

# Horticulture

## 4-H Project Newsletter

*This newsletter will be updated in December of each year, if necessary, based on changes made to the project at the 4-H Nova Scotia Annual General Meeting in November.*

Welcome to the 4-H Horticulture Project! This project newsletter is designed to update you on project requirements, show changes in the rules and give you some ideas and resources available for project meetings. *Please refer to this newsletter for the most up-to-date information for this project.* Don't delay in getting underway with your garden plans for this year. Good luck and have fun!

Whether you have just recently discovered your "green thumb" or are an old pro at gardening, you can learn new ideas and techniques with an open mind and by taking advantage of the resources available. If you have any questions, please call your Regional Agriculture Leadership Coordinator (ALC).

**NOTE:** Members are encouraged to get soil tests done before planting their garden vegetables and flowers. Soil tests can be done through the Nova Scotia Department of Agriculture.

### GENERAL 4-H INFORMATION

#### **Ages for Members:**

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

4-H members may register in the club and county of their choice, but must only be registered in one club, in one province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

#### **Project Completion:**

All 4-H members must complete 'project requirements', for each of their projects, at their club Achievement Day. If you are unable to attend your own club Achievement Day, please make prior arrangements with your Regional ALC. Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. School projects are not permitted to be used as 4-H projects. Each member must complete and display their own project work (i.e., two members cannot share a project for project completion).

## What is Achievement Day?

Achievement Day allows members to display their project work to the public and have their projects evaluated, non-competitively. Project completion at Achievement Day is based on the following system:

A <b>Green</b> project completion sticker will be given to a member who has completed:	A <b>Silver</b> project completion sticker will be given to a member who has completed:	A <b>Gold</b> project completion sticker will be given to a member who has completed:
<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>	<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>	<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>
Plus <b>one</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>	Plus <b>two</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>	Plus all <b>three</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>

**RECORD SHEET** – Each member must complete a satisfactory record sheet. Record sheets may be hand written or typed. *For more useful information, refer to Record Sheet Guidelines.*

**PROJECT WORK** – Each 4-H project (e.g., woodworking, dairy, etc.) has specific project work requirements. Each members' project work will be evaluated on the quality of the work, degree of difficulty for experience/age, the way articles are displayed/presented, and whether all requirements are met. A 1st, 2nd, or 3rd place ribbon will be given for each project. Please review project requirements for each project carefully. In non-livestock projects, members must complete the required number of items as outlined, unless prior approval is given by the Regional ALC. This request should be made in advance of the member's Achievement Day. Consideration of an item counting as additional items will be given based on members age, degree of difficulty, time required to complete, etc.

**COMMUNICATIONS** – Members who participate in public speaking and/or demonstrations at club level will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with the general club leader.

**CLUB CONTRIBUTION** – Members are encouraged to be actively involved in their club, county, province, and community. The club contribution aspect is an assessment on such things as a member's attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or project leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

**JUDGING** – In each project, members are asked to compare four (4) articles or livestock (e.g., 4 wooden shelves in the woodworking project or 4 heifers in a dairy class), then evaluate them to place the class in order from first (closest to the ideal), to fourth (furthest from the ideal). Oral reasons, using proper terminology, are given to an official judge for the project to support those choices. There are many useful judging resources available through your Regional ALC, as well online at the [Nova Scotia Department of Agriculture](http://www.novascotia.ca/agriculture) website. In each county, a judging box is also available to borrow to help practice judging skills. It includes judging information and cards as well as judging classes, with reasons. Clubs may book these supplies through the Regional ALC.

At 4-H Nova Scotia Provincial Show, 4-H animals participating in the 4-H Nova Scotia Show competitions are used to make up livestock judging classes (e.g., 4 intermediate Holstein calves). Member are responsible for notifying their Regional ALC by September 15 by email if they do not wish to have their animal used. Please keep in mind that judging classes can only be provided if members are willing to offer their animals for a judging class. As such, 4-H members are encouraged to let their animal be used in a judging class if possible.

