

# From humble beginnings



Fall 2010



Spring 2011



Spring 2011



Fall 2012



Summer 2012



North end of the garden 2013



Spring 2014



Shed painted 2013



Late summer 2016



Clark County

4-H 

WASHINGTON STATE UNIVERSITY  
EXTENSION

# 4-H Food Bank Garden 78th Street Heritage Farm 2016 Growing Season

This project would not have been possible without the dedication of each and every volunteer and youth who participated in the garden sessions.



Jodee Nickel, 4-H Youth RCS Garden Coordinator  
Missy Cummins, WSU Clark County 4-H Regional Specialist

Special thanks to the **Master Garden Foundation of Clark County** for their support of this project.

"Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.  
1919 Ne 78th St Vancouver WA 98665



## Mission

The three main purposes for the 4-H Restorative Community Service Food Bank Garden are:

- Provides youth offenders an opportunity to give back to the community from which they harmed by performing a service of value.
- Grow food for hungry families in Clark County
- To teach the 4-H essential life skills of independence, belonging, generosity, and mastery. It is proven that youth with life skills tend to be productive citizens that engage in less risky behavior.

## Partnership

Washington State University Extension's 4-H Youth Development program and the Clark County Juvenile Restorative Community Service program partner to provide eligible youth offenders with two unique ways to meet court requirements of accountability. These two programs create an opportunity for youth to receive community service hours for working in a community garden with the purpose of feeding fresh, local produce to the hungry in Clark County.



*Teddy working in irrigation*

## Philosophy

### The philosophy of both programs

This project is based on the philosophy that youth offenders who integrate into their communities and work with community members, rather than working on secluded projects, are less likely to re-offend.

By working with community volunteers, being treated with respect, accomplishing tasks together that benefit the neighborhoods they live in, youth offenders make a meaningful connection and contribution to the society they harmed. This allows youth to experience what it is like to make a positive connection in their community.

The following pages capture the dedication of individuals and the community to this project and the principles of the 4-H Youth Development philosophy and Juvenile Restorative Community Service programs. They also provide a voice for the youth and adult participants and the experiences they had working together.



*Chelsea weeding*

## Notable Events

- During the past eight months the 4-H RCS Food Bank Garden held 32 garden sessions. We harvested a total of 2,608 pounds of a variety of vegetables to the Clark County food bank and local shelters. That is valued at 5,216.00 dollars. This year we had 25 adults' volunteers from the community that worked in the garden for 244 hours that comes to a value of \$2,928.
- The 4-H RCS Food Bank Garden program worked with 145 youth offenders. Several of these youth picked the garden multiple times as the place they wanted to complete their mandated service hours. The youth learned basic gardening skills and cooking with the garden harvest. They also learned about the challenges of providing healthy food options to those with limited food budgets. Youth learned where our food comes from and on average how far food from the grocery store travels to get to us.
- In February we held a 4-H RCS mentor training. Ten adult volunteer's learned a variety of skills such as, the values that drive this project, tips for working with court-referred youth, ages and stages of youth development, common characteristics of adolescents and how to keep youth motivated while working in the garden.
- As we look forward to 2017, with a lot of great ideas, and challenges for the youth. It is very rewarding to teach youth about where their food comes from and how they can grow it themselves. We give the youth offenders the opportunity to give back and build a sense of belonging and generosity to our Clark County Community.



Spring



Summer



## Weekly Garden Session

**Date: Saturday, March 12**

**Youth participants: 3**

**Adult participants Teddy and Jane (MG) Chelsea (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 3 yeah lbs.**

We had a productive 4-H RCS garden session on Saturday. We worked on removing the well-known weed called bitter cress out of the raised beds in the bottom part of the garden. We have more to do but will be able to finish up the weeding this Saturday! We harvested leeks; two of the youth took a bag home to try. We did get a little rained out at the end but we made the best of it by gathering in the greenhouse for a group activity. We played a game called "buy or Not to Buy". I brought in real fruit and vegetables along with a card for each that

had information on it about how best to pick out fruits and vegetables when you're at the store, and when you're harvesting them from the garden. Everyone learned something new! "Big Thanks" to Teddy and Jane.

Hope you can make it this Saturday, March 19<sup>th</sup>. Teddy is signed up but we will need at least one more volunteer...I will be supplying a simple snack and water. Fun Times!!!

