



Victory2020 Garden Youth Record Book



Name of Gardener(s): _____ Age as of Sept. 1, 2019: _____

Phone: _____ Email: _____

Address _____ City _____ State _____

Zip _____ County _____

I hereby certify that I have been responsible or directly involved in the responsibility for the care of this garden. I have personally kept records on this project and have personally completed this record book.

Youth Signature _____ Date _____

I hereby certify that my youth has been responsible or directly involved in the responsibility of care for our garden. They personally kept records of the project and they were the one that completed this record book.

Parent/Guardian Signature _____ Date _____



Directions for this Record Book

We are so excited that you are becoming a part of the Victory 2020 Garden Project! To complete this record book, you will fill out all the pages and information requested. All the educational material needed to complete the record book can be found through the Modules on Canvas. Please refer to the Resource section below if you are having trouble accessing Canvas.

Once your record book is complete, you'll need to scan the pages into one pdf file. We recommend downloading an app that will allow you to scan the images of your record book into a pdf file. This pdf file of your record book should be uploaded to Dropbox using the QR code or following link: <https://tinyurl.com/rx9kvy6>. Once your record book has been judged, we will mail you a ribbon to celebrate your achievements!



Downloadable Mobile Apps

CamScanner
Scanner Pro
Prizmo
Genius Scan
Turbo Scan
Handy Scanner
Mobile Doc Scanner

What is Extension and 4-H?

Extension is a partnership between federal, state and county governments to provide scientific knowledge and expertise to the public. The University of Florida, together with Florida A&M University, administers the Florida Cooperative Extension Service. At the University of Florida, Extension is in the Institute of Food and Agricultural Sciences and is called UF/IFAS Extension.

4-H is the youth development component of UF/IFAS Extension. In 4-H, you can learn new skills like raising animals, cooking, making snacks, using computers, growing flowers and vegetables, fishing, and much more! 4-H has more than 200 different projects for you to explore and as our motto, "Learn by Doing," says we help youth learn in an experiential way. To find out more about 4-H in your community, reach out to your local Extension Office. Find your local Extension Office or learn more about 4-H in your local community use the QR code or this link <http://npic.orst.edu/pest/countyext.htm>.



Resources

Our Victory2020 Garden Team is here to support you in lots of ways during your project. For questions about completing the record book, contact Heather Janney at hfutch@ufl.edu or Emma Cannon at emmacannon@ufl.edu. For questions related to caring for your garden, please contact Erin Harlow at eeeck@ufl.edu. For access to our Canvas course, please contact Chandler Mulvaney at chandermulvaney@ufl.edu or Emma Cannon at emmacannon@ufl.edu.

If you have not joined us on the private Facebook Group “Victory Gardeners” that is exclusive to participants of the Victory2020 Garden Community please use the QR code or link below to access the group. This is a place we will share educational information, gardeners can ask questions, and all can share their successes! <https://www.facebook.com/groups/VictoryGardeners/>



Additionally, educational material provided for you to be able to complete the record book can be found on Canvas separated into Modules based on topic. Below is a chart of where you will be able to find the appropriate information on Canvas that directly relates to completing the record book. Use the QR code or this link to access canvas.

Garden Preparation	Module 2
• Site Selection	Module 3
• Soil Fertility	Module 2
• Garden Plan	Module 4
Planting the Garden	Module 4
Cost of the Garden	
Maintaining the Garden	Module 5
• Water, Light, Care	Module 5
• Weed Control	Module 5
• Insect Control	Module 5
• Disease Control	Module 5
Harvesting	Module 6
Cooking with Your Crops	Module 6
Recipes	Module 6
Recipe Expense Record	Module 6
Know Your Crops	Module 6
Careers in Agriculture	Module 8
Share your Garden	
Financial Summary & Comparisons	



Scan here for Canvas

More information can be found on the following sites.

Victory2020 Gardens YouTube https://tinyurl.com/ybhgbbw 	Florida 4-H Florida4h.org 
 UF/IFAS Extension http://sfyl.ifas.ufl.edu	 UF/IFAS YouTube https://tinyurl.com/yakoewur
UF/IFAS Electronic Data Information Source https://edis.ifas.ufl.edu/ 	Marion County FL 4-H YouTube https://tinyurl.com/y7h4mfry 

Purpose and Goals

Purpose

The purpose of this garden project is for you to:

1. Gain an understanding of vegetable production by preparing a garden area, care for plants, and keep a record of your activities.
2. Increase the interest in science, technology, engineering, and mathematics.
3. Understand the costs involved in vegetable production.
4. Be able to interpret and understand the importance of the nutritional value of the vegetables grown and incorporate them into your diet.
5. Explore careers related to horticulture and gardening.
6. Develop life skills such as goal setting, leadership, citizenship, and written communication.