## **Horticulture Project Work Requirements**

**The Project Work requirements for the Horticulture Project are a Display box (3 'x 3' box) and a Specialty Item (See Floriculture and Garden specific information below).**

Each member's project work will be evaluated on the quality of vegetables or flowers exhibited; presentation, or the way they are displayed and whether all the requirements are met.

### **EXHIBITION and 4-H SHOW CLASS LIST:**

#### **Class 11: Horticulture - Garden**

<b>Section 1:</b>	<b>Garden Collection</b>
<b>Section 2:</b>	<b>Garden Specialty Item</b>

#### **Class 12: Horticulture – Floriculture**

<b>Section 1:</b>	<b>Floriculture Collection</b>
<b>Section 2:</b>	<b>Floriculture Specialty Item</b>

## **FLORICULTURE DISPLAY BOX**

The display box must not exceed three feet by three feet. This measurement must include all items featured in the display (i.e. - signs, labels, decorations).

### **Junior members (9-13 years of age)**

- Members must grow and exhibit 5 types of flowers (annuals, biennials or perennials), 1 house plant and 1 flower arrangement in the display box.

## **Senior members (14 years of age and over)**

- Members must grow and exhibit 6 types of flowers (annuals, biennials or perennials), 2 house plants and 2 flower arrangements in the display box.

### **Notes to Remember for Displays**

- Kind or type of flower refers to the actual flower (i.e., lilies, marigolds, roses, snapdragons, etc.) and variety or cultivar refers to the different flowers within a type or kind (i.e., tiger lily, Easter lily etc.). Members may display different kinds or types in their displays.
- Plan your flower garden well with a variety of flowers that mature at different times. Most people will have to plan for at least two shows (Achievement Day and Exhibition) and possibly a third show being the Nova Scotia 4-H Show. Plan ahead so you will have adequate numbers of flowers for all shows.
- ALL flowers exhibited in the display box must be grown in the member's flower garden. Display box **arrangements** cannot use wildflowers or any accessories such as candles, ribbons, rocks, driftwood, figurines, etc. Accessories and labels (cards, shells, frames, etc.) are acceptable in the actual display box, but not in the arrangements.
- Members may exhibit any annuals, biennials, and/or perennials if they have been grown in the member's garden and the required number is five (5) blooms or three (3) stalks.
- Members **may** use greenery from their flower garden, vegetable garden or greenery that occurs naturally in Nova Scotia for use in display of and arranging flowers. Members are encouraged to use such things as flower foliage, carrot tops, moss, and wild ferns.
- House plants can include succulent plants.

### **FLORICULTURE SPECIALTY ITEMS**

There are no restrictions to specialty items. Members may use ribbons, candles, accessories, artificial flowers, dried flowers, wild flowers, etc. Specialty items should be something you are interested in and something that relates to the floriculture project. We encourage members to work on these throughout the winter months, so you can enjoy the floriculture project all year long. Good luck and remember the only limit to specialty items is your imagination.

If members require video/slide equipment to display their project specialty item they must provide their own equipment at Achievement Day, Exhibition and Provincial Show.

**NOTE: All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. (i.e., downloaded from the internet, etc.)**

## FLOWER NUMBERS TO BE EXHIBITED

Astros (classified on flower diameter)	5 blooms
Bachelor Buttons (centaurea)	5 blooms
Calendulas (scotch marigold)	5 blooms
Dahlias (classified according to type of flower head -cactus, formal, informal, ball, pompom)	3 blooms
Gladiolus	3 spikes
Lilies	3 stalks
Marigolds	5 blooms
Nasturtiums	5 blooms
Pansies	5 blooms
Petunias	5 blooms
Phlox	3 stalks
Snapdragons (antirrhinum)	3 spikes
Sweet Peas	3 stalks
Sweet Williams	5 stalks
Zinnias	5 blooms

**RULE OF THUMB** - Unless listed above, flowers with multiple blooms would exhibit three (3) stalks or spikes. Individual blooms would exhibit five (5) blooms.