**Date: Saturday, March 19**

**Youth participants: 2**

**Adult participants: Teddy (MG) Chelsea (Court Mentor) and Jodee (Program Coordinator)**

As many of you know last Saturday was gorgeous day to be outside and we sure accomplished a lot. We started out the morning weeding the raised beds on the slope. We have about four beds left to weed, and then we will be all ready for planting. Teddy and Chris started thinning the carrot beds. Austin was excited about learning he could eat them. He ended up having three or four and was very enthusiastic about the way they grew in the ground.

The kids worked hard this weekend. We did a lesson on the food system and how food gets from the farm to our plate. We also used a scale to weigh some fruits and vegetables. The goal was to estimate how much they would cost individually and altogether. For this activity, we used a cantaloupe, butternut squash, red cabbage, eggplant, and potatoes. Chris and Austin work well together. Chris had us solve some riddles that were pretty clever. Austen harvested some carrots and he admitted he never done that before and was quite surprised with how they grew. All and all it was a good day and they learned something in the process.



Chelsea and Teddy



Chelsea working with youth



Youth getting serious about weeding



**Date: Saturday, March 26**

**Youth participants: 1**

**Adult participants: Dee Dee Jane (MG) Angie (Court Mentor) and Jodee (Program Coordinator)**

During last Saturday's 4-H RCS garden session, we planted 4 four beds of potatoes Red, Yukon gold and Russet. Angie, Jane and Chris raked out the beds for planting and then created furrows in which to plant the seed potatoes. DeeDee was weeding the flower beds on both sides of the compost bin. We also planted garlic and red, yellow, and Walla Walla sweet onions. We decided to plant peas in one of the 4 foot tall beds that have a PVC frame on it. This week's lesson was about how to make a simple healthy snack. We made a healthy snack using a can of corn and can of beans and adding chopped up cilantro. We ate this with some corn chips. There is still a lot to do in the garden because it is very early in the season. We need to start sowing in beets, broccoli, cabbage, cilantro, Swiss chard, spinach, carrots and kale. "A big Thanks" You to Master gardeners Jane and DeeDee for volunteering this week.



4-H RCS Garden in the March



Angie and youth planting seed potatoes

**Date: Saturday, April 2**

**Youth participants: 2**

**Adult participants: Cinda (MG), Dawn, Karen (Court Mentor) and Jodee (Program Coordinator)**

Last Saturday we had perfect weather and accomplished a lot. We learned how to read seed packets then planted using the information we learned about how deep to plant the seed and what the seed spacing recommendation was. We planted onions beets, radishes, peas, leeks, broccoli, cabbage and beans.



Compost bin

As a group we put up the trellises in the three beds in the middle part of the garden. The garden looks much bigger now. Dawn came and used the rototiller on the compost beds. The boys hauled about 10 barrels full of bark chips for the walkways and then we gathered for a lesson on what is inside a seed.



Cinda and Dawn



**Date: Saturday, April 16**

**Youth participants: 1**

**Adult participants: Soul (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 5lbs**

Sion did well out in the garden this Saturday. He was polite and followed through with all the garden tasks asked of him. Here is a picture of Saul and Sion drilling screws into create a grid for the square-foot gardening plans. We completed most of the beds.



More seed potatoes planted

**Date: Saturday, April 23**

**Youth participants: 2 Adult participants: Cinda, Teddy (MG), Angie (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 10lbs**

Thank you to those volunteered in the garden this week! We spent more time preparing the beds for planting than expected. The kids worked well together and we ended up cleaning out 16 raised beds that are now ready for planting. After we cleaned the beds, we installed the soaker hose irrigation to each bed. Master Gardener Teddy worked on connecting it all to the irrigation system. The Clark County mentor, Angie, worked side-by-side with the youth in the garden. During break we snacked on beans and chips. We harvested about 5 pounds of volunteer potatoes. The potatoes were given to youth to take home along with a couple of carrots that were accidentally harvested when we were weeding. After cleaning up the garden and putting everything away, we did a quick garden lesson on the industrial food system and where food comes from. After that, we took a walk through the community gardens to see what our fellow gardeners were planting in their beds. The kids learned a lot about how potatoes grow, what an artichoke plant looks like, and proper weeding techniques. Their attitude stayed positive throughout the garden session.



