

Lafayette Office  
1010 Lafayette St., Ste. 325  
Lafayette, LA 70501  
Phone: 337-291-7090  
Fax: 337-291-7099  
www.lsuagcenter.com  
www.la4h.org/lafayette



Inside this issue:

<i>Growing Winter Vegetables</i>	2
<i>Importance of Reporting Service Hours</i>	2
<i>Women's &amp; Children's Expands Partnership</i>	2
<i>Master Gardener/Teacher Partnership</i>	3
<i>Service-Learning -Needs Assessment</i>	3
<i>Cold Protection for Winter Vegetables</i>	3
<i>Meetings Schedule</i>	4
<i>List of Schools, Addresses &amp; Contacts</i>	4

## Mid-Year Grant Reports Due

We are approaching mid-term of the school garden grant cycle highlighting the first three months. Each school is asked to complete and submit a Mid-Term **“Program Portfolio”** (powerpoint of about five or six slides with pictures), a n **Activity Report”** (descriptive report) indicating what activities were conducted from September 1—December 30. This should be done by describing in detail each of the activities that has been conducted and how it was tied to curriculum. Here are a few items to include in the each report.

- 1 - Overview of your program
- 2 - Your individual goals (youth, educator and service)
- 3 - How the garden is tied to the curriculum and utilized.

4 - Service conducted in the earlier part of the school year and what is planned for the remainder of the school year.

5 - How has nutrition been incorporated into the program. A **“Contribution Form”** should be completed per school. It should indicate the number of volunteers youth (students) and adults (please indicate by a “Y” or “A”), [excluding master gardeners] their number of hours and/or any in-kind donation.

You will need to issue the **“4-H Common Measures Walmart Evaluation”** to each student participating in the garden program based on the individual grade level. There are two instruments; one for 4th-7th grades and a second one for 8th-12th graders. I will

be collecting these during our meetings in mid-January.

There is some great events occurring with your gardens, that are changing lives (and behavior) – introducing students to growing vegetables, harvesting, and eating them. Each school should list lessons taught, planning meeting, plantings, weeding, creating of beds, etc. The report should describe the service-learning event that took place, who it was directed to and what was done.

These documents (Portfolio, Activity Report and Contribution Forms are due on **January 10** electronically. Once this is received, the second half of funds will be available. These forms must be submitted electronically.

Sponsors:

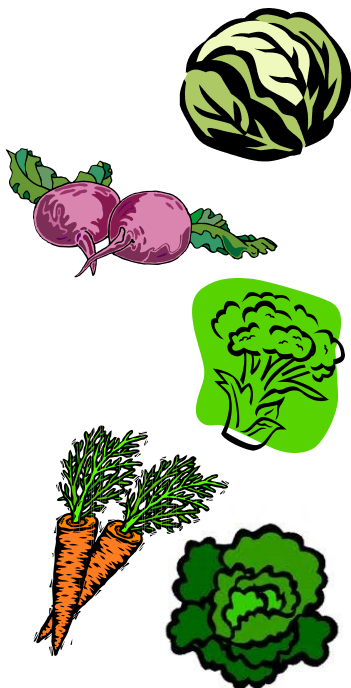


## President's Challenge

It is time for schools to join in on in The President's Challenge. This is a program that 4-H Youth Development Professionals from around the United States are promoting to educators for all age groups. It is a program that encourages all Americans to make being

active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to make improvements. Start earning Presidential awards for your daily physical activity and fitness efforts. Click on the ap-

propriate age group and sign up today ([Kids](#), [Teens](#), [Adults](#), [Seniors](#)). Log onto [www.presidentschallenge.org](http://www.presidentschallenge.org) to learn how to adapt the President's Challenge to your special educational need or group program.



From Top to Bottom: Cabbage  
Beets, Broccoli, Carrots & Lettuce

## Report Volunteer Hours!

All Lafayette Parish Master Gardeners (MG)'s should log in their volunteer hours for the calendar year 2013 by December 31, 2013. Make sure to select the activity: (SCHOOL GARDENS K-12).

Log in at :  
[www.lsuagcenter.com/en/lawn\\_garden/master\\_gardener/Reporting+Volunteer+Hours/](http://www.lsuagcenter.com/en/lawn_garden/master_gardener/Reporting+Volunteer+Hours/)

*"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Author Unknown*

Source: [www.quoteagarden.com](http://www.quoteagarden.com)

## Growing & Harvesting Winter Vegetables

The vegetables we grow in Louisiana during the cool season are some of the most delicious and nutritious that our home gardens can produce. Many of the vegetables we planted in the early fall are ready to harvest – or will be soon.

