



September 2020

**To Make the Best  
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Phone: 309-342-5108**Monday Through Friday**  
**8 am — Noon**  
**1 pm — 4:30 pm**[extension.illinois.edu/hkmw](http://extension.illinois.edu/hkmw)University of Illinois • United States  
Department of Agriculture • Local  
Extension Councils CooperatingUniversity of Illinois provides equal  
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accommodation to participate in this  
program, please contact your county  
Extension Office**Dear 4-H Families and Friends,**

Happy New Year! 4-H style of course! We are getting ready to kick-off the 2020-2021 4-H year. Our 4-H members have worked so hard this summer. While our fairs looked a bit different this year, the projects continued to amaze me. Throughout the pages of this newsletter we celebrate the accomplishments our members who represented Knox County at the Illinois State Fair.

Again, this year you will be enrolling or re-enrolling on the 4-H Online system. Starting September 21, you will select the projects that you want to learn about this year. Don't forget you need order a project manual if you want one. This year, rather than your 4-H leader handing out folders which have step by step instructions on how to complete your online enrollment., you will receive that information and more in an email from Nicole. As always, we are available to assist you with completing your registration. Let's work together to inspire others in "Making the Best Better"!

As you prepare for the new successful 4-H year, it is important to remember a few things. To show at the fair, you must have attended at least four meetings and given a talk or demonstration. Not comfortable attending face to face meetings? Attendance via a virtual format counts. If your club is not offering a virtual option as we continue to fight COVID-19, email Nicole at nenelso2@illinois.edu. Be sure to talk to your leader, some clubs have additional rules! Also note that all deadlines will be enforced. See new year email from Shelby and the newsletter for reminders of deadlines. We do our best to remind our members via social media as well!

In 4-H, health is one of our top priorities, it is one of the 4 "H"s after all! On page 5 you will see some of the guidelines clubs and members must follow when meeting to help minimize the risk of spreading COVID-19. Please follow directions given by club leaders and reach out to me at srcarls2@illinois.edu if you have any safety concerns.

Yours in 4-H,

Shelby R. Carlson

## National 4-H Week – October 4-10, 2020

### Theme: Opportunity4ALL

National 4-H Week is our time to tell the world about 4-H. This year's theme, **Opportunity4ALL**. We are lifting up youth voices and helping kids get equal access to the resources they need to thrive. You are encouraged to find ways to celebrate October 4 – 10. 4-H Spirit Day will be held Wednesday, October 7. Encourage your clubs to show their 4-H pride and wear a clover! Use the hashtag #Opportunity4All or #National4HWeek as you share your 4-H activities on social media. We will be sharing more information in the coming weeks.



### Other dates to consider for October 2020

October 1-31 – STEM Challenge Month

October 4-10 – National 4-H Week

October 7-18 – Tractor Supply Company Paper Clover Promotion

### Inspire your club to promote 4-H during National 4-H Week

*During times of COVID19, please plan accordingly to adhere to all social distancing guidelines in your area. Some face to face activities may not be feasible this year.*

