



## Fruits, Vegetables, and Nuts

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

### Description of Project:

4-H'ers may explore areas of selection, production, care, and growth of fruits, vegetables, and nuts. Through this project, 4-H'ers may:

- identify processes that impact the growth and production of fruits, vegetables, and nuts
- select, plant, grow, and maintain fruits, nut trees, or vegetable gardens
- acquire an understanding of hand and power tools, equipment, and safety procedures in home gardens and large production operations
- understand safe and effective methods of insect control/management
- develop an understanding of the basic principles of science relating to plant growth and development
- acquire knowledge and develop skills needed to care for and manage a well-planned vegetable, fruit, and nut crop
- determine the appropriate plantings for environmental needs (i.e., sun/shade, drought tolerant, etc.)
- explore all aspects of food gardening and the therapeutic values of engaging in horticulture
- explore career opportunities related to fruits, vegetables, and nuts

### Overview:

- ⇒ Choose project
- ⇒ Develop skills in:
  - Project
  - Leadership
  - Service
- ⇒ Prepare portfolio for work completed from January 1—December 31
- ⇒ Prepare presentation
- ⇒ Practice
- ⇒ Compete
- ⇒ Reflect

### Examples of Project Development Experiences:

- Tour vegetable gardens to see the production of vegetables and their different growth stages
- Manage a vegetable, fruit, and/or nut crop and develop an understanding of safe insect control
- Attend farmers markets, conduct surveys, and participate in local gardening events
- Learn and participate in various produce competitions, such as the Georgia 4-H Pumpkin Growing Contest and Georgia 4-H Watermelon Growing Contest
- Interview a producer, Extension Agent, or Master Gardener Extension Volunteer to discover opportunities in this field

## Project Sharing and Helping Examples:

- Volunteer to assist with a community farmer's market
- Lead a club to plant and grow a culinary herb garden, including how to grow transplants
- Assist an elderly person or neighbor with his or her garden
- Share a gardening season in an organic garden by keeping a record in a weekly blog
- Organize a project club for younger 4-H'ers. Coordinate speakers to discuss topics such as seed germination, pecan collection, fruit and vegetable growth and development, mulching, pollination, composting, and soil sampling
- Work with your school administration and cafeteria to establish a garden to grow produce that can be served during school lunch
- Collaborate with Master Gardener Extension Volunteers on their community involvement and to learn more about their program
- Mentor a younger 4-H'er in the Fruits, Vegetables, and Nuts project
- Enter a Fruits, Vegetables, and Nuts-related mini-booth at a fair
- Organize a trip for your 4-H club to tour a produce packaging facility, demonstration garden, or local greenhouse
- Donate food from your garden to senior citizens in your neighborhood

## Recommended Resources:

- [Georgia4h.org/ProjectAchievement](http://Georgia4h.org/ProjectAchievement)
- [Georgia4h.org/baseprogramming](http://Georgia4h.org/baseprogramming)
- [extension.uga.edu](http://extension.uga.edu)
- [caes.uga.edu/commodities](http://caes.uga.edu/commodities)
- [gamastergardener.org](http://gamastergardener.org)
- [farmtoschool.org](http://farmtoschool.org)
- [Georgiagrown.com](http://Georgiagrown.com)
- [fns.usda.gov/farmtoschool/farm-school](http://fns.usda.gov/farmtoschool/farm-school)
- [nal.usda.gov/afsic/fruits-and-nuts](http://nal.usda.gov/afsic/fruits-and-nuts)

## Special Considerations:

- Please use best safety practices when handling tools and equipment.
- Be sure to gain land owner permission prior to entering someone else's property.
- Remember to give plenty of notice for any mentoring requests.
- Food should not be prepared as part of the Project Achievement competition presentation.
- Live animals and weapons are not permitted in any project.
- Contact your local county Extension staff to discuss how you can collaborate with and assist with current programming.

## At Competition:

*Fruits, Vegetables and Nuts 4-H projects may use posters, artifacts, biofacts and/or technology to support their presentation. The time limit for these presentations is 12 minutes. Computers, projectors, screens and other technological devices may be used.*

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Sources: The University of Georgia CAES. 2016. Project Achievement. <http://www.georgia4h.org/projectachievement/>