Angie weeding and connecting the irrigation



16 raised beds plus soil donated by local Rotary club of Greater Clark County, organized by Duane Sich. Irises were donated by the late Nancy McQuillan.



**Date: Saturday, April 30**

**Youth participants: 6**

**Adult Participants: Teddy (MG) Chelsea (Court Mentor) and Jodee (Program Coordinator)**

**Harvest: 10 lbs.**

This was a big day for the 4-H RCS Food Bank Garden. The Rotary had their annual day of service and they chose to help us in the 4-H Garden by donating 16 raised beds along with the soil to fill them.

The 23 volunteers spent the morning working together to level and space the beds in the bottom half of the garden. After they were in position, they were filled with 3-way soil from Yard and Garden Land. To Rotary provided lunch for everyone and was a nice way to celebrate all their hard work.

The youth worked up in the garden planting seeds and aligning irrigation. Hunter and Sabrina worked together to measure out the garden beds, using the square-foot garden method. Tony and Chelsea worked on mapping out the grid for the beds using string that Teddy donated.

Yehezkel started planting one of the finished square-foot garden beds with a variety of vegetables and flowers. Clay and Tyce harvested and washed five pounds of carrots that was taken to the SHARE House in Hazel Dell.

It seemed that Sabrina had a harder time with garden tasks but came around a little in the end. I was impressed with the amount of work we completed and the way youth interacted with adult volunteers from the Rotary.



Cinda working with youth layout more irrigation



Planting beans



Soul working with youth to square-foot the garden beds



Potato mounds



**Date: Saturday, May 7**

**Youth participants: 6**

**Adult participants: Soul, Dawn, Chelsea (Court Mentor) and Jodee (Program Coordinator)**

We helped with the Master Gardener Foundation plant sale. We were given the task of running the carryout service. We were responsible for helping people out to their car and managing the carts. I could not have asked for a better group to work with today, all of the kids were on the move the whole time. I was especially impressed with Thomas Lopes. It was his first RCS project and he looked quite

nervous at first. The youth started visiting with him and made him part of the group. He was one step ahead of us most of the time. Our group worked as a team throughout the day. Everyone gave a service of value and the youths were all in a good mood. The 4-H Garden provided lunch and snack along with ice water and cold Capri Suns to keep up their electrolytes. This was by far our best year yet working the sale.

Thank you to Juvenile Court for working with us on scheduling youth to come out for this special event!

**Date: Saturday, May 14**

**Youth participants: 4**

**Adult participants: Teddy, Cinda (MG), Martha (Court Mentor) and Jodee (Program Coordinator).**

**Harvested: 10 lbs**

As of now all but two beds are planted in the garden. We are growing peppers, squash, cucumbers, tomatoes,



Youth finishing the beds with the square-foot garden grid

eggplant beans radishes and

parsnips among other things.

This group showed a sense of belonging by engaging in healthy conversations about music and films, sharing their plans for the rest of the weekend and talking about what they look forward to this summer. Everyone had a chance to share. The youth learned different planting techniques and they learned how planting tomatoes is different than planting things like peppers, eggplant and squash.

The second part of the day, Thomas and Benjamin harvested carrots and tilled in the bed with new three way soil. Cinda worked closely with the boys to keep them on track. All three boys were respectful to mentors and volunteers. Aiden showed that he could work independently on the bottom part of the garden. Martha gave Aiden instructions and he was able to complete all of his tasks correctly.



Master Gardener Foundation Plant Sale



Teddy teaching a youth how to fix an irrigation part



**Date: Saturday, May 21**

**Youth participants: 2**

**Adult participants: Cinda (MG) and Martha (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 5lbs**

Youth were given several garden tasks in order by priority. Cinda and the court mentor worked right along with the youth to fertilize the bottom 16 squash beds, spot weed the garden for thistle and clean out the last two raised beds.

**Date: Saturday, May 28th**

**Youth participants: 3**

**Adult participants: Teddy (MG) Martha (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 10lbs**

Youth gave a service of value in the garden on Saturday. Thomas wrapped the tomato cages with plastic wrap to help protect and keep the plants warm. Whitt harvested radishes and parsnips and planted beans and carrots. Benjamin was on weed patrol and he also helped Martha and Teddy make many green houses with clear Solo cups to cover the watermelon and cucumbers. Aiden was the go to guy for watering all the beds in the garden. Youth showed cooperation skills when assigned to garden tasks and all contributed to the group effort of taking care of the garden.

