



4-H CLOVERBUDS CONNECTION

April - May 2023

IMPORTANT INFO

Cloverbuds meet on every 3rd Thursday of the month from 4-6 pm.

April 19th

May 17th

4-H HIGHLIGHTS

Please enroll at <https://4h.zsuite.org/>

You must be active status to participate including your payment of \$5 for the year.

Sign up for Remind! TEXT @4-hclover to 81010

CLOVER BUDDING SEASON

Hello Cloverbud Families,

It's finally spring! That means rain, ugh. On the flip side, April Showers bring May Flowers! Flowers grow with rain, we also grow like flowers! Sadly we don't grow with the rain we grow with the knowledge we receive from programs such as school, clover buds, or sports! Horticulture is not limited to just flowers! Horticulture includes vegetable plants, trees, bushes, shrubs, fruit plants, and weeds. No matter what kind of plant or flower you are you can continue to grow with leadership from others and yourself!

Continuing to grow like flowers,

Katie and Stephanie

GET GROWING!

Plants that grow quickly from seed can be sown (planted) directly into your garden. For plants that take a long time to mature, "transplants" (also called "starts" or "seedlings") are a better choice. Transplants are baby plants that have been "started" from seed indoors. Some plants take several months to mature from seed, so it's just not practical to start them in the garden, especially where the growing season is short. You can start seeds indoors or purchase seedlings. When the weather is right, the seedlings can be safely "transplanted" outdoors. Read more <https://kidsgrowingstrong.org/grow-it/>

Grow It

Growing fresh fruits, vegetables, and flowers from seed

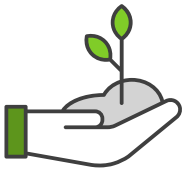


TOILET PAPER SEED TAPE

Supplies: toilet paper & roll, glue, scissors, seeds

1. Measure out a length of toilet paper, cut paper in half lengthwise. 2. Pour the seeds out onto a plate.

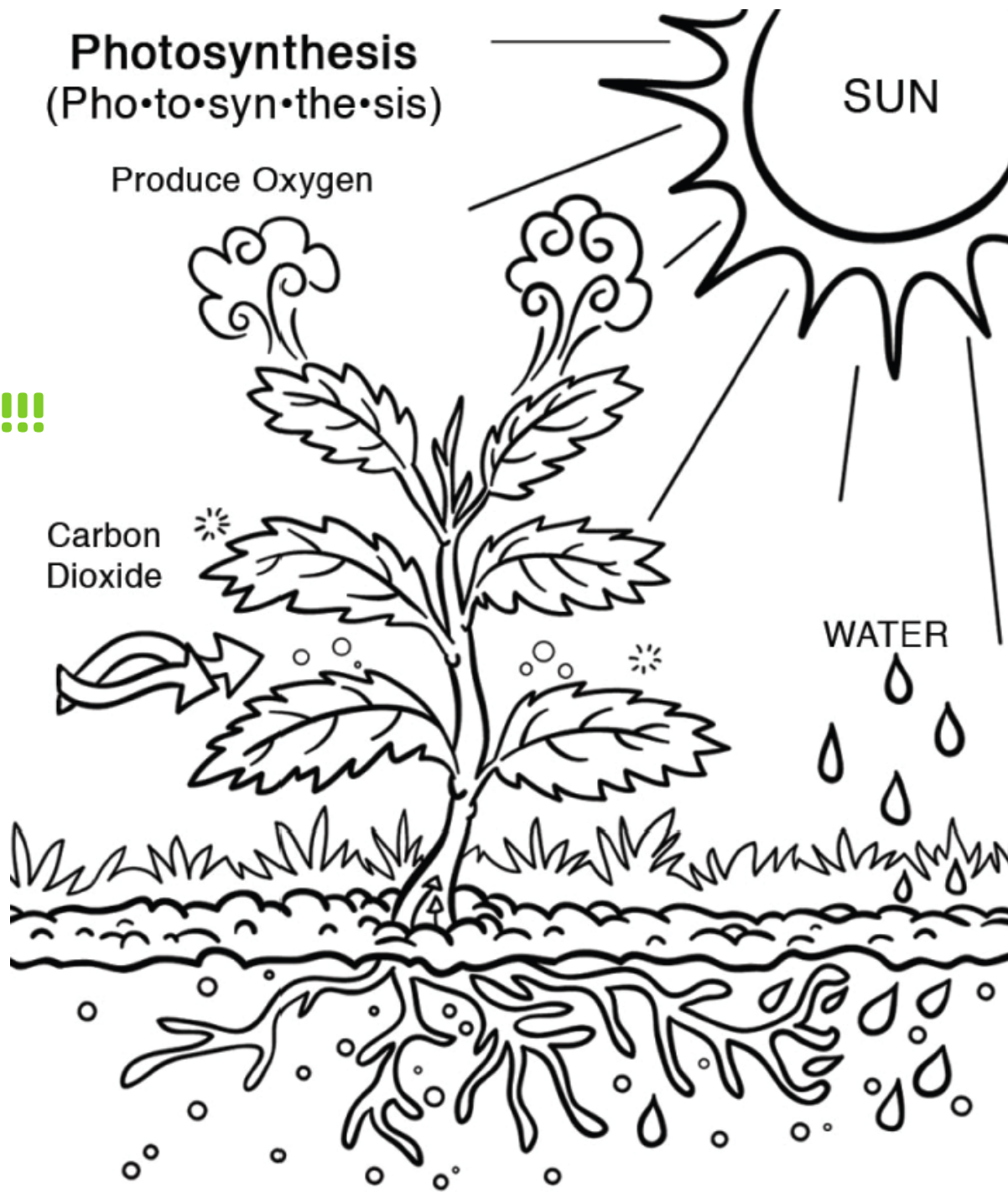
3. Put a dot of glue every 2 inches and add 1-2 seeds. Let dry completely. 4. Roll it back onto the cardboard toilet paper tube and store it in a cool, dry place until you're ready to plant. 5. To plant, lay the seed tape on the soil surface. Cover with soil to the depth on the seed packet. Pat soil firm and water to start your seedlings!



Photosynthesis (Pho•to•syn•the•sis)

Produce Oxygen

COLOR ME!!!



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



LET'S MOVE IT!



MAKE IT YOURS!

Supplies: paper and paint

1. Draw your three green stems.
2. Use one of your colors to draw a bow around the stems.
3. Dip one hand in different colors of paint.
4. Place hand on one stem, 4. Wash your hand thoroughly and repeat with other colors.





Wyoming 4-H

CAMPBELL COUNTY EXTENSION

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