



# From Farm Road

48th DAA Schools' Agriculture and Nutrition Program September/October 2009 [www.agfair.org](http://www.agfair.org)

Located at:  
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## Mission

In cooperation with the California agriculture industry and educational institutions, we provide primarily elementary and secondary school teachers and students an understanding of and appreciation for the role of agriculture and nutrition in an urban and suburban society.

## 4-H: A Hundred Years and Still Counting!

### Dawn Fuller, Los Angeles County 4-H Program Coordinator

To begin with, you might be wondering what 4-H is, if you haven't heard of it before. 4-H is an organization for youth, ages 5-19, that promotes "hands-on" learning and is based on parent and volunteer participation. 4-H helps youth to build self-esteem, connect with their community, develop leadership skills, make friends, share interests and gain valuable knowledge that will help guide them through life, as well as be the best they can be. 4-H welcomes all youth (and adult volunteers) from all backgrounds in all locales (rural and urban).

4-H is now over 100 years old, and has its long roots in the formation of *Cooperative Extension*. In 1862, the government allocated federal land to create "land grant universities" in every state which were to focus on practical subjects like agriculture. In order to get the research conducted by these new universities out to farmers in local communities, the 1914 *Smith-Lever Act* was passed that established *Cooperative Extension*. *Cooperative Extension* is a partnership between the US Department of Agriculture, land grant universities, and local counties. A main goal of *Cooperative Extension* is to provide research-based information to farmers, and early extension "agents" found that it was sometimes easiest to reach farmers through their children. Youth were organized into clubs to learn practical skills like gardening and canning. This was the start of what soon became known as 4-H.

Offered through each county's *Cooperative Extension* office, in its early years 4-H provided an opportunity where youth could learn important techniques for farming, raising livestock, and homemaking. Over the years, 4-H has become a place for ALL youth to gain leadership, life skills and citizenship in numerous areas: pet care, agriculture, livestock, camping, sewing, cooking, public speaking, healthy living, science, engineering, technology and much more, with a large focus on community service. Youth are provided the tools to "Learn by Doing," and are invited to serve



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their community with pride. Community clubs, after school programs, and special interest or short-term groups provide a 4-H experience to any, and everyone, who would like to participate.

The current economy has brought 4-H Clubs of our youth to mind, and 4-H is experiencing a resurgence in popularity, especially in Los Angeles. With great public interest turned toward urban gardening, nutrition and science, 4-H is at the forefront of a massive wave of community members looking to provide youth all the tools necessary to succeed in life. 4-H now helps fill in the gap between school and personal success, providing opportunities in areas no longer available in the day-to-day learning experiences of youth. Art, photography, crafts, architecture, cake decorating, cooking, sewing, civics, marine biology, surfing and karate projects can be found in the 4-H Clubs of Los Angeles.

In addition to the skills learned in specific 4-H projects, clubs work with youth to fine-tune skills that will be needed in every aspect of life, through well-coordinated and time-tested events held throughout the year. *During the 4-H Field Day Event*, youth are encouraged to take part in a public speaking contest, where the skills they have practiced during their community club meetings are tested by giving Demonstration, Impromptu and Extemporaneous speeches. The *4-H Judging*

*continued on next page*

# Save the Date!

This year, the 4-H Pet Symposium will be held the same day as the County Awards Day, on Saturday, October 10, 2009 from 10 a.m. to 4 p.m. For more information contact Dawn at 323.260.3859



Day Event teaches youth critical thinking by ranking items of interest while using the Danish Scoring System (food items, livestock, plants, etc.), and then offering oral reasons for their rankings. The 4-H Fashion Revue, Livestock and Pet Symposia, Science Fair, and Summer Camp are all wonderful experiences where youth learn important skills that will stay with them throughout their lives.

**Y**outh learn how to run official meetings, hold an office (Treasurer, Secretary, President, etc.), work on committees, and are asked to keep annual records of their work in 4-H. They submit *Record Books* for which they compete, and are awarded pins and "Star Rankings" for completing projects, holding offices and assisting their club in serving the community.

