



# Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers working with grades K-2

## Let's Start Gardening for Fun!

With much news about eating more fruits and vegetables, it is time to take action! Spring forward and get started on growing your own produce. Gardening enriches your life, promotes good health, and saves money, but does require some time and attention just like your pet.

Some easy veggies to grow from seeds are beans, beets, cucumbers, lettuce, melon, and summer squash. Be sure to wait until the soil is warm and easy to spade. Select your site big or small, with adequate sunshine, and where moisture abounds. It might be necessary to add compost material that adds nutrients and helps moisture to pass through more easily. Sowing seeds requires patience and moist soil. In selecting plants, make sure they have a good root system and are free of leaf scar. Don't fret; if no space is available, many types of containers are available, just make sure the container has drainage holes for excess moisture. Next, purchase some potting soil, add a slow release fertilizer, plant and water well. Container planting does require more frequent watering.



A visit to a community garden site to see gardening first hand, tips and suggestions from the pros would be a plus. Perhaps a partnership with a master gardener would be an asset. Or even better, adopt a plot and plant away, usually the soil is already prepared.

There is a cute book titled, *Tops and Bottoms* by Janet Stevens that relates a story of a bear and a rabbits' gardening experience that is both enlightening and sets a tone for growing veggies.

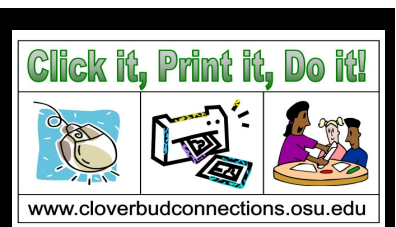
A visit to a Farmer's Market or the produce department of a local grocery store adds insight and depth to a garden project, making note of where the food is produced, cost, and varieties.

Certainly, not to be missed in a garden project, and perhaps the highlight of growing produce is the harvesting and savoring the flavor from garden to the table. P.S., my mouth juices up when I think of fresh asparagus!



*Jo Ann Murtha, Master Gardener and Retired Educator,  
OSU Extension, Hocking County, Ohio.*

**EMPOWERMENT THROUGH EDUCATION**



Are you looking for an activity to help your Cloverbuds learn about Gardening? Check out the Listening & Coloring pages in the Click it, Print it, Do it activity. Instructions are included for promoting gardening through 3 coloring activities. You might want to do these at your next Cloverbud meeting.

## What's All the Buzz About?

Honey Bees are interesting insects. There are three types of adult honey bees in a hive: Workers- make up about 99% of a hive and are non-egg laying females; Drones- are male bees that are bigger in size than workers, but have no stinger; a Queen- is the largest of all the adult bees in the hive and is responsible for laying eggs to produce new bees.



**Worker Bee** - All worker bees are female, but they are not able to reproduce. Worker bees live for several months during the winter season, but only about 45 days during the busy summer months (they literally work themselves to death). A hive consists of 60,000 - 80,000 bees in the summer, but only 20,000 - 30,000 bees in the winter. It takes 21 days for a worker bee to develop from egg to emergence. The worker bee takes on a series of specific chores during their lifetime: housekeeper; nursemaid; construction worker; undertaker; and guard. Finally, at the midpoint of their life (about 3 weeks of age) they become a forager collecting pollen and nectar which is made into honey. The worker bee has a barbed stinger, but she can only sting once. Stinging something results in her death.



**Drone Bee** - There are only 300-3000 drones in a hive. The drone does not have a stinger. Drones are expelled from the hive in the autumn because they have no use during the winter months. New drones will be produced in the spring so egg fertilization takes place.



**Queen Bee** - There is only one queen per hive. A queen bee can live for 3-5 years and lay up to 2000 eggs per day. Fertilized eggs become female (worker bees) and unfertilized eggs become male (drone bees). When she dies or becomes unproductive, the other bees will "make" a new queen by selecting a young larva and feeding it a diet of "royal jelly". Royal Jelly is a powerful, milky substance that turns an ordinary bee into a Queen Bee. It is made of digested pollen and honey or nectar mixed with a chemical secreted from a gland in a nursing bee's head and it is loaded with all of the B vitamins. Queen bees require 16 days from egg to emergence.

### Interesting Honey Bee Facts

- 1) It is the only insect that produces food eaten by man.
- 2) Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water.
- 3) The honey bee's wings stroke incredibly fast, about 200 beats per second. Buzzz.....
- 4) A honey bee can fly for up to six miles, and as fast as 15 miles per hour.
- 5) The average worker bee produces about 1/12th teaspoon of honey in her lifetime.
- 6) A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth, to collect about 2.2 pounds of honey. A really good producing hive can make 100 pounds per year.
- 7) A honey bee visits 50 to 100 flowers during a collection trip.
- 8) Honey bees communicate with one another by "dancing".
- 9) One Queen can lay 2 million eggs in her lifetime.
- 10) Honey bees maintain 93 degrees Fahrenheit in the center of the winter cluster regardless of the outside temperature.

For more resource material, check out the National Honey Board website: <[www.honey.com](http://www.honey.com)>.