Root crops are harvested when the root is the proper size. Usually, the top of the root is readily visible at ground level, but it is easy enough to brush aside the soil at the base to check on the size of the root. Harvest radishes and carrots when the root is about 1 inch across, the tops can be used as

a parsley substitute. Turnips should be harvested when they are 2 to 3 inches in diameter, and beets are best harvested at 2 to 3 inches. Leaving the seedlings too crowded is a common reason for root crops producing small or misshapen roots.

Broccoli heads are not harvested based on the size of the head, but when the largest individual flower buds are about the size of a kitchen match head. Remember, smaller side heads will develop after the main head has been harvested, so leave the plant in place for additional harvest.

Leafy crops such as mustard, spinach, Swiss chard, leaf lettuce, and turnips should be harvested frequently by breaking off the lowest, largest leaves (this is called cropping). Harvest the entire head of semi-heading varieties of lettuce and romaine when the head is fully developed.

Cabbage is ready to harvest when the head is solid and hard. Cabbage is one of the few crops that may be left in the garden after they are ready to harvest, although the heads may split.

By: Dan Gill, LSU AgCenter Horticulturist

## Importance of Reporting Service Hours

School gardens offer many benefits to children, youth, schools and our master gardeners. Reporting is essential to maintain the impact as well as capturing our time and the impact of the Lafayette Parish Master Gardener (MG) School Garden Initiative program.

With that being said, reporting volunteer service hours may be one of the least favorite tasks, but an important and necessary process. One of the key aspects as to why (MG)s are required to report volunteer hours to meet the program policies for certification, and designate an **active** participa-

tion as it relates to liability coverage for volunteers and the LSU AgCenter. Our hours and activity (SCHOOLGARDENS K-12) should be submitted into the LMG reporting site and provides a historical record of the volunteers participation. It is helpful to the program coordinators for certification status, award selections of volunteers and for generating up-to-date program reports. These reports impact funding for the AgCenter. Potential support is more easily attained when significant efforts and impacts of its programs can be proven. Quantifying time invested by (MG) volunteers

and the number of people reached (taught) through educational activities provides important measures that demonstrate to stakeholders the worth and value of the program. It serves an important and critical contribution to the overall success of the LSU AgCenter's Extension Master Gardener Volunteer Program and it's mission. If you experience a problem with reporting, please contact myself or MaryAnn Armbruster. Thank you for the special effort you provide in reporting your volunteer service hours. By: Rene Schmit, LSU AgCenter MG Coordinator

## Women's & Children's Expands Partnership

Women's & Children's Hospital is continuing their partnership with the LSU AgCenter's School Garden Initiative Program. The hospital emphasizes the value of educating children on the importance of healthy eating habits and teaching them how to grow their own food said Lisa Landry, Regional Director of Marketing.

They are offering the Regional Health System of Acadiana Speakers' Bureau of multi-specialized physicians that can conduct presentations as part of the initiative to schools in the program. Topics consist of anything from diabetes, heart & vascular health, pediatrics, orthopedics & sports medicine, to wellness just to name a few.

If you are interested, please submit your request with your request topic, possible dates, audience, length of presentation with your contact information to Trevis Babeaux at [Trevis.Badeaux@hcahealthcare.com](mailto:Trevis.Badeaux@hcahealthcare.com). To view the complete listing visit the website at: <http://regionalhealthsystemofacadiana.com/speakers-bureau/>

## Master Gardener/Teacher Partnership

Volunteers play a critical role to support expanding the outreach capabilities in all LSU AgCenter, LCES programming areas: 4-H, Agriculture and Natural Resources and Family and Consumer Sciences. The organization values the contribution volunteers make and recognizes the impact they have on clientele. Our programs provide a multitude of ways to volunteer and become active in the local community. A volunteer is defined as an individual who contributes time of their own free will.

The Master Gardeners Program is a specialized volunteer program designed to recruit and train volunteers to help

meet the educational needs. They received a minimum of 50 hours of extensive, practical horticultural training. Training topics covered include soils and plant nutrition, basic plant pathology and entomology, vegetable gardening, etc. Once the participants complete the classroom portion, pass a final exam and then graduate. They are asked to give back to the organization.

The master gardeners expectations with school gardens are to be utilized as "Advisors" or "Enablers" to provide knowledge, advise and demonstrations on how and what to do. They should be involved in all planning phases, can work

with the educator to decide how they can be involved, develop task descriptions and can conduct lessons or presentations to classes where they are knowledgeable.

Educators need to ensure that volunteers time is always spent usefully, provide opportunities to have access to teachers and the garden site, help them feel at home among faculty and staff, provide respect and praise, be specific of their role; to treat volunteers as volunteers. Always thank the master gardener by submitting thank you notes from students and teachers while inviting them to share in the harvest.