## **GARDEN DISPLAY BOX**

### **Junior Members (9-13 years of age)**

Grow a minimum of 7 vegetables and exhibit 7 in the display box.

### **Senior Members (14 years and over)**

Grow a minimum of 10 vegetables and exhibit 10 in the display box.

- The display box must not exceed 3' x 3'. **This measurement must include all items featured in the display.** (i.e. - signs, scarecrows, labels, decorations)
- Plan your garden well with a large variety of vegetables that mature at different times. Most members will need to plan for at least two shows - Achievement day and Exhibition - and, possibly, a third show being Provincial Show. Plan ahead, so you will have enough different types and numbers of vegetables for all shows.
- Kind or type of vegetable refers to the actual vegetable (i.e., potato, peas, onion, etc.) Variety refers to the different kinds. For example there are Kennebec, Red Pontiac and Yukon Gold potatoes. Members may display different varieties of vegetables/herbs but are encouraged to display different kinds of vegetables within their display box.
- **One herb (minimum of five sprigs or stalks) constitutes one vegetable.**
- All vegetables exhibited must be grown in the member's garden.

## **GARDEN SPECIALTY ITEM**

The Specialty Item is a separate project item from the garden display box. It should be something in which you are interested and something that relates to the project. We encourage members to work on this throughout the winter months. Be creative!

### **Some Suggestions Include:**

- Collection of seeds, insects or weeds
- Reports, Posters or Demonstrations (Ex. How to start plants)
- Experiments (Ex: Seed germination growth rates or preserving methods)
- Compost bins or Terrariums
- Report on current topics in vegetable production (Ex: Genetically Modified Organisms)
- Helpful homemade Tools or Supplies used when growing vegetables (Ex: Trellis for pole beans, cold frames or transplant shelters)
- Anything else that fits the garden project

If members require video/slide equipment to display their project specialty item they must provide their own equipment at Achievement Day, Exhibition and 4-H Show. **All reports, posters or displays must include a bibliography if information is taken from an outside source other than the 4-H member. (i.e. downloaded from the internet, etc.)**

### **VEGETABLE NUMBERS TO BE EXHIBITED**

<b>VEGETABLE</b>	<b>NUMBER DISPLAYED</b>
Beans	12 pods
Beets	5 roots
Broccoli	2 heads
Brussels Sprouts	2 stalks of 12 sprouts
Cabbage	2 heads
Carrots	5 roots
Cauliflower	2 head
Celery	2 heads
Chard, Swiss	2 plants
Citron	2 fruits
Corn, sweet	5 ears
Cucumbers(slicing)	3 fruits
Cucumbers (Gherkins or Pickling)	12 fruits
Eggplant	2 fruits
Garden Herbs	5 of one species equals 1 vegetable
Garlic	3 heads
Gourds	3 fruits
Kale	2 heads
Kohlrabi	3 stems
Leeks	5 (not branched)

Lettuce	3 heads
Muskmelon (Cantaloupe)	2 fruits
Onions (cooking)	5 bulbs
Onions (pickling)	12 bulbs
Onions (green bunching)	12 bulbs
Parsnip	5 roots
Peas	12 pods
Pepper	5 fruits
Potato	5 tubers
Pumpkin	2 fruit
Radish	5 roots (plants)
Rhubarb	5 stalks
Spinach	2 plants
Squash	2 fruits
Tomatoes (red or green)	5 fruits
Tomatoes (pickling or preserving) (whether plum, cherry or pear types)	12 fruits
Turnips	3 roots
Watermelon	2 fruits
Zucchini	2 specimens
Baby & mini vegetables (i.e. – cucamelons, baby corn, etc.)	6 specimens

**NOTE:** There are some discrepancies between the current Leader Resource Manual (printed in 2001) and the following guidelines which are taken from more current resources. The following guidelines will be utilized in evaluating 4-H Garden Projects.

