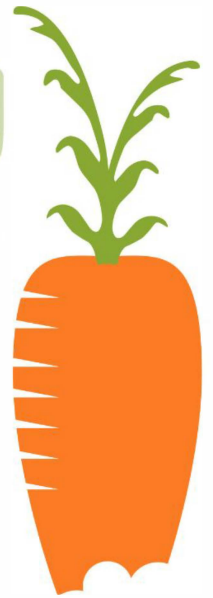


# YOUTH GARDEN CONTEST

SHUSWAP YOUTH  
AGES 9-12



WE PROVIDE THE SEEDS,  
YOU GROW THE GARDEN!

**REGISTER ONLINE AT [SHUSWAPFOOD.CA](http://SHUSWAPFOOD.CA)**

Registration open until May 15



Gardens come in all shapes, sizes  
and locations and are a lot of fun!

Learning to grow fruits & veggies is  
a reward all to itself but...

**GREAT PRIZES FOR THE  
TOP 3 GARDENS!**

Contest open to youth aged 9-12 and residing in the Shuswap.  
Gardens will be scored by mid-August with a special showcase in the Salmon Arm Fair.  
Grant options available. Contact Jazmyn at [gardens@shuswapfood.ca](mailto:gardens@shuswapfood.ca).



# PROJECT **Grow**



SASCU



Grow & Change  
Horticultural Services

# PROJECT **Grow**

## Starting Your Garden

Gardens come in all shapes and sizes. But they all require the same things:

**SPACE** : A new space, an already existing garden space or in pots on a deck or patio

**SOIL** : Add compost, aged manure and/or peat to your soil for healthy plants

**SUNLIGHT**: Choose a location where your garden gets sun for 6+ hours a day.

**WATER**: Irrigation, a hose, or a tap for a watering can

**TOOLS**: Gloves, something to dig with, something to cut with

**TIME**: Plant, weed, water, harvest. Some are daily tasks, some not as often.

Care for your garden daily.

We are promoting Earth-friendly gardens! NO synthetic pesticides, herbicides or fertilizers please.

**Now is a good time to plan your garden and prepare your location.**



### Square Foot Gardening

Here's a style for planting an easy garden.

For details and planning ideas, check out:

[www.vegetable-gardening-online.com/  
square-foot-garden.html](http://www.vegetable-gardening-online.com/square-foot-garden.html)



Questions about gardening? There are great online resources and our local library!

Join our Facebook Group [www.facebook.com/groups/projectgrowshuswap](https://www.facebook.com/groups/projectgrowshuswap)  
or email to [garden@shuswapfood.ca](mailto:garden@shuswapfood.ca)

There will be a special **Project Grow - Youth Garden Competition** exhibitor division at the Salmon Arm Fair where Youth Gardeners can enter their photos and exhibit their produce.

**Salmon Arm Fair Categories to submit your home-grown produce:**

- From my garden: All one colour (minimum of 3 items)
- Vegetarian Delight (minimum of 5 items)
- Zucchini Creation (Carve it? Dress it up? Use your imagination!)
- Weird Vegetable (natural growth)

# PROJECT **Grow**

## Planning Your Garden

Think about what you want to grow. What do you like to eat?

For the contest, we will provide the seeds and plants and “judge” the following crops:

beans (bush or pole)    cherry tomatoes    zucchini    beets    cucumbers  
lettuce    carrots    radish    nasturtiums    basil or other herb

But please don't stop there! You can plant **AS MANY** crops and flowers as you would like! The more you grow, the more you show **enthusiasm** for gardening and the more veggies you have to eat!

Next, draw a garden map. Mark North.

Use a pencil to mark where you will plant your seeds/seedlings.

- Some plants need lots of room and some need less.
- Tall plants like tomatoes should be planted on the north side of your garden because they will shade your other plants.
- Lettuce and other greens like the shade (try planting them near your tall plants).
- Some plants will need supports like poles, trellises or cages, such as cucumbers.

Once you have created a plan & sent it to Jazmyn at [garden@shuswapfood.ca](mailto:garden@shuswapfood.ca)

### Where do I get seeds & supplies?

We'll email you to let you know when to pick up your garden kit at Buckerfield's @ 1771 10 Ave SW, Salmon Arm. Kits will become available after April 30th.