Goals

To have a successful garden you need to develop goals for your garden.

1. List your goals for this project. (What do you want to learn from this project?) List at least 4 goals.

1. _____

2. _____

3. _____

4. _____

2. How will your parent or guardian help you with the garden?

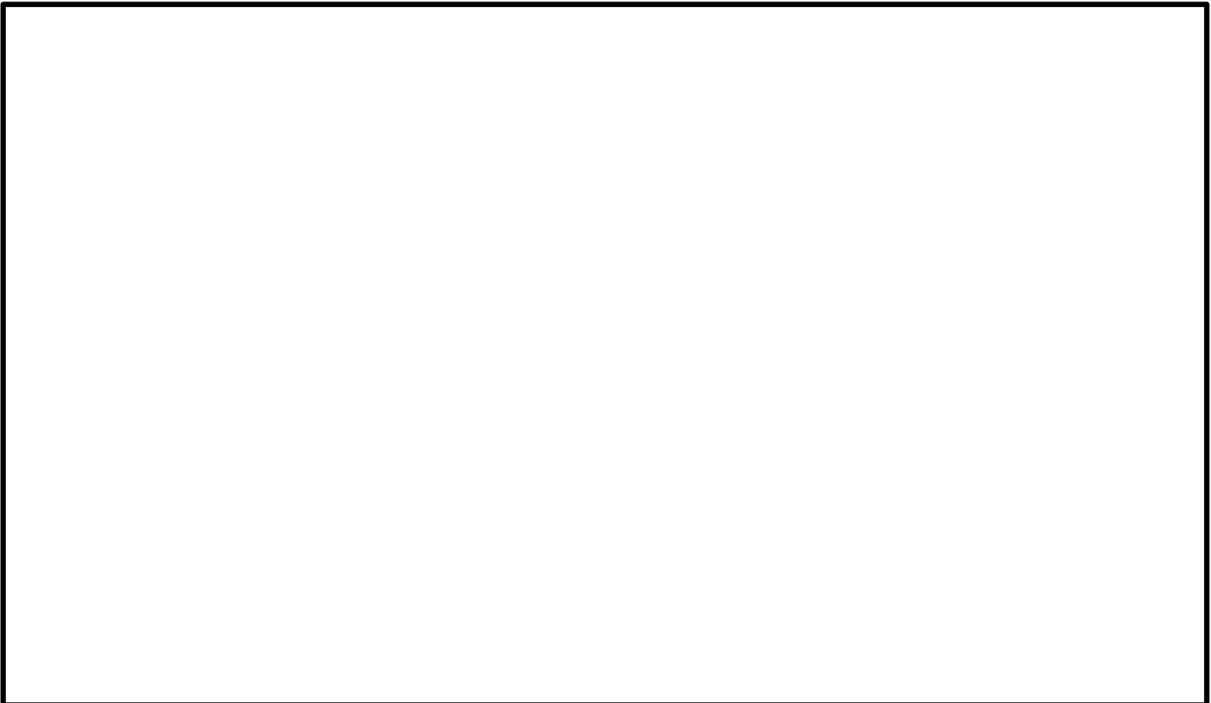
Garden Preparations

Site Selection

Selecting the best site for a garden plot is crucial to the overall success of the garden. Below are recommendations for site selection. Check the boxes that match your site.

- At least 6 hours of full sun in a day
- Near a source of water for irrigation
- Well-drained, avoid low, wet areas
- Garden is near home or school/area that gardener occupies
- Fencing is preferred to deter any hungry wildlife
- Away from tree roots
- Change location of site if this is not your first year

Draw the site of your garden. Label things: include houses, buildings, water sources, fencing, trees, etc. If you are using buckets or a raised bed, please draw and label things as well.



What did you do to prepare your garden space for planting? (Fertilization, tilling, removal of rocks and weeds, construction of grow bucket, etc.)