## **Harvesting and Exhibiting Guidelines**

**Beans** - Beans should be picked carefully from the plant, steadying the plant with one hand while pulling the bean and its short stem off together. If the stem is pulled off the bean, the bean can lose moisture and disease organisms can enter through the exposed wound. For exhibit, select beans that are long, straight, thin, and of equal size and shape. Choose beans high up on the plant for they are less likely to be diseased or to have soil splashed on them. A small section of stem should be attached to the fruit but trimmed neatly to about 1 cm.

**Beets** - Digging beets with a spade or trowel is better than pulling them out of the ground. Carefully pick off all dead and discoloured leaves. Cut the leaf stalks (petioles) evenly about 2.5 cm above the root.

The beets should match each other closely in size and shape. Pull off secondary fine roots and trim the tap root below the beet to about 4 cm. Beets on a single plate should all be the same length, from the trimmed top of the leaf stalks to the lowest part of the tap root. Cleaning is best accomplished by rubbing your hands over the roots in warm water.

**Broccoli** - Broccoli heads are harvested by cutting with a knife 10 to 20 cm below the flower head. The stalks should be long enough to include the section where all the branches from the flower head attach together, yet short enough so they're tender. Broccoli heads are fragile and bruise easily with rough handling. A few leaves may be left surrounding the head, but lower leaves on the stalk should be trimmed off. The stalk end of the broccoli should be neatly cut in cross section. Choose a head or small side heads that have tight flower buds and that are generally smooth and symmetrical in appearance. Make sure there is no insect damage and that no insects are present on the plant.

**Brussels Sprouts** - Brussels sprouts should be approximately 2.5 cm in diameter for harvesting. Sprouts of the best quality are compact with no splitting or insect injury.

**Cabbage** - Cabbage is harvested by cutting the stalk at the soil line, taking the rosette leaves along with the head. Handle the cabbage using the extra outside leaves and try not to touch the head itself. Choose a cabbage that is free of insect damage, that is smooth, uncracked, has a full grown head, and that shows good form. Cabbage is exhibited with the head surrounded by 3 or 4 wrapper leaves. The ground end should be cut squarely, and little or no insect damage should be apparent. Green, red, savoy and Chinese heading cabbages should all be exhibited in this way.

**Carrots** - Carrots should be gently dug from the soil. If the soil is heavy, dig a trench next to the row of carrots and then dig the carrots on the opposite side, releasing them into the trench. This way the roots are not broken and the carrots are not bruised. For an exhibit, select carrots that have a smooth shape and bright colour and are similar in size. Carrot tops should be removed 1 cm above the crown. Carrots should not have green shoulders or other discolourations. Hairlike side roots should be removed. Make sure no cleaning marks are left on the root by a rough brush or cloth.

**Cauliflower** - When harvesting cauliflower, cut the curd just below the head, leaving enough stem to hold the leaves that encircle the head. It is a very delicate vegetable and should be handled with great care.

When exhibiting cauliflower, the head should be white in colour, except for varieties whose heads are orange or purple. The cauliflower should be symmetrical and have a smooth surface. Leaves should be trimmed evenly so that the white curd is framed by a green rim of leaves.

**Celery** - Cut celery at the very base of the stalks, usually at ground level or a little below, so the head is connected but no root system remains. Remove leaves and stalks that are yellow or damaged.

The entire celery plant is exhibited, but the roots are cut off. Healthy leaf blades can be left on and not trimmed. In some cases, trimming may be necessary.

**Corn** - Corn, although protected by the husk, bruises easily if grabbed hard and twisted from the stalk. To harvest for exhibiting, corn should be cut from the stalk, applying little pressure to the ear. The stalk attached to the ear can be trimmed later to about 1.5 cm, cutting squarely with a sharp knife. Corn should be cooled as soon as possible once it's detached from the plant. Well-developed kernels should extend almost to the tip of the ear. Corn deteriorates rapidly, so it must be kept on ice or very cool until the time of the exhibit.