- Post 4-H window signs in your windows (downloadable) “Proud 4-H Member Lives Here” or “Proud 4-H Volunteer Lives Here”
- Change your Facebook cover for National 4-H Week
- Have a day to wear a 4-H shirt to work or school. – 4-H Spirit Day will be held on Wednesday!
- Start a county 4-H alumni club or solicit 4-H Alumni names through the paper and newsletter to join the Illinois 4-H Alumni Association.
- Host a “To Me Opportunity Means \_\_\_\_\_” event in your community. (downloadable file) Have 4-H members, alumni, volunteers share their sign on social media to promote 4-H.
- Join the National 4-H Week Spirit week on Illinois 4-H Facebook page.
- Use the Facebook Photo Frame to show you are a proud member of 4-H
- In a 4-H meeting or remote schooling, use the 4-H zoom backgrounds during National 4-H Week.
- Have a flag-raising ceremony at a local bank, park, business, veterans club or school. Could the 4-H flag also be hosted by a business during National 4-H Week?
- Print bookmarks (downloadable) and ask banks to include a bookmark or flyer about 4-H at their drive-thru facilities.
- Share handouts or bookmarks with schools, home school organizations, and youth-serving agency boards.
- Get Social! Start a social media engagement post —What did you gain in 4-H? and distribute it to your social media channels and encourage other club members to post too.
- Post 4-H alumni signs, National 4H week signs, or join 4-H signs in the yards of current or past 4-H members.
- Have a poster contest with your members, then display them in local business windows.
- County Window Display Contest to have clubs host a 4-H window display in a local business.
- Write letters to your congressional leaders or local legislators about how important 4-H is to you.
- Attend a city council meeting and have the mayor/councilmen sign the Proclamation. Or have them present via Zoom or Google Meet to your 4-H Club and share on social media.
- Host a quiz night—Are You Smarter than a 4-Her?
- Promote 4-H livestock projects at the feed store.
- Promote 4-H technology projects at the electronic/phone/computer stores.
- Promote 4-H foods projects at the grocery stores.
- Promote 4-H entrepreneur projects at the banks.
- Promote 4-H family projects at the doctor offices.
- Promote 4-H on local advertising signs, billboards, church message boards.
- Take a plate of 4-H cookies to local businesses with an appreciation poster for them to post.
- Take thank you flowers to all your club leaders.
- Have a county-wide or club community service day and have the members all report back what they did, then prepare an impact story about how important 4-H service is.
- Carve pumpkins with a 4-H logo and take them to area homes, businesses or have a photo contest to see which ones get the most likes.
- Create a 4-H promotion to run at the local movie theater during previews.
- Have members bring projects and speak at local civic organizational meetings.
- Plant a tree in honor of 4-H.

**I PLEDGE...MY HEART TO GREATER LOYALTY**

## End of Year Award Time Approaching

Whether you are a first-year 4-H member or a longtime member, it's time to focus on pulling together information for your 4-H award applications. Even younger members can submit the 4-H Experience Application and be eligible for 4-H recognition. Older members can submit both the 4-H Experience Application and the Illinois 4-H Scholarship Application to be eligible for state recognition, scholarships, and/or trips.



The **Illinois 4-H Experience Award Application** focuses on all of those events and activities that you have experienced during the 4-H year in four areas: *Participation, Community Service, Leadership, and Project Learning*. Your family calendar, 4-H notes or county summary, checkmarks, and a few written details are all that's needed for even the youngest members to submit this application. This application can be found @ <https://4h.extension.illinois.edu/members/awards>. The deadline to turn this application into the local Extension Office is **September 28**.

The **Illinois 4-H Scholarship** is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following categories: Animal Science, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth and STEM/Robotics. The deadline to apply is **November 1**. Apply online @ [go.illinois.edu/4Hscholarships](https://go.illinois.edu/4Hscholarships).

Each 4-H member has a story to tell and are eligible for our 4-H awards program – tell YOUR stories and see where they take you!

## Officer Books Due

All officer books are due to the Extension Office by September 15. This year only, digital signatures are allowed. Please turn in the secretary book, treasurer book, and scrapbook via the drop box or by emailing Nicole at [nenelso2@illinois.edu](mailto:nenelso2@illinois.edu) to make other arrangements. Our office is closed to the public until September 14.

## Club Recognition Award

Is your 4-H Club doing outstanding work in the areas of Community Service, Leadership or Project Mastery? If so, you should apply for the Illinois 4-H Club Award! Clubs receiving this award will receive a \$75 cash incentive and an award certificate. This is also a great tool to set goals and plan for the upcoming 4-H year. This application can be found @ <https://4h.extension.illinois.edu/members/awards>.