**Date: Saturday, June 4**

**Youth participants: 4**

**Adult participants: Marty, Karen (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 10lbs**

It was hot out in the garden. Before we started, Karen went over the basic guidelines for working in the garden Benjamin and Aidan, the two returning youth, were given several garden tasks and were able to follow a multi-step of detailed directions. Dylan and Christian worked to cut back the irises and deadhead the flowers around the composting bin. Dylan used prior knowledge to weed the morning glory and to cut back the spent plants by using the right tool for the right job. Jodee and Karen were pleased with the amount of work accomplished. Dylan showed he is self-motivated by the way he could predict what the next steps were in his garden tasks, Christian used problem solving skills to cool himself off while working in the sun.



Squash growing in the new beds



Wrapping the tomato cages and drill solo cups to make mini green houses for the plant starts



Karen seeding radishes with the youth.





Teddy



Group doing a team building activity

**Date: Saturday, June 11**

**Youth participants: 4**

**Adult participants: Martha, Roxy (Court Mentors) and Jodee (Program Coordinator).**

**Harvested: 15 lbs**

Today in the garden we did a lot of cleaning up and spot weeding the walk ways and raised beds. One of the more fun activities we did was take a tour through the community gardens to get some ideas and see how well the 4-H RCS Garden looked in comparison to them. We saw lots of cool things. Scarlet Runner beans were starting to climb the tresses. Jodee showed the kids a picture of what a scarlet runner bean looks like when it's finished growing.

**Date: Tuesday, June 28**

**Youth participants: 3**

**Adult participants: Martha (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 20**

We hit the ground running as soon as everyone got organized. We watered the garden and harvested about 20 pounds of radishes and garlic. We worked in groups to move soil that was donated and filled the beds. We also fertilized everything with fish emulsion fertilizer.



Fun garden bed filled with a variety of plants



Radishes



**Date: Tuesday July 5**  
**Youth participants: 2**  
**Adult participants: Marty and Martha (Court Mentors) and Jodee (Program Coordinator).**  
**Harvested: 30 lbs.**

The 4-H Garden has donated close to 100 pounds this summer of a variety of vegetables, such as onions, radishes, arugula, parsley, potatoes, yellow and green squash, cucumbers and blueberries. Thank you to Marty Fields who has donated her time to come out and water and weed the garden during the past two weeks. Big thanks to Martha Brett who has run the last two garden sessions in my absence. You ladies are one of the reasons the garden is doing as well as it is.

We are getting into the summer months and we are in need of a couple of steady volunteers. We have some special projects coming up and need your help! Special projects for next week, irrigation put into the bottom field, create border flower beds, building trellises for climbing cucumbers.

**Date Saturday July 12**  
**Youth participants: 2**  
**Adult participants: Roxy (Court Mentor) and Jodee (Program Coordinator)**  
**Harvested: 50 lbs.**

Today was a great day to harvest. The plants are looking strong and healthy. Jodee and Roxy worked with the boys in the new raised beds. First we weeded the beds then harvested the yellow crook neck squash. We harvested 75 squash all together,



Freshly harvested



Vegetables to be taken to the SHARE House



The group harvesting squash

including two squashes that had grown together. We also harvested onions, beats, beans, parsley, and cucumbers. Jodee took all the produce to the Clark County Food Bank and it weighed in at 150 pounds; talk about a fruitful day!



**Date: Tuesday, July 19**

**Youth participants: 7**

**Adult participants: Marty, Jessica, Roxy (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 150 lbs.**

Tristan and David worked on harvesting all the radishes in the garden, and then replanted beans and carrots in the empty space created. Lauren harvested squash, beans, and green beans. Kevin and Triston worked on building a trellis for the climbing Asian squash. Timothy and Josh harvested one of the beds of potatoes. The youth learned about potato plants and about how potatoes grow. Potatoes normally flower white and have a green fruit on them that looks like a green cherry tomatoe.

**Date: Tuesday, July 26**

**Youth participants: 6**

**Adult participants: Marty, Samantha, Roxy (Court Mentor) and Jodee (Program Coordinator)**

**Harvested: 200 Lbs.**

Working together we harvested, yellow crookneck squash, green zucchini, beats, parsley, cucumbers, beans, onions, carrots, potatoes, tomatoes, and one kohlrabi.

