

## Kids Can Grow

### An Experiential Youth Gardening Program

**What:** A Training Program for UMaine Extension Staff and Volunteers, and other Youth Development Organizations who wish to consider launching a pilot program in your region in 2012.

**Where:** UMaine Extension 1<sup>st</sup> Floor Conference Room, located at 125 State Street, Augusta, ME in the Kennebec County Government Center

**When:** March 15<sup>th</sup>, 2012, 9:30 AM – 1:30 PM

**Pre-registration Required:** Contact Rebecca Gowdy at the UMaine Extension office in York County: [rebecca.gowdy@maine.edu](mailto:rebecca.gowdy@maine.edu) or call 800-287-1535 in state, or 207-324-2814.

**Trainers:** Frank Wertheim, Ellie Libby and Sue Tkacik, UMaine Extension



Are you interested in learning about a new “hands on” youth gardening program model? Kids Can Grow is an experiential youth gardening program model developed by University of Maine Cooperative Extension in York County in 1999. Through this six-month comprehensive gardening program designed for children ages 7 – 12, youth learn how to grow nutritious vegetables, herbs and beautiful flowers for their families in their own 3 x 5 foot raised bed gardens at home using intensive square foot gardening techniques. The kids participate in a series of “hands on” gardening classes at a central location, and then repeat what they learn at home using materials the local program supplies, and home visit help from a Master Gardener or 4-H Volunteer mentor to assist and inspire them. Alternatively – the program can be adapted for on site gardens only without the at home garden component.

The Kids Can Grow secret to success is this experience of the children designing their own garden and successfully raising vegetables, flowers, and herbs of their choices that builds their self-esteem and starts them on a journey of what we hope will become a life long gardening hobby. Food safety and good nutrition are also incorporated into the program.

We will present the Kids Can Grow program model, gauge interest in starting new programs at new sites, and develop a support network to help make that happen. We do have some limited grant funds available to help support new programs. For more information contact Frank Wertheim at [frank.wertheim@maine.edu](mailto:frank.wertheim@maine.edu) or call 207-324-2814.