*Mark Landefeld, Ag & Natural Resources Educator,  
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Buckeye Hills EERA.*

## Plant it, Grow it, Eat it: Benefits of the Family Vegetable Garden

Before the days of supermarkets, many families relied on growing their own vegetables and preserving them for use over the long winter months.

If you're thinking about putting in a vegetable garden this season, you'll have plenty of company. Raising edible plants is the fastest-growing trend in gardening. Whether you hope to save money on your grocery bill, reduce fears about food safety, or just enjoy the flavor of straight-from-the-garden freshness, growing your own vegetables can be very rewarding.

Growing an edible family garden is a great way to get your kids excited about eating fresh fruits and vegetables. Additionally, it is a great way for kids to get exercise and spend time outdoors in an activity the whole family can benefit from.

If you teach children to garden, they will experience a joy that will be with them the rest of their lives. However, many kids grow up today without the benefit of having a garden or farming background and access to free play outdoors. They often don't know what to do in a garden. That's where parents and grandparents come in. Adults can help kids learn about growing plants in a fun and engaging way. Plus, it will be a special time together outdoors, exploring the land, food, and flowers.



To encourage children to garden, it is important to have them grow vegetables that will mature quickly so that they can see the results of their efforts right away.

From the first crisp carrots of early summer to the last sweet squash of fall, a vegetable garden is a constantly changing delight. There is the pleasure of anticipation of watching as beets and carrots shoulder their way into view, as beans swell in their pods, cucumbers lengthen and corn put out silky tassels. Then there is the enjoyment of consuming the harvest, fresh-picked and full of flavor.



As you make plans for a vegetable garden, there's no better advice than this: Start small. It's easy to get carried away during spring planting season when good intentions and enthusiasm are riding high. That jumbo veggie patch that makes you swell with pride in May can become an unmanageable, weedy monster in the hot and sweaty days of summer.

Happy Gardening!

*Cindy Shuster, County Director,  
Family & Consumer Sciences Educator,  
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## Campus Connections

Hello Ohio 4-H Cloverbud volunteers! It feels good to make another 4-H Cloverbud Connection with you!

The weather is finally getting warmer and this is a great time to include environment-based education as part of your 4-H Cloverbud activities. Direct experience through activities is a foundation of the 4-H Cloverbud, also it is the same for environmental education. Cloverbud kids are at a great age to process and understand that nature and their environment is everywhere - cities, farms, suburbs and they have access to it all the time (sky, water, plants, insects, etc.).



Using our natural environment in 4-H Cloverbuds brings out the wonder and curiosity that is ever so present for children. Connect the 4-H Cloverbud kids to their environment so they can experience the excitement of watching ants carry food or soil three times the size of their bodies or watch/hear the power of the wind move branches, leaves, or hold up a kite.

Not sure what environmental education activities to do with your 4-H Cloverbud Club? We have plenty to choose from in the Ohio 4-H Cloverbud curriculum. In Series I there are curriculum pieces: Nature Fun, Helping Our Environment, Our Feathered Friends, and Super Seed Fun. In Series II check out: The Wonder of Water, Habitats are Home, Wildlife, Ant Antics, Have you Eaten a Flower Today? and Bugs, Butterflies, Worms, & Spiders.



Need another reason to get Cloverbud kids outside and into nature - a study of children ages 3 - 16 found that kids living in "greener" neighborhoods (more vegetation) were less likely to experience an increase in body mass index (BMI) than children in less green neighborhoods (Bell, Wilson, & Liu, 2008).

Go ahead and spring outdoors with 4-H Cloverbuds or bring nature inside.

Thanks for all you do as a 4-H Cloverbud volunteer for improving the lives of children throughout Ohio!!

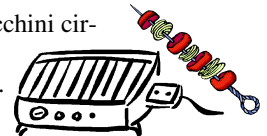
*Scott D. Scheer, Ph.D.  
State Extension Specialist, Preadolescent Education  
4-H Youth Development, The Ohio State University.*



## Grilled Vegetables

Because of the epidemic of childhood obesity, it is really important for adults to model positive eating and activity behaviors as well as to provide opportunities for children to try new foods. Asparagus is a vegetable that is in-season during April and May. It is low in calories and is a good source of potassium, fiber, and vitamins B and C. It can be eaten raw or cooked. Grill a variety of vegetables (asparagus, zucchini, mini carrots, peppers) using the recipe below, and, allow your Cloverbuds to sample them.

1 pound fresh vegetables (asparagus, zucchini circles, mini carrots, pepper strips)  
¼ c. fat free Italian salad dressing or 4 T. vegetable oil, salt, and pepper to taste



Wash vegetables. Place the Italian salad dressing or the vegetable oil, salt and pepper in a large food storage bag. Add the vegetables to the bag and toss to coat them. Place vegetables on a pre-heated indoor, electric grill. If using an outdoor grill, place vegetables in a foil pan to cook or thread bite size pieces on a skewer. Turn the vegetables each minute. Cook until tender crisp – only a couple of minutes.

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