We gathered up the six youth participants and took turns going around and everyone shared what their favorite summer foods and summer activity were. Jodee and Roxy went over the guidelines and instruction for the day.

Timothy and Josh started by harvesting the dark purple beans. After harvesting, they weeded and added more soil to the bed. Using a measuring tape, screw, and a drill, they created a grid for planting the raised beds by using the square foot garden method.

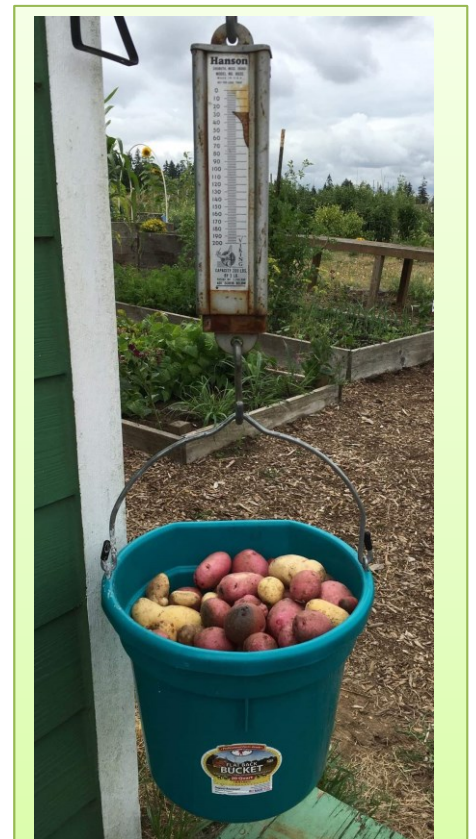
Bree and Tristan worked on replanting the bed we harvested potatoes out of the week before. They decided to plant bush beans on the south side of the bed and white and red radishes on the north side. They also planted some pole beans on the hoop frame. Emma and Sam worked to harvest 30 pounds of potatoes. Then they prepared the bed for planting carrots. Damian watered the garden and sorted seeds.

Jodee worked with the youth to replace several soaker hoses and tested the water system to see if it would work. After some adjusting, we were ready to move on to our next tasks.

Everyone harvested something. As a group, we worked together to clean and wash the vegetables in preparation to dropping them off at the SHARE house and the Clark County Food Bank.



Italian squash



30 pounds of a variety of potatoes



**Date: Tuesday, August 9**  
**Youth participants: 3**  
**Adult participants: Martha (Court Mentor) and Jodee (Program coordinator)**  
**Harvested 215 Lbs.**

Jodee and Martha weed the garden walk ways. Our main focus was the large weeds that were going to seed (thistle and some of the tall grasses). Damien joined us a little bit later and harvested all the red tomatoes throughout the garden. As a group, we all harvested a bed of potatoes. Harvesting potatoes is fun because it is like going on a treasure hunt. The potatoes were then sorted scrubbed and rinsed. Kevin and Timothy used the scale to weigh the potatoes. The group harvested around 35 pounds. Some of the other garden task we accomplished were topping off the beds with soil, laying some irrigation hoses, and seeding radishes, beets, and carrots. We harvested yellow and green squash along with beets, tomatoes, potatoes, peppers, and celery.

**Date: Saturday, August 19**  
**Summer challenge**  
**Youth participants: 9**  
**Adult participants: D'Alene, Laura, Jackie, Rick, Dawn, Jeff and Jodee (Program Coordinator)**  
**Harvested: 285 lbs.**

Clark County Juvenile Justice Connections is a program designed to provide extra support to families with youth on probation who also have mental health issues

The group harvested beets radishes potatoes celery cucumbers squash peppers tomatoes carrots onions tomatillos green beans leeks and garlic. The morning started off with us participating in an ice-breaker activity where we discussed our favorite summer time foods. We agreed that fresh fruits, ice cream, and grilled chicken or steak was our-favorite. We split into two groups to begin a variety of garden tasks. We laid down bark chips in the walk ways around the new squash beds, while the other group harvested potatoes, planted carrots, and tended to of the raised beds. Emma and Daisy worked hard at moving mulch. D'Alene, Carlos and Nathaniel had a good time finding all the different shaped potatoes in the raised bed. Youth were all working well together and staying on task. The day went along smoothly. At the end of the day we honored the Olympics by a playing some games in the garden. We played a fun water game, had wheelbarrow races, and garden trivia. It was a fun day looking forward to next year!



