflower.
4. **The entries must be grown from the seeds provided.**
5. The winning participant will be determined by the size of the seed core (head) only. The top 3 will receive rosettes. Everyone will receive a participation ribbon.
6. Only one entry per 4-H member.
7. Participants must be present at the 4-H Fall Festival to receive recognition.

PICKLE CHALLENGE



1. All participants must be enrolled in the Garden Program to participate in the Pickle Challenge.
2. Participants will be given cucumber seeds to plant in their gardens. Each participant must grow their own cucumbers.
3. Youth will harvest cucumbers from their garden during the summer to create **freezer** pickles using the recipe provided below. **Pickles must be made from the cucumbers grown by the 4-H'er.** Participants must use this recipe, but can feel free to add spices to create their own unique flavor. Pickles can be made at harvest time and frozen for the contest at the Fall Festival.

Nontraditional Sweet Freezer Pickles

This is not your typical pickle recipe. No special equipment or ingredients are needed.

This recipe produces a crisp, sweet pickle that goes well in salads, on sandwiches or as a side. The secret to the crisp texture is the sugar, so do not reduce the sugar in the recipe. This recipe works well with slicing, pickling, seedless or hothouse cucumbers.

2 quarts cucumbers, peeled and thinly sliced (use any variety of cucumber)
1 medium onion, sliced thinly
1 tablespoon salt (table salt, canning salt or kosher salt can be used)
1-1/2 cups sugar
1/2 cup white distilled vinegar

Mix cucumbers, onions and salt in a large bowl and cover with plastic wrap. Set the bowl on the counter for 2 hours. Pour into a colander and drain water from cucumber mixture. Combine sugar and vinegar. Stir well and pour over cucumbers. Pack into freezer containers or zip-closure bags. Freeze immediately. Pickles are ready to eat in 3 or 4 days. They will keep in the freezer for up to one year.

4. Youth should take the pickles out of the freezer two days before the Fall Festival event and store them in a 40°F (or cooler) refrigerator. If traveling a distance, transport the pickles in a cooler with ice packs.
5. Participants will bring one container of pickles, **with a list of ingredients used**, to the Fall Festival in October. (Limit of one entry per 4-H member.)
6. Participants must be present at the 4-H Fall Festival to receive recognition.
7. Awards will be given based on taste, flavor, texture, and overall appearance of pickles. Top honors will be announced, and everyone will receive a participation ribbon.

GARDEN PROGRAM SPONSORS

These generous sponsors make our program possible!

Whether you use the free seed packets or purchase your own, all garden participants are expected to write notes of thanks to all our garden program sponsors.



Grafton County 4-H Leaders' Association
c/o Grafton County UNHCE
3855 DCH, Box 5
North Haverhill, NH 03774

Haverhill Garden Club
c/o Polly Marvin
P.O. Box 65
Piermont, NH 03779

RESOURCES

Please feel free to contact the 4-H office with any questions: (603) 787-6944.

For more information on pickles, view the West Virginia University Extension webpage - <https://extension.wvu.edu/files/d/05eb5d88-634e-4d05-ade7-c6a8fd8c0118/pickles.pdf>

The UNH Extension Infoline, staffed by professionals and trained Master Gardener volunteers, is a great resource: call toll-free – 1-877-398-4769 (9am to 2pm) or e-mail – answers@unh.edu or explore the webpage - <https://extension.unh.edu/programs/ask-unh-extension>.