Soil Fertility

It is a good practice to have your soil tested for nutritional needs and pH to understand the needs of your soil. Soil testing information can be found on the Canvas site in Module 2.

Date of Last Soil Test: _____

Soil Test Recommendations: _____

Garden Plan

Use the box below to plan the placement of seeds in your garden. Measure the length and the width of your garden plot and draw it to scale using a ruler. For example, let $\frac{1}{4}$ inch equal two feet in your garden. Use lines to indicate rows if you are planting a traditional garden and write in vegetables to be planted in each. Be sure the distance between rows is to scale. If you are using buckets, etc. please draw these to scale as well and show, to scale, the planting of your garden seeds.

Scale: $\frac{1}{4}$ inch equals _____

Length of Garden _____ Width of Garden _____

Total Area of Garden _____



In the box provided please note which direction is N, S, E, & W.

Planting the Garden

Plant Description

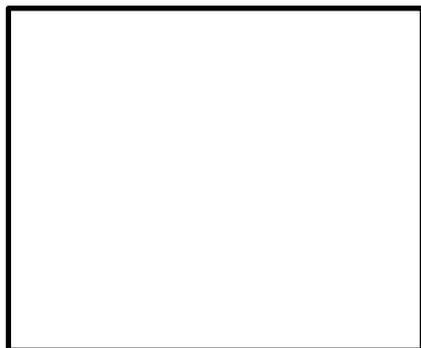
When planting seeds or seedlings, be sure to water the garden well.

Date Planted	Crop	Variety	Seed or Seedling Planted	Space between plants	Expected Days to Harvest	Expected Date to Harvest

During planting, did everything go as you planned? If yes, explain what went well. If no, describe what happened.-

Weed Control

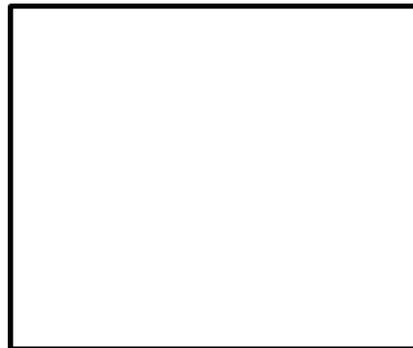
Identifying weeds is an important step in understanding how to control them in our garden. First, let's draw or place a printed picture and identify six different weeds found in your garden. To help identify weeds look here <https://rcrec-ona.ifas.ufl.edu/weed-identification/>



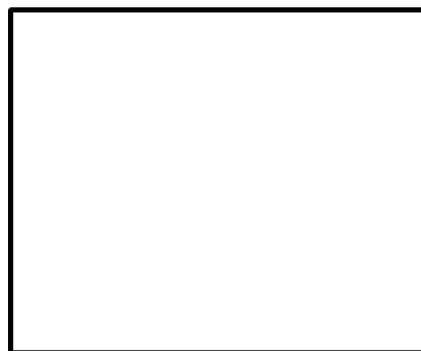
Weed: _____



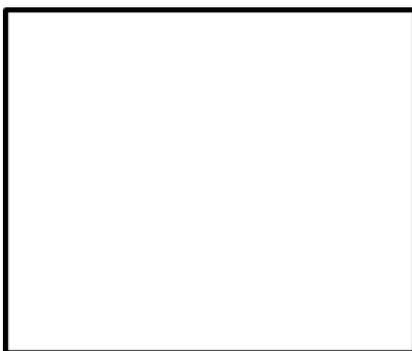
Weed: _____



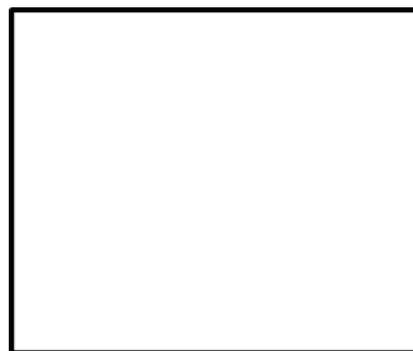
Weed: _____



Weed: _____



Weed: _____



Weed: _____

Insect Control

Controlling insects and pests is an important part of maintaining your garden. However, not all insects are harmful to our garden. Let's identify the insect and determine if it was a good bug or a bad bug. Draw or place a printed picture, identify the insect, determine if it's beneficial or if it's a pest, & why.