Jazmyn will be at Buckerfield's on May 5th & 18th from 9-11am offering advice and a brief garden workshop.

### Other resources for supplies include:

Friends & Family, Garden centres such as Buckerfield's, materials (wood) for creating planters - Home Hardware & pallets are often free around town. Thrift stores for trellis and plant markers, pots to grow in etc. We encourage you to be creative and resourceful!

# PROJECT **Grow**

## What are the judges looking for?

- Your journey! We encourage you to document your progress & send photos via email;
- Healthy & mature plants;
- The variety of crops from seeds and plants provided;
- A **minimum** of 24' sq ft space growing whether in the ground, beds or pots;
- Understanding plants' growth habits (ie: Plant supports where needed);
- Creativity! Have fun with how you design your garden;
- A Naturally-Grown garden - no synthetic pesticides, herbicides or fertilizers;
- Excitement for gardening. Growing more than what is provided shows an interest in growing food.

## Scoring Criteria

|   |    |
|---|----|
| <b>Size of Plot Planted</b><br>S / M / L / XL   | 5  |
| <b>Evidence of Planning (your garden plan and following the plan through)</b>   | 10 |
| <b>Number of Species</b> (from provided seeds and plants)   | 10 |
| <b>Garden Markers - Plant ID</b><br>(none/simple/fancy)   | 5  |
| <b>Health of Plants</b> (green leaves, minimal pests, adequate growth)  | 15 |
| <b>Evidence of watering plan</b> (as a part of your garden plan)  | 10 |
| <b>Trellis/support</b> (understanding plant's growth habits)  | 10 |
| <b>Evidence of Independent gardening</b> (photos submitted)   | 10 |
| <b>Garden signs or decorations - Creativity!</b> Does not have to be expensive or purchased items.  | 10 |
| <b>Enthusiasm for project.</b> (growing extra plants, asking questions, sending photos, presenting to the judge, attending classes provided.) | 15 |

# PROJECT **Grow**

## Youth Garden Contest

Shuswap Youth - Ages 9-12

### Step 1

Register here! \* please do this with a parent or guardian \*

### Step 2

Plan your garden. Create a garden design and submit it to Jazmyn at [garden@shuswapfood.ca](mailto:garden@shuswapfood.ca). Once your plan is emailed, we'll have your garden kit created and we'll let you know when it's ready to pick up from Buckerfield's. Additional details will come after registration.

### Step 3

Plant your garden. We will create a top secret online folder to keep your garden plan and photos you submit!

### Step 4

Water, weed and enjoy your garden! Enjoy the fresh flavours!

### Step 5

We'll work together to create a day to come and see your garden! Scoring will occur from Aug 1-15, before the Fair!

### Prizes for the Top 3 Gardens

#### **1st Place**

\$2,000 RESP  
Midway pass  
Buckerfield's GC \$150

#### **2nd place**

\$1,000 RESP  
Midway pass  
Buckerfield's GC \$75

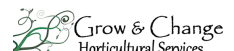
#### **3rd place**

\$500 RESP  
Midway pass  
Buckerfield's GC \$50

*All scored gardens will receive a weekend Family Fair pass*

To reduce barriers to the opportunity for youth to grow a garden, grant options through Shuswap Food Action available. Contact Melanie at [projects@shuswapfood.ca](mailto:projects@shuswapfood.ca)

**Project Grow** is an initiative of the Salmon Arm Fair, Buckerfield's and the Shuswap Food Action and supported by SASCU & Grow and Change Horticultural Services



# PROJECT **Grow**

## Youth Garden Contest Registration

First Name

Last Name

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Parent / Guardian Phone

Parent / Guardian Email

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I am currently age 9-12 and live in the Shuswap Region

Address:

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### Garden Scoring

As a part of Project Grow, an in-person visit is required to look at the garden in order to score it. Please provide the physical address where one of our garden judges will come to visit at a scheduled date.

Garden's Physical Address

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City/Town

Postal Code

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### PHOTO RELEASE

I grant to the Project Grow, its representatives and employees the right to take photographs of me and my child/children and my property in connection with the above-identified subject.

I authorize Project Grow, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that Project Grow may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I acknowledge I have read the above agreement and I understand, appreciate and accept the risks associated with the above noted activity and all related activities.

Parent's Signature \_\_\_\_\_ Date: \_\_\_\_\_