

Meet the Future

Jenilee Godsey, Youth Agriculture

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“Upcoming Youth Gardening Series and the Benefits of Joining the Fun!”

It's that time of year! ...Time to get those gardens growing! And, this year we are hoping to encourage our local youth to get outside, get their hands dirty and join us in the garden. Continue reading as I share benefits to youth being involved in gardening and to hear more about a youth gardening series that we are offering across the counties of the Twin Creeks Extension District.

There are so many benefits associated with getting those little hands in the soil. I recently read an article that shared people who garden are less likely to suffer from depression and anxiety. The article eluded to the fact that whether it be the sunshine or simply watching your efforts grow before your eyes, gardening is good for the soul and our mental health. Here are a few more reason we believe in the power of gardening for our kiddos!

Gardening helps us learn where our food comes from.

When you buy a bell pepper from the grocery store, it wasn't grown there! Gardening helps us see the connection between the growth process of a pepper plant, how it started from a seed, requires attention and the right time to harvest it. It helps us appreciate the people who grow our food for us!

Gardening encourages healthy eating.

Fruits and vegetables are essential to a healthy diet as they provide vitamins, minerals, fiber and other nutrients. Many people do not eat enough fruits and vegetables as is. It is common for us to enjoy eating fruits and vegetables more if they are grown in our garden and fresh!

Gardening gives youth the opportunity to grow and care for something on their own.

Not only does the opportunity to grow and care for something instill life skills in our youth such as responsibility, dedication, time management, etc., it also allows them to feel a sense of accomplishment as they see something through from beginning to end. It allows them the opportunity to be a steward of the environment.

After hearing all of these wonderful attributes to kids in the garden, what's not to love? We in the Twin Creeks District will be offering a youth gardening series titled “Dirty Hands, Healthy Kids” and we hope that you will join us in the fun!

The 'Dirty Hands, Healthy Kids' Twin Creeks District Youth Gardening Series is slated to last throughout our typical garden series, which runs from April-September with a variety of in-person and take-home activity kits available. (Zoom sessions will be an option for youth/families not comfortable with attending in-person sessions.) We will cover several important steps of the gardening foundation, topics including but not limited to Soil Health, Seed Planting, Transplanting, Water Conservation, Pollination, Preparing for Exhibit, Community Service, Proper Harvesting, Eating Your Healthy Produce, Preserving Your Crop.

This series will be targeted for Grades 3-5, but any and all age groups are welcome to join us! 4-H Members and non-4-Hers are all welcome alike! Family participation is encouraged!

Registration for the series will remain open through September, but is encouraged early to ensure you are receiving direct notifications of upcoming sessions and take-home activities!

Participants will be asked to sign-up for each activity separately by contacting their local TCD Office to ensure adequate activity supply counts.

To stay up-to-date on upcoming activities, watch our website, Facebook page, local newspapers and registered participants will receive email notification!

Register now for the series here:

https://kstate.qualtrics.com/jfe/form/SV_5cjE2qb7NN99tDU

Jenilee Godsey is a Youth Agriculture Agent for the Twin Creeks Extension District which covers Decatur, Norton, Graham and Sheridan counties. Email her at jenileem@ksu.edu or reach her by telephone at the Graham County Office, (785) 421-3411.

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By: Jenilee Godsey
Twin Creeks Extension District
Youth Agriculture Agent