<http://entnemdept.ufl.edu/insectid/Vegetable.html>
<http://entnemdept.ufl.edu/insectid/Beneficials.html>



Vegetable



Beneficials

Insect:
Beneficial or Pest:
Why:

Please log your pest control methods.

Date	Crop(s)	Pest(s) to be controlled	Control method used

Disease Control

Recognizing & controlling disease is an important part of maintaining your garden. However, not all diseases in gardens are easily identifiable and some gardens will not experience disease in the vegetables that are grown. Let's identify different diseases that could appear in our garden and determine what crops that the specific disease might be present within. Draw or place a printed picture below. Identify the disease and determine what other crop(s) this disease may be present within. Utilize this link to learn how to identify the diseases that may be present in your garden. https://edis.ifas.ufl.edu/topic_vegetable_diseases_by_crop



Disease:
Crop(s):

Disease:
Crop(s):

Disease:
Crop(s):

Disease:
Crop(s):

Disease:
Crop(s):

Disease:
Crop(s):

Please log your disease control methods.

Date	Crop(s)	Disease to be controlled	Control method used

Cooking with your Crops

1. Select one of the vegetables you harvested from your garden and complete the Nutrition Facts Chart below. You can obtain this information from the United States Department of Agriculture Food Data Central website at <https://fdc.nal.usda.gov/>



What vegetable did you pick? _____

Nutrition Facts

Serving Size: one serving

Carbohydrate _____	Potassium _____
Calories (energy) _____	Fiber _____
Protein _____	Fat _____
Vitamin A _____	Vitamin C _____

2. Use one or more of the vegetables from your garden to prepare a healthy recipe for your family. You may use one of the recipes in this book or select one of your own and share the recipe in the space provided. Make sure to select a recipe that can also be purchased in store. You'll compare these later. If this is not your first year, select a different recipe from the one you prepared last year. Do a survey to see how many people enjoyed the dish and if they would try it again.

Survey Results

Recipe Name: _____

Number of people that tried it: _____ Number of people that disliked it: _____

Number of people that liked it: _____ Number of people that will try it again: _____

3. Find a store-bought item like the recipe you prepared at home. It doesn't have to be exact and may be store brand or name brand. You can even search online. Share information about your item here.

Cost of Store-Bought Item: _____

Number of Servings (Found on the Nutritional Label): _____

Cost Per Serving (divide the cost by number of servings): _____

Recipes

Homemade Salsa

Makes 4 servings

1 cup finely chopped, peeled tomato

1/2 cup tomato sauce

1 cup yellow or red onion

1 cup finely chopped green pepper 1 Tbsp. vinegar

2 cloves garlic, minced

1-3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)

1/2 cup fresh cilantro, chopped (optional)



1. Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

Nutritional analysis per serving: calories 36, protein 2g, fat 0g, , carbohydrates 8g, fiber 2g, sodium 12mg.

Pasta Primavera

Makes 2 servings

1 cup broccoli florets

1 cup carrots, sliced

1 cup zucchini, sliced

1 cup macaroni or rotini pasta

1 Tbsp. flour (for sauce)

1 Tbsp. margarine (for sauce)

1 cup fat free milk (for sauce)

1 tsp dried basil (for sauce)

1/8 tsp black pepper (for sauce)

1 Tbsp. Parmesan cheese (for sauce)

1. Steam vegetables until crisp-tender.
2. Cook macaroni according to package directions.
3. In a small saucepan, melt margarine and blend in flour.
4. Gradually stir in milk and seasoning. (Do not add cheese at this time.)
5. Cook over medium heat, stirring constantly, until sauce thickens.
6. Remove from heat and blend in cheese.
7. Pour over hot vegetables.
8. Add macaroni and mix together.



Nutritional analysis per serving: calories 388, protein 18g, fat 8g, carbohydrate 62g, fiber 6g, sodium 281 mg.