**Cucumber** - Cut cucumbers from the vine, retaining a small piece of the stem on the fruit. Trim the stems neatly to about 1 cm. Make sure the cucumbers are clean. Use water and a soft sponge to remove soil, being careful not to bruise them.



**Eggplant** - Cut the eggplant stems with a knife or shears, being careful not to injure the fruit. Eggplants for exhibit should be symmetrical and well-shaped with no scars or bulges. The skins should be glossy and clean. The stem should be trimmed neatly about 2.5 cm above the fruit and sepals.

**Garlic** - Specimens should have the same number of cloves per head. They should be free of soil, tops trimmed to 2 ½ to 4 cm and roots left long. Specimens should be washed.

**Gourds** - When selecting gourds for exhibit, always gather them as matured as you can find with the stems still attached. The stem adds much to the appearance and is considered an esthetic part of the gourd. The stem also aids in the curing of the gourd later on. Do not leave a part of the gourd vine attached to the stem.

Clean the gourds thoroughly to remove all dirt, dust, spray or insect residue. Clean carefully near the stem as they break off easily. Do not put an artificial or glossy finish on your fresh gourd. For a natural sheen, polish the gourds by buffing with a soft cloth

(Source: American Gourd Society, <http://www.americangourdsociety.org/FAQ/exhibit.html>).

**Herbs** - Usually, the outer part of the branch or stalk of the herb is harvested. This is the newest growth and it should be cut 10 to 20 cm long, depending on the type of herb. Herbs are normally bunched, 5 or more sprigs or shoots per bundle. **One bundle of 5 herbs of the same species constitutes 1 vegetable.** The smaller the shoot or area of leaf tissue, the more sprigs or shoots should be in a bundle. Cut ends should be neatly and evenly trimmed and leaves should not be tightly pressed together. Uniformity is important in colour, size of leaves, and shoot length. Different herbs should not be mixed.

**Kale** - To harvest kale, a rule of thumb to follow is that there should be from 10 to 15 leaves on the plant. Leaves that are faded and yellowed or show insect damage should be removed. To exhibit, remove all roots. The head should have at least 10 good leaves on it. If it is difficult to carry the plant without knocking off the leaves, let the plant wilt slightly and cover it with a wet cloth. This allows the leaves to bend without snapping off. Do not handle the leaves, for they will be affected by the oil from your fingers.

**Kohlrabi** - Harvest kohlrabi by cutting it near the soil line below the enlarged stem portion. Four to six of the small center leaves should be left intact and the remaining leaf stalks should be trimmed. Remove all soil before exhibiting. Leave about 2.5 cm of root just below the enlarged stem.

**Leeks** - Leeks should be dug with a spade or fork to loosen their fibrous but shallow roots from the soil. Plants can be injured if they are pulled out by hand. For exhibit, leeks must be well cleaned. Use hard running water to clean soil out of the root area. Roots should be trimmed from 5 to 15 cm above the shank area where the leaves fan out. The leeks should be well matched for total length, shank diameter and leaf colour.

**Lettuce** - All lettuce should be harvested at the soil line or even below by cutting with a sharp knife low enough on the stalk so that all the edible leaves are still attached. Once cut, remove the leaves that have yellowed, show damage, or are unattractive. Heads should be rinsed in water and shaken gently. To exhibit, remove the roots and any unattractive leaves. During an exhibit, misting helps prevent moisture loss from the leaves and keeps the heads looking fresh.

**Muskmelon** - Select melons that are well rounded, clean and stemless. No soil should remain on the fruit and the melon should be free of injury. The plant naturally seals the scar left by the stem as the fruit matures. Pulling the stem from the fruit before maturity leaves an opening that will allow moisture loss and invasion of rot-causing organisms.

**Onions** - Onions should be dug from the ground, not pulled out by their leaves. Gently rub the soil off the bulbs. To exhibit onions, select those that are uniform in colour, size and shape. Trim the tops to 1 cm above the bulb and cut the roots to just below the bulb. The onions should have a well-cured outer skin and neck, with unsightly bulb skin pulled away.