4-

H RCS garden in August



Youth mulched the walk ways



**Date: Saturday, August 23**  
**Youth participants: 8**  
**Adult participants: Marty, Martha (Court Mentor) and Jodee (Program Coordinator)**  
**Harvest: 100 lbs.**

We busted out the gas grill to give the Italian squash we have been growing all summer a try. This large group started off the day by weeding the raised beds. We also pulled out the beans, garlic, and onion plants and replanted the bed with carrots. We placed the onions on a screen and walked them down to the green houses with a note letting volunteers know that we would be back to collect them when there all dry. Jodee went over some cooking safety and had washing information before they got started making the snack. Tristen gathered ingredients to make salsa. When it was time, we gathered around the table and tasted the salsa and grilled squash. The majority of us liked it.

**Date: Tuesday, August 27**  
**Youth participants: 2**  
**Adult participants: Jeff, Melissa, Chelsea (Court Mentor) and Jodee (Program Coordinator)**

We all worked hard to get the Mill Plain School Garden ready for the first day of school.

**Later that week in the 4-H RCS garden on Monday we harvested 175 pounds of vegetables that we took to the shelter.**

**Date: Tuesday, September 3**  
**Youth participants: 2**  
**Adult participants: Angie Court Mentor and Jodee Program Coordinator**  
**Harvested: 185 Lbs.**

**Date; Saturday, September 10**  
**Youth participants: 4**  
**Adult participants: Monse (Court Mentor) and Jodee (Program Coordinator)**  
**Harvested: 190 Lbs.**

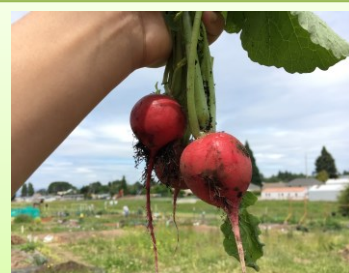
Today day we weeded and harvested from the garden. We learned about the different colored carrots.



Monse



Grilling summer squash in the garden



Radishes



Onions we dried in the greenhouse



**Date: Saturday, September 17**  
**Youth participants: 5**  
**Adult participants: Monse (Court Mentor) and Jodee (Program Coordinator)**  
**Harvested: 150 Lbs.**

As of today we have harvested 1,628 pounds of a variety of fresh produce to hungry families in Clark County. We have worked with 83 youth and 23 of those youth have come back to the garden one or more times to complete their community service responsibilities. The weather is looking good for us. The garden is still producing quite nicely and I predict that we will harvest at least another 125 pounds. We will start prepping the harvested beds for the winter season.



Making salsa with Kelsey and Jeff

**Date: Saturday, September 24**  
**Youth participants: 4**  
**Adult participants: Shea, Marty, Jeff, Chelsea, (County Mentor) and Jodee (Program Coordinator).**  
**Harvested: 75lbs**

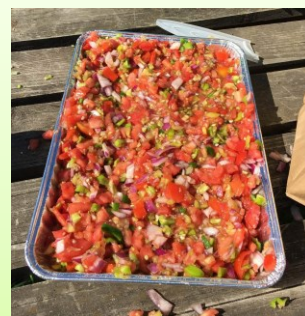
It was a perfect fall day. We took out most of the tomato beds, harvesting the edible tomatoes and composting the rest. We harvested 75 pounds of a variety of tomatoes, beans, beets, carrots, peppers, radishes, eggplant, and onions. Youth worked well together all day. Ruben made salsa using fresh ingredients from the garden and Ellie helped Jodee grill the squash.

**Date: Saturday October 1**  
**Youth participants: Four**  
**Adult participants: Chelsea (County Mentors) and Jodee (Program Coordinator).**  
**Harvested 250lbs.**

We had our biggest harvest out of the garden at 250 pounds. However the weather is changing and tomatoe production has slowed down. All of our squash halves powdery mildew. We broke up into three group's group one pulled out most of the tomatoes plants from the raised beds from and compost the debris. Group two harvested bagged and weighed produce. Group three we spent some time spot weeding the walkways and general cleanup of the garden and organizing the shed. We made use of the garden grill to do a taste comparison between we grow in the garden, Italian, yellow crookneck and the green zucchini.