Zucchini Boats

Makes 4 servings

2 medium zucchini
1/2 cup shredded carrot
1 cup chopped onion Vegetable cooking spray
1/2 cup corn bread stuffing mix 3 Tbsp. water
1 cup shredded reduced fat sharp cheddar cheese



1. Halve zucchini lengthwise.
2. Discard flesh.
3. Place zucchini halves, cut side down, in a large skillet.
4. Add 1/2 cup water.
5. Bring to a boil; reduce heat.
6. Cover and simmer for 5 minutes.
7. Drain zucchini and pat dry with paper towels.
8. Meanwhile, prepare stuffing. Lightly spray a medium saucepan with vegetable spray.
9. Add carrot and onion and cook over medium heat until onion is tender.
10. Stir in stuffing mix and water.
11. Spoon stuffing into prepared zucchini.
12. Sprinkle cheese on top zucchini boats then place them in a shallow baking dish.
13. Bake in a 350°F oven for about 20 minutes or until zucchini is tender and stuffing is heated through.

Nutritional analysis per serving: Calories 156, Protein 7g, Fat 4g, carbohydrates 25g, fiber 5g, sodium 454 mg.

Black Beans with Corn and Tomatoes

Makes 4 servings

1-15 oz. can low-sodium, black beans	1 cup cut tomatoes, fresh or canned
1 tsp chopped fresh parsley	1/2 tsp chili powder
1 cup frozen corn, thawed	1 clove garlic, pureed or roasted
1/8 tsp cayenne pepper or more to taste	

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes and garlic.
3. Add parsley, pepper and chili powder.
4. Combine and serve.

Nutritional analysis per serving: Calories 110, Protein 6g, Fat 1g, carbohydrates 25g, fiber 7g, sodium 220 mg.

Recipe Title _____

Source _____

Number of Servings _____

Ingredients

Instructions

Estimated Nutritional Analysis (total nutrition from ingredients and divide by the number of servings)

Calories _____

Protein _____

Fat _____

Carbohydrates _____

Fiber _____

Sodium _____

Recipe Expense Record

Recipe Title: _____

List every ingredient needed to complete your dish. If an ingredient was purchased, list it as a cost and the date it was purchased. If you had an ingredient on hand, give it a value and use the same date as the date you made the dish. Make sure to round to the nearest decimal (\$0.50). Use the cost per pound or per fruit calculated on page 12 for the items used from your garden.

Item	Value/Cost
Total	

Cost per serving (divide total cost/value by number of servings) \$ _____

Total the value of items used from your garden \$ _____

Know your Crops

Florida is a very diverse agricultural commodity producing state. We rank #1 in the United States on multiple crops. To learn where the crops grown in your garden for this project rank, let's do a little research. Use this resource to help find answers to this portion of the project.

https://data.ers.usda.gov/reports.aspx?ID=17844#P7c674cde90184742858c947997ecd2a4_3_251iTOR0x105

Crop	FL's rank in United States
Bell Pepper	
Eggplant	
Pole Beans	
Squash	
Zucchini	
Cucumbers	
Tomatoes	
Sweet Corn	
Watermelon	
Okra	
Sweet Potato	



How many jobs does agriculture provide for the state of Florida? _____

How much economic impact does FL agriculture have on the economy? _____

If you live in FL, utilize this website to determine how many U-Pick Farms are in your county and write them on the blank below: <https://www.followfreshfromflorida.com/markets/?t=upick>



If you live outside of FL, utilize this link to determine how many farmer's markets are in your local area and write them on the blank below: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>



What crops do the U-Pick farms or Farmers Markets in your county or local area sell?

Careers in Agriculture

There are many benefits to growing a garden. To understand how a passion can become a career, you will have to view two interviews in Module 8 on Canvas or at the Marion County FL 4-H YouTube Page which can be found with the link <https://www.youtube.com/channel/UC49B1fQOgaTBrU8DgErjiwA> and then briefly interview one individual in the agriculture field whose job directly relates to gardening, horticulture, or food production. You may call or email the individual that you select. Get ideas of people from your local agricultural store or by searching for those people online. Feel free to call your Extension Office to get ideas of agricultural careers or ask to interview an extension agent.