**Parsnips** - Parsnips should be dug with a spade or fork. They may grow quite deep, so make sure the spade goes down at least 25 cm to lift out the entire root. A trench can be dug next to the row of roots, and the parsnips can be moved with a spade into the trench from the opposite side with little resistance or breakage. Select parsnips for exhibit that are well matched in length, diameter and straightness of growth. Trim the tops 1 cm above the crown and take the side hair off the roots. Clean the parsnips well under water with hands or a soft sponge making sure they are not scratched or bruised by the cleaning.

**Peas** - Remove pea pods from the vine carefully, being sure to retain some of the stem. Peas may be bruised if pulled off the plant. It's best to hold the stem with one hand while gently pulling off the fruit with the other. To exhibit, select pods that are at the proper edible stage, of uniform size and shape and without apparent flaw. Stems should be cut to about 1 cm on all specimens.

**Peppers** - Peppers should be pulled from the plant while holding the plant firmly. A better method is to cut the pepper from the plant with a knife, leaving part of the stem attached to the fruit. For exhibit, peppers should be cleaned well with a soft cloth or running water. The peppers should be glossy and of uniform shape, size and colour. The stem should be attached and trimmed neatly to 1 cm.

**Potatoes** - Potatoes must be dug out of the ground with a spade or fork. Once dug, select potatoes that are of moderate size and true to form for their variety. For exhibit, the potatoes should be clean, have no surface defects and be similar in size and shape.

**Pumpkins** - Pumpkins should be cut from the vine, leaving as long a stem as possible on the fruit. Wipe them clean of soil. For exhibit, select those that are clean, bright in colour and symmetrically shaped. Trim the stems neatly (stems must be intact).

**Radishes** - Radishes should be loosened with a spade or fork and pulled gently out of the ground. For exhibit, select clean radishes that are bright in colour, and are free of any damage or blemishes. Tops and roots should be intact.

**Rhubarb** - Rhubarb stalks should be pulled from the crown of the plant. Hold the stalk firmly near the base of the plant, close to the soil, and pull straight up on the stalk. Cutting the leaf stalk is not healthy for the plant. For exhibit, cut the leaf blade from the stalk about 2.5 cm above its attachment to the petiole to prevent splitting the stalk. Display five uniform leaf stalks. The tops should be cut squarely, retaining a small section of leaf blade. No remnants of the crown sheath should be lower parts of the stalks and any soil should be washed off.

**Rutabagas and Turnips** - Both rutabagas and turnips should be dug with a spade or fork. For exhibit, select those that are about 12 cm in diameter. Tops should be removed 1 cm above the crown. Side hairs should be pruned off and soil should be washed away. Do not display roots that are damaged by insects, disease, or handling or that are overgrown with cracks.

**Spinach** - Take care not to bruise spinach as it is harvested. The entire plant should have at least 10 leaves. Select plants that are full and symmetrical and not elongated.

**Squash** - Squash should be cut from the plant, leaving some of the stem attached to the fruit. Pressure bruising can occur if the fruit is twisted from the plant. To exhibit, take off any remnants of the dried blossoms and cut all stems evenly to within 1.5 cm of the fruit. Make sure squash is true to its variety description.

**Tomatoes** - Tomatoes are normally pulled from the plant. Be careful not to squeeze the tomato while removing it from the plant. Tomato specimens in an exhibit should be typical in form and colour for their variety. All specimens should be uniform in size, shape and maturity. The stem and calyx should be removed entirely and there should be only a small blossom scar on the opposite end. The tomatoes should be clean and bright.

**Watermelon** - Cut ripe watermelon from the vine, leaving 2.5 cm of stem attached to the fruit. For exhibit, select fruit that are symmetrical, have good shape and that fit the description of the variety grown. Make sure all soil is cleaned away from the fruit and the stem is cut neatly to 2.5 cm.

**Source:** *Vegetable Fare - Displaying Vegetables at their Best*. Cornell Cooperative Extension, Cornell University.

**NOTE:** All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. For example, should a member utilize information or pictures from a reference book or from the internet, then the member must include credit for the source of the information.