The 4-H four-leaf clover reminds youth that with their "Head, Heart, Hands and Health" they can make a difference in the world they live in. The 4-H Motto of "To Make the Best Better" and the 4-H Pledge sum-up the program best, "I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, my health to better living, for my club, my community, my country and my world."

There are 4-H clubs all over Los Angeles, and one to suit every need. Adult volunteers are the life's blood of the 4-H Program, leading projects in their areas of expertise and sharing their knowledge and experiences with interested youth. If you know a youth you think would benefit from our programs, or you have expertise in an area you would like to share, or you would like to know more about 4-H in Los Angeles County, please have a look at our website at: <http://celosangeles.ucdavis.edu> or contact Dawn Fuller at 323.260.3859.

Los Angeles County 4-H looks forward to working with the **48th District Agricultural Association** for many years to come, and we delight in its wonderful mission of providing teachers and students with an understanding of and appreciation for the role of agriculture and nutrition in an urban and suburban society.

# "WE Garden in Capitol Park"

First Lady Maria Shriver has been a long time champion of edible school gardens. She leads the effort to promote the creation of school and community gardens across California. Shriver has spearheaded the movement to plant a garden on the grounds of California's State Capitol Park in Sacramento. The purpose of this demonstration garden is to educate and inspire Californians about the important lessons gardens teach to students, children and people of all ages—lessons rooted in nutrition, healthy living, agriculture, science, history and service. "WE Garden in Capitol Park" is a pilot program made possible through public and private partnerships with organizations dedicated to the value gardens have in communities. [www.firstlady.ca.gov](http://www.firstlady.ca.gov).

## WE Garden Lesson Packets

Let's Make Compost Cake	Eat Your Plants
Shake, Rattle & Roll	Frozen, Canned or Fresh?
Read the Roots	Six of One, Half Dozen of the Other
Bug Sweep	Let's Make Compost Cake
California Crops	
Seed Match	
My Life as a Fruit or Vegetable	

# Earthrecycle Instant Raised Garden Beds

Earthrecycle has a raised garden bed kit to facilitate your school or community garden. The 6 easy interlocking piece, 11.5 cubic foot garden units weigh 6 pounds, and assemble in minutes. The units ship flat. Composters are also available. Visit <http://www.vesproinc.com/cisg.htm> for special school garden pricing and ideas for using instant gardens and composters for schools. Click below to see the composter on PBS! [#](http://www.californiaheartland.org/this_season/episode_921/homegrown.htm)

# Square Foot Gardening Workshop

Please call the Class Registration line at 626.821.4623 for reservations, or email [jill.berry@arboretum.org](mailto:jill.berry@arboretum.org).

# Join SCAN!

The Southern California Agriculture and Nutrition Foundation (SCAN) was established to provide support to the Schools' Agriculture and Nutrition Program — 48th DAA. Friends of SCAN receive our newsletter, invitations to our events and annual meeting. Call our office for an application and join today!

# and

Join the Albertsons/ Sav-On Drugs Community Partners Program and your eligible purchases on your Preferred Savings Card will result in a donation to our program. Details are on our web site.

# Important Dates

## September is:

National Chicken Month  
National Honey Month  
National Mushroom Month  
National Organic Harvest Month  
Go Wild During CA Wild Rice Month  
National Potato Month  
National Rice Month Try some brown rice this month! It has a crunchy texture and contains lots of nutrients.

## October is:

Eat Better, Eat Together Month  
National Book Month  
National Chili Month  
National Popcorn Poppin' Month  
National Go on a Field Trip Month  
Spinach Lovers Month

Credits CFAITC  
Chase's Calendar  
of Events 2009

## 2010 Fair

Tuesday April 20th –  
Saturday April 24th  
at Fairplex, Pomona  
Theme: From  
Seed to Supper

# September

**6** **12 National Waffle Week** — Wheat flour, eggs, maple syrup—sounds like ag commodities to me!

**7** **Grandma Moses Day** — Grandma Moses started painting in her late 70's, and one result was many pieces depicting agricultural scenes. Research a true American artist!

**9** **California Admissions Day** — California became the 31st state of the United States in 1850. What changes occurred since then that make California a leader in agriculture today?

