

YOUTH GREW A GARDEN AND GAVE IT AWAY

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Gardener harvesting cabbage in the Youth Garden at the Sumter Youth Center.

Benefits of Youth Gardening

Engages youth through planting, propagating, maintaining and harvesting – more physical activity.

May reduce childhood obesity in gardening youth.

May influence healthy eating choices because Youth may be more likely to eat more fruits and vegetables they have grown.

May lead to greater science achievement.

Youth gardeners learn life skills and may become future adult gardeners.

Gardening at the Youth Garden

1,057 youth from 3rd to 5th grade have participated in the youth garden since 2018.

Up to 20 youth sign up to be gardeners in the youth garden each week after school at the Sumter County Youth Center.

Youth learn vegetable gardening practices.

Master Gardener Volunteers lead the gardeners.

Knowledge gain is determined by observation.

Taking it Home and Giving It Away

Youth gardened from the start of school early Fall 2022 through the end of school late Spring 2023.

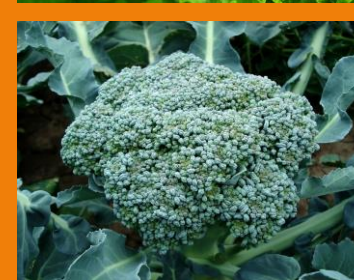
Youth gardeners not only took harvested vegetables home to enjoy with their families, but also donated a substantial amount of harvested vegetables to The Hope Center Food Bank for families in need.



Youth harvested and donated 104.5 pounds of cabbage in the spring of 2023.



In addition to 750 heads of lettuce donated in the fall of 2022, an additional 18.75 pounds of lettuce was donated in the spring of 2023.



Youth harvested and donated 23.75 pounds of broccoli in the spring of 2023.



Youth harvested and donated 5.5 pounds of onions in the spring of 2023.

Just the Beginning

After school starts in fall of 2023, youth will be coming to the youth garden, and growing vegetables to take home and give away to help families in need and learning the power of giving to others.

The Master Gardener Volunteers continue their work not only during the school year, but they spend the summer preparing for the coming year.

Master Gardener Volunteers share their knowledge with youth who will likely become lifelong gardeners.



Jim and Wendel with youth gardeners showing first lettuce harvest and donation in Fall 2022 for the Hope Center Food Bank.



Youth Gardeners waiting for their last day in the garden celebration for 2023 showing harvested lettuce.