**NOTE:** 4-H members must complete their project at achievement day in order to compete in, or to participate in, any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. (i.e., judging, project competitions, etc.)

**NOTE:** Live animals are not to be used for display at 4-H achievement days, exhibition or nova scotia 4-H show in the great outdoors project. Reports, displays, posters or demonstrations are acceptable methods of displaying projects about live animals.

**NOTE:** If members require video/slide equipment to display their project, specialty item or project activity, they must provide their own equipment at achievement day, exhibition and 4-H show.

**FLORAL ARRANGING COMPETITION** - Open to top senior and top junior member from each county. There will be separate classes for junior and senior competitors; these will be announced at time of competition. Time limit will be thirty (30) minutes. Flowers, wire, container, oasis, and ribbons will be provided. Prizes will be awarded to the top junior and top senior members. Judging is based on the end

product and the members' work techniques. Members are asked to bring a ruler, scissors, sharp knife, and wire cutters.

**NOTE:** Members who participate in the Floriculture Competition at the Nova Scotia 4-H Show will be scored on preparation as well as the final product.

**VEGETABLE PREPARATION COMPETITION** - This competition is held at County Level (Exhibition) and at 4-H Show. The following are the guidelines for the Vegetable Preparation Competition at NS 4-H Show and these guidelines are also followed at county level competition.

Open to top junior and top senior members from each county. Each member will be given a variety of quality vegetables. The judge will observe the vegetables before and after the competition. Members will be asked to prepare the vegetables ready to show to the best of their ability according to the guidelines in the Horticulture Project Newsletter. Time limit for preparation of vegetables will be fifteen (15) minutes. Vegetables will be displayed on plates provided. Members are asked to bring whatever they use to prepare vegetables - knives, cloths, water, scrub brush, etc. Water may be used to clean the vegetables; however, no injury to the skin is permitted. Judging is based on the end product and the members' work techniques. Prizes will be presented to the top senior and the top junior members. (This refers to NS 4-H Show Level).

## **SPORTSMANSHIP – Be a Good Sport!**

In 4-H, Sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when at 4-H events. Here are some key factors to good sportsmanship:

**GOOD CONDUCT** – Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

**FAIRNESS** – Learn and follow the rules. Be objective and honest. No matter what the results try your best by using your true skills without cheating. Treat others fairly.

**HONESTY** – Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

**COMPETITION** - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills – you are all winners, even if the ribbon color doesn't appear to reflect this.

**COURTESY** – Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful, no matter whether you do well or not. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

**GRACEFUL ACCEPTANCE OF RESULTS** – Accept judges' results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome; thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; Sponsors for their generous donations; Agriculture Leadership Coordinators for their wisdom and guidance; Judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use, of professionals and/ or adults to prepare projects for 4-H shows are not acceptable. Using these people as resources provides 4-H members with the information and skills to do the job on their own.

4-H Nova Scotia has a Code of Conduct in effect for all members and leaders. It is to be followed always throughout the year. If you would like a copy of what are acceptable practices in the 4-H program, please visit <http://novascotia4h.ca/codeofconduct/>.

## You might also be interested in...

**For more information about any of the below opportunities, please contact your regional ALC:**

**4-H POSTER CONTEST** – Create a hand-drawn or computer-generated poster focused around the annual 4-H Theme. Deadline and evaluation is normally at county rally.

**4-H THEME CONTEST** – Put on your thinking cap and be the one to come up with next year's 4-H theme! Submissions due to Provincial 4-H Office by July 1<sup>st</sup>. (i.e., "Let 4-H Reign Supreme in 2018").

**WOOL & RECYCLING COMPETITION** – Open to all 4-H members. These articles must be made from 100% wool or a minimum of 75% recycled materials and members must exhibit a Competition Report Sheet with their entry.