1. Interview watched on YouTube

Name of Individual: _____

Occupation: _____

Company Name: _____

List 3 job responsibilities: _____

Education required: _____

2. Interview watched on YouTube

Name of Individual: _____

Occupation: _____

Company Name: _____

List 3 job responsibilities: _____

Education required: _____

3. Interview that you conducted

Name of Individual: _____

Occupation: _____

Company Name: _____

List 3 job responsibilities: _____

Education required: _____

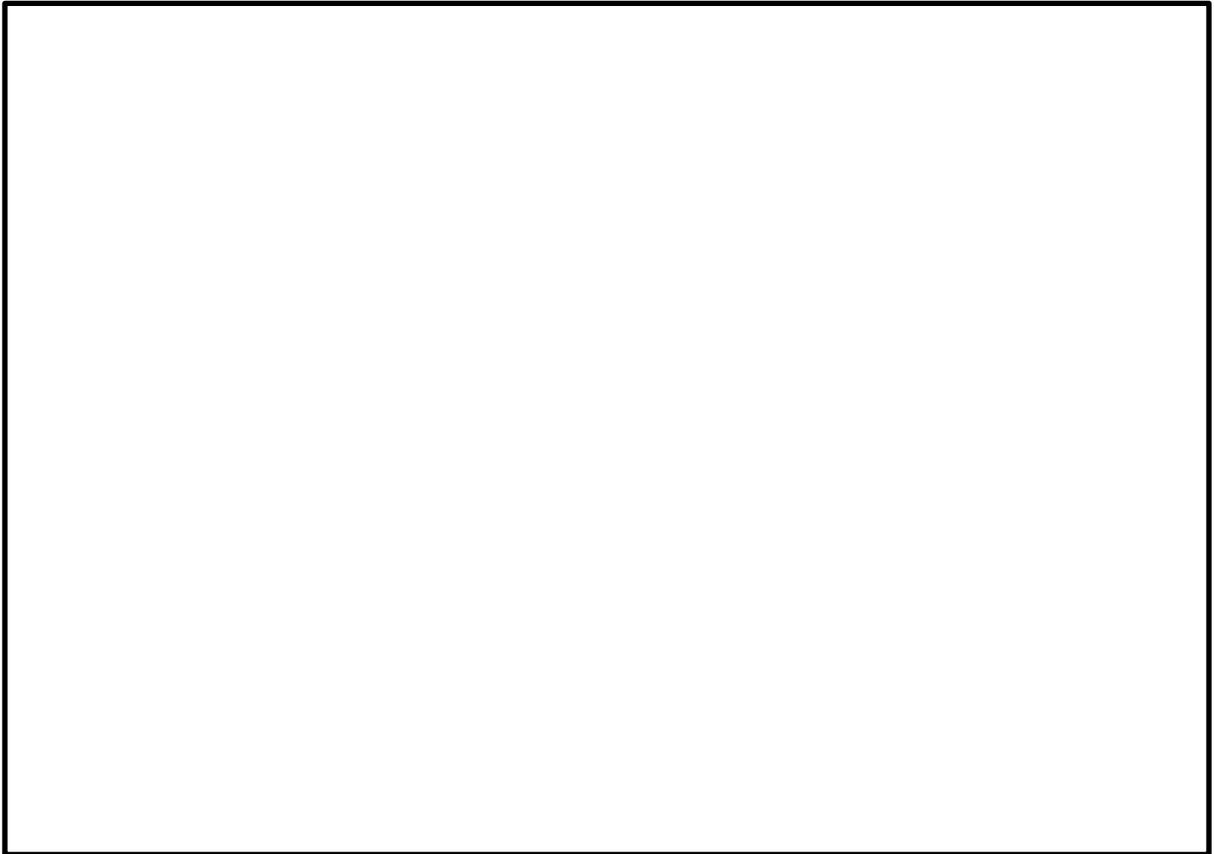
Method of Interview: _____ Date: _____

Please share what you learned about careers in agriculture and what careers you may be interested in after completing this project. How could you attain a job in this field? Why would you enjoy this field?

