

*"An awesome experience — I think YHP helped me to become a better person, and helped me realize my potential..."*

— 16-year-old participant



For more information or to set up a program in your area, contact Sara Coblyn Porth: Sara.Porth@uvm.edu; 802.257.7967 ext. 18

### *Goals for youth participating in the Youth Horticulture Project:*

Develop critical life skills while building confidence and awareness of how to succeed in a job through real-life entrepreneurial activities associated with food production.



Gain a connection with the source of their food, the natural world, and their communities through work on the land.



Make healthy lifestyle choices such as trying new fruits and vegetables, developing skills to prepare healthy snacks, and engaging in healthy physical activity through gardening.



Increase their sense of self-worth by giving back to their community through making fresh, local food available to those with limited resources and contributing to healthy local food production.

EXTENSION

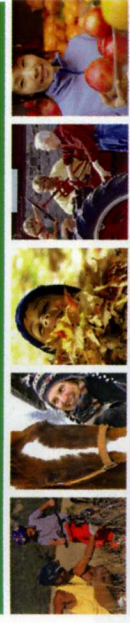
4-H & YOUTH



Youth Horticulture Project



The Youth Horticulture Project builds the job and life skills of youth through growing, marketing and donating vegetables.



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*“I learned things that I would never learn in school, like plants, bugs and vegetables, transplanting, seeding and much more.”*

— 17-year-old participant

## Program Overview

We use agriculture as a vehicle to strengthen and empower youth and build a community-based food system that is healthy for the consumer, the local economy, and the environment.

Young people in the program develop the vital skills of communication, teamwork, responsibility and problem-solving while discovering where their food comes from.



## Projects

### **Summer Work & Learn Program**

Participating teens work on a small farm, growing vegetables, selling them at the farmers' market, and taking part in community service projects.

They learn about farming, food systems, and food security, while gaining transferable skills such as teamwork, leadership, communication, and customer service. For most, it is their first job.

### **Growing Connections**

We train educators across the state on a garden-enhanced nutrition education curriculum for youth ages 2-18. The curriculum aims to increase youths' preference for the taste of fruits and vegetables by developing life skills to grow a garden and prepare and preserve food in a safe way, and includes:

- Planning and planting a garden.
- Developing nutrition and cooking skills.
- Building food security and hunger awareness.
- Enhancing food safety and preservation skills.



## **Mentoring Program**





We collaborate with local agencies to provide gardening and nutrition programming for youth ages 7-12.

Teens in the “Summer Work & Learn” program serve as mentors for these children, teaching gardening, land stewardship and food safety. Participants learn to prepare and enjoy healthy meals from fresh produce.

## **School Partnerships**

We work with local schools to provide quality agriculture-based programming connected to the curriculum.

## *In its first five years, the Youth Horticulture Project has:*

-  Worked with over 1,400 youth.
-  Grown over 24,500 pounds of produce.
-  Raised over \$6,000 through various youth-run enterprises.
-  Donated over 13,000 pounds of produce to local hunger relief programs and schools.