**GIANT VEGETABLE COMPETITION** – Each year a new vegetable is selected for the Giant Vegetable competition held at the 4-H Provincial Show. Each county can send one junior and one senior giant vegetable entry to the show.

**TRACTOR DRIVING COMPETITION** – The tractor competition is open to teams of 3 members (1 driver and 2 assistants); the driver must hold a valid class#5 driver's license or tractor license. The driver will drive a tractor and trailer through an obstacle course. The score is calculated based on safe operation and judge's evaluation. One team per county will advance to 4-H Provincial Show.

**RECORD KEEPING COMPETITION** – An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis included. Entries in this competition must include a 1 to 4 page analysis of the work and costs in the project for the given year in order to be eligible. Entries should be displayed in a binder/folder. The top two senior and top two junior record sheets per county will be eligible for the Record Keeping Competition at the 4-H Provincial Show, but entries must first qualify at county level. All county entries must be forwarded to Truro by September 15th of the current 4-H year for judging prior to the 4-H Provincial Show.

**AWARDS, TRAVEL OPPORTUNITIES, AND SCHOLARSHIPS** – Each year, 4-H Nova Scotia covers the registration fee to National and International travel opportunities for members awarded such travel experiences. Also, there are several scholarships available to 4-H members in Nova Scotia.

**JUNIOR LEADER PROJECT** – This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interest them (e.g., projects, recreation, communication, etc.).

**GRADE 10 PERSONAL DEVELOPMENT CREDIT** – Members must achieve GOLD completion and document at least 110 hours of 4-H related work to qualify. For more information visit the [NS Department of Education & Early Childhood Development Personal Development Credit website](https://pdca.ednet.ns.ca/) <https://pdca.ednet.ns.ca/>

**NOVA SCOTIA YOUNG SPEAKERS FOR AGRICULTURE** – Senior Members and screened volunteers up to age 24 compete by creating and presenting a speech on one of five topics from Canadian Young Speakers for Agriculture (<https://cysa-joca.ca/>). The winner represents 4-H Nova Scotia at the Canadian Young Speakers for Agriculture competition held annually in November at the Royal Agriculture Winter Fair in Toronto. Deadline to register for the competition is September 15<sup>th</sup> of the current 4-H year.

## Floriculture/Garden Project RECORD SHEET

Name of Member: \_\_\_\_\_  
 Name of Club: \_\_\_\_\_ Project: \_\_\_\_\_  
 4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_  
 Level: \_\_\_\_\_

### Garden Record Information

Approximate size of garden: \_\_\_\_\_  
 Type of soil: \_\_\_\_\_  
 Number of years' plot has been used: \_\_\_\_\_ Previous crop grown: \_\_\_\_\_  
 Equipment used to keep garden \_\_\_\_\_  
 # of types/varieties of flowers or vegetables grown: # Exhibited \_\_\_\_\_

### Soil Test Results

P: \_\_\_\_\_ kg/Ha                      K: \_\_\_\_\_ kg/Ha                      Ca: \_\_\_\_\_ kg/Ha  
 Mg: \_\_\_\_\_ kg/Ha                      Organic matter \_\_\_\_\_ %                      pH value \_\_\_\_\_

### Fertilizer Application

Describe all fertilizer/lime applications you made to your garden this year (quantity and type).

Fertilizer:	
Lime:	
Manure:	
Other:	

## Garden Planting Records

Please list all varieties of vegetables, flowers, herbs, etc. that you grow in your garden:

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Please list the date(s) that you planted or transplanted your garden:

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Please list other details about your garden: (ie. Seedlings appeared, weeding/watering requirements, harvest dates, etc.)

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**COST RECORDS:** (please list all items and costs associated with your garden & specialty item from seeds to tools, etc.)

ITEM	COST
<b>Total</b>	

**SPECIALTY ITEM:** Please describe your specialty item and what you learned by making this item.

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## Meeting Summary

How many general club meetings did you attend this year? \_\_\_\_\_

How many project meetings did you attend this year? \_\_\_\_\_

Please list any other club/county activities that you may have participated in during the past year?

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