Chelsea pulling weeds



Fresh-made salsa



**Date: Saturday, October 8**

**Youth participants: 2**

**Adult participants: Marty, Martha (Court Mentor).**

**Harvested: 60 lbs.**

Martha worked with the youth to spread mulch throughout the garden walk ways, giving it a fresh new look. The group also pulled out most of the squash and saved what they could harvest and composted the rest. They harvested squash cucumbers, peppers, parsley and eggplant.



Boys removing squash plants and planting cover crop



Jeff transporting stakes



Fresh Parsley

**Date: Saturday October 22**

**Youth participants: 4**

**Adult participants: Marty, Cinda (MG)**

**Angie (County Mentors) and Jodee (Program Coordinator).**

**Harvested 40lbs**



Fun ice breaker

Today was such a great day. All the youth were returning and had been in the garden before. We started out the day by circling up. Jodee read a question from the chat pack cards, cards to integrate conversation. The boys seemed to enjoy the questions and asked if we could do more later in the session. We had the big task of putting the garden to bed for the winter. Jodee got an idea to cover the 18 raised beds on the south side of the garden with burlap bags. She got this idea from Hazel Dell Community Garden and some of the community gardeners were also doing it. Hopefully it will keep weeds down. During break Marty had prepared us a pasta – with peanut butter and whole-grain noodles and mixed in squash cherry tomatoes carrots and chives fresh from the garden. Marty also supplied a recipe for the boys to take home. We all agreed it was quite delicious.



Youth tasting Peanut tie pasta Marty made using veggies from the garden



**Date: Saturday, October 29**

**Youth participants: 3**

**Adult participants: Shea, Momse, (County Mentors)  
and Jodee (Program Coordinator).**

**Harvested: 25lbs.**

The last day for the 4-H RCS garden session for 2016, we ended strong. As a group we spent the first hour weeding the walk ways mainly focusing on the grass and the thistle. Monse and one of the youth collected what was left to harvest in the garden. They harvested 25 pounds of leeks, beets, peppers, carrots and even found a couple cherry tomatoes. To celebrate we steamed a fresh artichoke from the garden. Jodee gave the youth some tips on how to make healthier by adding squash, carrots and an egg. At the end of the day Jodee asked the youth to mark on the poster what life skills they thought they had used in the garden today. Some of the answers they marked were social skills cooperation and communication wise uses of resources decision-making teamwork concern for others and self-motivation.



Gorgeous artichokes



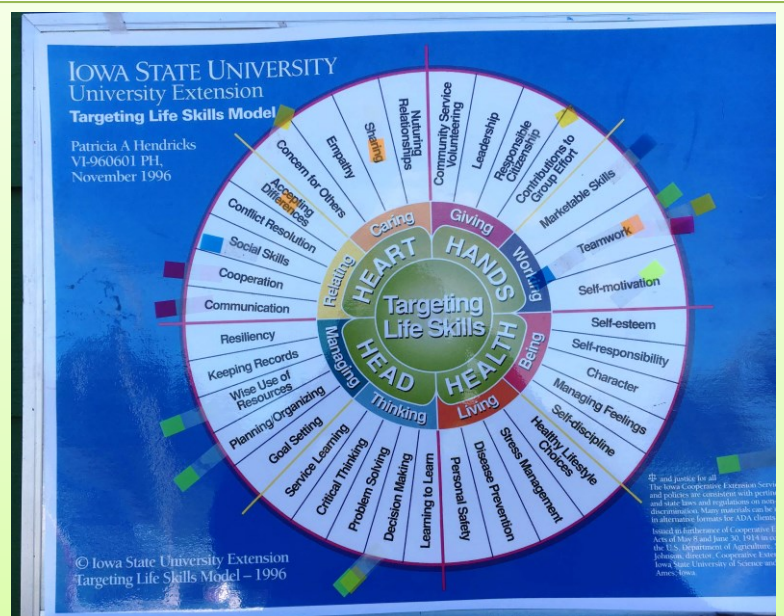
Angie debriefing with youth about the garden session



Steamed artichoke



Eleanor



Life skills the youth reported using in the garden