Master Gardeners

Sponsors



AgCenter + Master  
Gardeners + 4-H  
Professionals +  
Teachers + Sponsors  
+ Students  
= Success

## Service-Learning - Needs Assessment

How would you begin to identify a project? You should begin by answering several questions. They are who? Needs What? According to Whom? and Why? Some examples of questions may be; what does the community need? How can we choose a project that truly makes a difference? How do we go about planning the project? How do we ultimately implement the project? How do we evaluate our efforts?

There are several ways to begin this process. Transform an existing project, (example: canned food drive); standard curriculum (learning citizenship through discussion with elected officials); begin with broad theme or topic, (cancer); students define problem or need, (transform empty lot into playground); and community request assistance, (tutoring).

A good way to get feedback from your community or school can be taking pictures

of needs, surveys, focus group meetings or even reading through the newspaper and identify themes. Help people think about community planning and other issues that they might not otherwise consider. You should ask a variety of people, even those you don't know to get a well-rounded picture of the needs, why it is important, and how the results will be used in a few short sentences and try to be unbiased. Next month, we will focus on preparation and planning.

"What do we live for if not to make life less difficult for each other?" - George Elliot



## Cold Protection for Winter Vegetables

Although winter vegetables are generally hardy, new plantings and harvest stage vegetables need protection from hard freezes below 30 degree. Completely cover young seedlings with a 4-6 inch layer of loose mulch. The mulch may remain over the plants for a few days, but remove it as soon as the freezing episode is over. You

can also fabric sheets, floating row coverings or plastic that's supported not to come in contact with the plant. Although the plants themselves are quite hardy, the heads of broccoli and cauliflower are prone to cold injury at temps below 30 degrees. Consider harvesting all mature and nearly mature produce before the freeze.

- Protect or harvest if temperatures are predicted to go below 30 degrees: broccoli, cauliflower, lettuce, strawberries, peas.

- Will tolerate temperatures down to the mid-20s with little or no damage: Swiss chard, Chinese cabbage, mustard, spinach, radishes and turnips (although radish and turnip leaves are moderately hardy, the roots are very hardy).

- Will survive temperatures in the low 20s and even the teens, especially if given some protection: beets, Brussels sprouts, carrots, celery, collards, onions, parsley, leeks and shallots.

Sincerely,


**CHARLES HEBERT**

Charles Hebert  
County Agent, 4-H Youth Dev.

Email Address:  
[chebert@agcenter.lsu.edu](mailto:chebert@agcenter.lsu.edu)  
Phone: 291-7090



# DECEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 C. Burke 8:00-9:00 AHS 2:35-3:35	18 JMS 3:02-4:02	19 STM 8:30-9:30 L. Leo Judice 3:00-4:00	20 LMS 2:30-3:30	21 
22	23	24	25 	26	27	28
29	30	30				

**Special Notes:** School Garden Meetings will take place the third week of each month. Mid-Term Reports were due on January 10, 2013.

- Activity Report, Portfolio and Contribution Forms Due (Report activities from Sept. 1 - December 30)
- Wal-Mart Evaluations Due from each participant by mid-January.
- Second half of monies available once reports are properly submitted.

## List of Schools, Addresses, Phone Numbers & Contacts

School	Type of Garden	Physical Address	Phone	Teacher	Master Gardeners
Acadiana High	Vegetable	315 Rue De'Bier Lafayette, La 70506	521-7950	Cheryl Gelsomine & Brandon Broussard	Genee' Foley, Ester Perkins & Marie Jones
Charles Burke Elementary	Vegetable & Wetlands	2845 Ridge Rd. Duson, LA 70529	521-7630	Judy Morgan, Allyson Richard, Terry Richard & Rachel Richard	John Fontane, Mary Waguespack & Chris Butts
Judice Middle (JMS)	Vegetable & Butterfly	2645 S. Fieldspan Road Duson, LA 70529	521-7890	Jason Leonard & Lisa Ledet	Candy Bienvenu, Genee' Foley & Juan Neito
L. Leo Judice Elementary	Vegetable, Bird, Butter- fly & Wetlands	5801 Cameron Street Scott, Louisiana 70583	521-7710	Paula Guidry & Cindy Dupre	Linda Beyt, Donna Walker, Sandy Rhodes, Jan Wyatt & Sarah Scheoffler
Lafayette Middle (JMS)	Vegetable & Butterfly	2645 S. Fieldspan Road Duson, LA 70529	521-7890	Stacy Hargrove & Donald Kent	Candy Bienvenu, Theresa Guidry, Amy Warner & Kay Hampton
St. Thomas More Catholic High School	Vegetable	5801 Cameron Street Scott, Louisiana 70583	521-7710	Danielle Price, Barbara Melebeck, Brittany Griffin & Sue Sonnier	Sherlyn Larrison, Martha LaFevre, Victoria Austin & Carolyn Guilbeaux