**4** **Harvest Moon** — The full moon closest to the autumnal equinox is called the harvest moon because, historically, farmers could continue harvesting into the night, by the light of the moon.

**20** **–26 National Farm and Ranch Safety and Health Week**

**National Clean Hands Week** — 83% of food borne illnesses associated with fresh fruits and vegetables are due to the improper handling of food at the foodservice or consumer level. Be sure to wash your hands and use clean cutting utensils!

**22** **Ice Cream Cone Anniversary** — Invented by Italian immigrant Italo Barchiony in 1893, the ice cream cone is one of the most important elements of the dairy infrastructure! Celebrate!

**22** **First Day of Autumn**

**25** **Pacific Ocean Discovered, 1513** — Vasco Nunez de Balboa became the first European to view the Pacific Ocean. His view from present-day Panama certainly changed world travel. How has this discovery impacted the imports and exports of agricultural commodities?

**26** **Johnny Appleseed's Birth Anniversary** — John Chapman, born in 1774, traveled the countryside with his satchel of apple seeds, planting the ideas from which legends are made.

**27** **Ancestor Appreciation Day** — Any connections to agriculture way back when??

**28** **Family Day** — A Day to Eat Dinner With Your Children – Enjoy a meal together and celebrate your

accomplishments of the day as well as the accomplishments of the farmers who grew your food.

# October

**4** **–10 National Newspaper Week** — Peruse local and regional newspapers to determine what coverage agriculture receives.

**National Metric Week** — One acre is an area of land equal to 4,840 square yards or 43,560 square feet. How does that translate into the metric system? What other ag-related equivalents can students explore?

**5** **–11 Spinning and Weaving Week** — Celebrate the timeless craft of weaving and spinning by organizing a classroom demonstration and/or project.

**11** **–17 National Food Bank Week** — Donate surplus school garden produce to a nearby food bank to help alleviate hunger in your community.

**12** **–16 National School Lunch Week**

**16** **Dictionary Day** — Its Noah Webster's birthday. Use a dictionary to look up 10 words related to agriculture.

**World Food Day** — Agriculture is part of our global economy. What are the pro's and con's of such a development?

**18** **–24 Teen Read Week** — Explore the bookshelf for a selection of good books teens can enjoy.

**National Chemistry Week** — Celebrate the contributions of chemistry to modern life and discuss what chemical contributions have changed the face of agriculture.

**National Forest Products Week** — So what do we get from the forests? Paper and lumber of courses but we also get rayon fabric, baby food thickeners and cosmetic fragrances!

**26** **Mule Day** — Anniversary of the first importation of Spanish mules to the US, a gift from King Charles III of Spain. Mules were invaluable to farmers in the days of pre- and early-mechanized agriculture.

**31** **Halloween** — Where would Halloween be without agriculture?

# Major sponsors

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## Smokey Turns 65

At 65 Smokey Bear is still fighting fires. The beloved icon remains the face of the longest-running public service

campaign in U.S. history.

## Celebrate the Harvest

**Oct 24–31st 2009** is California School Garden Week. The California School Garden Network (CSGN) is encouraging schools throughout California to host garden activities and events to celebrate the success of school gardens across California. Visit [www.csgn.org](http://www.csgn.org) for more information and resources.



**Pumpkin Mania at the 48th DAA! Thanks to Martha Treadway, Glazier Elementary, Norwalk.**

## Ag in the Classroom Conference

The AITC Conference will be held on **October 23-24, 2009**, at Rohnert Park in Sonoma County, [www.cfaitc.org](http://www.cfaitc.org).

**Address Correction Requested**

**48th District  
 Agricultural Association**  
 PO Box 707  
 Walnut, CA 91788-0707



**Directions to 48th DAA Office:**  
**From the 57 Freeway:** Exit at Temple, go West. Turn right on Bonita, turn right at the stop sign. Continue straight through parking lot. Stay to the left and turn left onto Farm Road.  
 Follow directional signage.  
**From the 10 Freeway:** Exit at Grand, go South. Turn left at Temple, turn left at Bonita, turn right at the stop sign. Continue straight through parking lot. Stay to the left and turn left onto Farm Road.  
 Follow directional signage.

PLACE  
 STAMP  
 HERE