Share your Garden

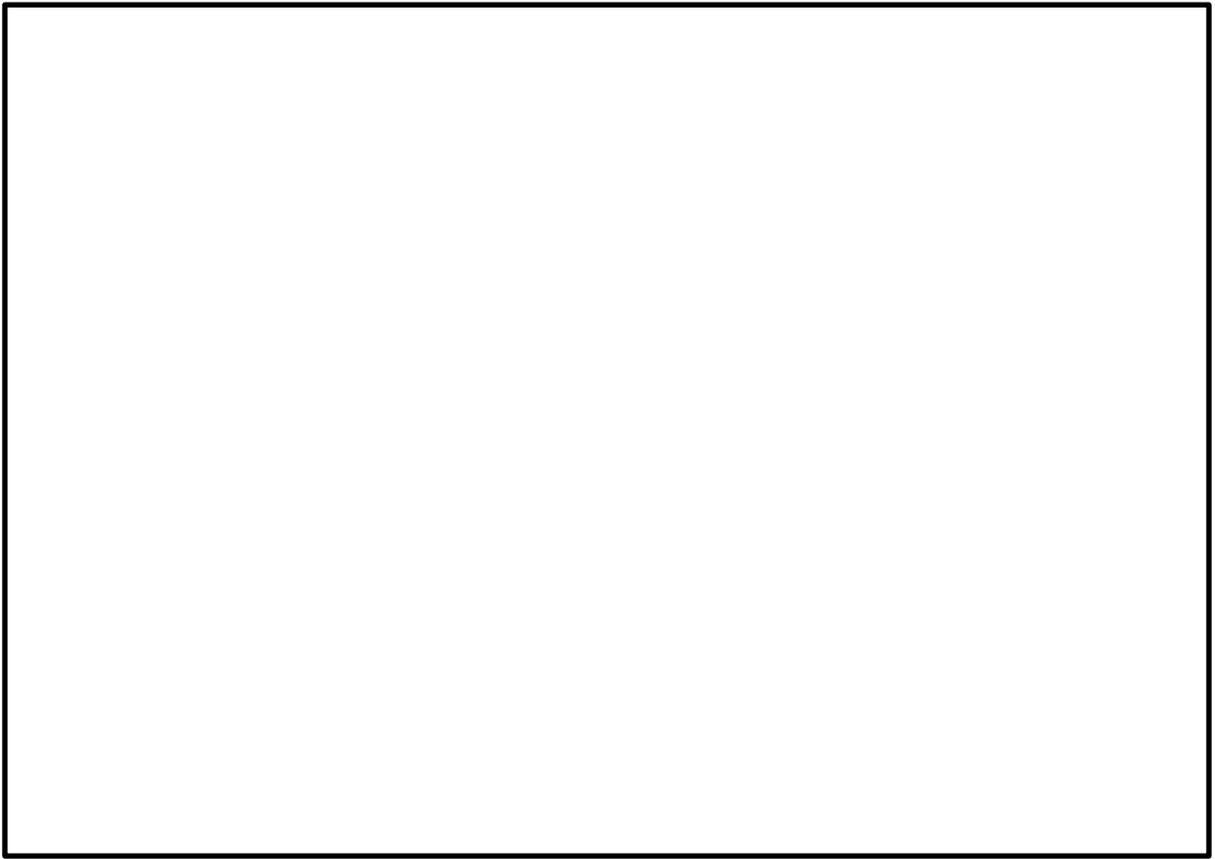
Please add 5 pictures and captions. Use pictures of you working on your garden at different stages of development. If something happens and you don't have 3 or more pictures, use drawings or clippings with captions explaining what you are telling about your project.

PHOTO ONE



Caption:

PHOTO TWO



Caption:

PHOTO THREE



Caption:

PHOTO FOUR



Caption:

PHOTO FIVE



Caption:

Financial Summary and Comparisons

Calculations of items throughout this Record Book

Value Description	Where or how to find	Calculation
Cost to Plant and Maintain Garden	Page 7	
Number of Pounds of Harvest or Number of Fruits	Page 12	
Cost Per Pound or Per Fruit	Divide lbs of harvest or # of fruits by the cost to plant and maintain garden	
Cost Per Serving of Homemade Recipe	Page 17	
Total Value of Items Used from Garden	Page 17	
Cost to Purchase Store-Bought Item	Page 13	
Cost Per Serving of Store-Bought Recipe	Page 13	

Cost Per Serving of Homemade Recipe: _____

Cost Per Serving of Store-Bought Item: _____

Which do you think tastes better? _____

Why do you think it tastes better? _____

Typically, store-bought recipes are likely cheaper as a result of the scale of production and being able to purchase ingredients at a wholesale cost. The more you buy of things, the cheaper items are individually. This does NOT mean that growing your own and making homemade recipes from scratch is a bad thing because it costs more. Homemade recipes have only the ingredients you have selected to put into them. They include no preservatives and no additional sodium. Also, your homemade recipe usually tastes better!

Results

Knowledge and skills

1. Did you accomplish your goals? Why or why not?

2. List any new knowledge and skills you gained by doing this project.

3. In what ways have you shared your garden with others (cooking, videos, pictures)?