## Just the Help You Need for your 4-H Club

The Illinois 4-H Website and your New Year email have all of the resources and forms needed to guide 4-H club officers, committees, and members as they plan for the new 4-H program year. Check out the helpful links included on your 4-H Guide and plan for a great year of "Learning By Doing".

- For resources from the State 4-H Office go to [go.illinois.edu/IL4H](https://go.illinois.edu/IL4H)
- Click on the **Clubs** tab.
- Scroll to Meeting Resources near the bottom of the page
- Find these helpful documents:
  - **Club Meeting Agenda** – this fillable form is a useful fill-in-the-blank form your club officers can use as they plan each section of the meeting. This useful form provides them with the meeting structure they can use to identify who from the club should be in charge of each potential item that may be included in a meeting.
  - **Club Committee Planning Worksheet** – the Committee Planning Worksheet is an excellent tool to give to committee members as they plan club events and activities.
  - **Club Yearly Program Plan** – this helpful tool guides the club officers and club members as they identify club goals to work toward during the year and brainstorm what programs, events and/or activities to plan for the club to engage members in fun, hands-on learning experiences throughout the program year.
  - **More** – Don't forget to download your new secretary book, treasurer book, tips for good club meetings, tips for using the 4-H name, and more other important resources.

**I PLEDGE...MY HANDS TO LARGER SERVICE**

## Illinois Department of Agriculture Junior Livestock Expo

Sept 11-13, 2020 (beef / sheep / dairy goats / pygmy goats / rabbits / poultry)

Sept 18-20, 2020 (swine / dairy cattle / meat goats)

Open to ages 8-21. Held at Illinois State Fairgrounds, Springfield, IL.

This is not a 4-H sponsored activity but may be of interest to you enrolled in related 4-H project areas. For more information: <https://www2.illinois.gov/sites/agr/Documents/20%20JrLivestock.pdf>

## 4-H SUPERIOR YOUNG LIVESTOCK PRODUCER CONTEST

Who: 4-H members ages 14-18 as of January 1<sup>st</sup>. On-site walk-up registration

What: 2020 4-H Livestock Skillathon. Compete for one of nine \$1,000 scholarships.

When: Saturday, September 19<sup>th</sup>. You can start any time between 9:00am - 2:00pm

Where: South show ring of the Junior cattle barn, Illinois State Fairgrounds

Test your knowledge on:

- Breeds of cattle, swine and sheep

- Multiple choice quiz

- Marketing

- Equipment identification

- Quality assurance

Send questions to Dan Jennings (815-218-4358)

## ILLINOIS 4-H SUPERIOR YOUNG DAIRY PRODUCER CONTEST

**September 19th from 2 PM to 6 PM**

**South Show Ring Illinois State Fairgrounds**

**Eligibility:** Any Illinois 4-H member who is a current dairy project member in their local 4-H club and 14 years or older, as of January 1, 2020 is eligible to participate.

**Register at:** <https://web.extension.illinois.edu/registration/?RegistrationID=22494> or in person at the time of the event

**Awards:** The top three youth with the highest point scores in the total contest will receive a \$1,000.00 scholarship sponsored by Prairie Farms Dairy, Inc.

**Contest Format:** Participants will be able to complete the contest anytime between 2 PM and 6 PM. The contest should take approximately 1 hour to complete. The contest will have three phases:

**Phase 1:** Dairy test relating to dairy management and facts

**Phase 2:** Skillathon: series of three learning stations with specific tasks and questions - Station 1) Feed ID; Station 2) Pedigrees; Station 3) Equipment ID.

**Phase 3:** Dairy Management Scoring: body condition score and locomotion score dairy cattle videos. Scoring guides can be found at:

- Locomotion Scoring:

- <https://www.zinpro.com/lameness/dairy/locomotion-scoring>

- Body Condition Scoring:

- [http://cdrf.org/wp-content/uploads/2012/06/13\\_1\\_Body\\_condition\\_scoring.pdf](http://cdrf.org/wp-content/uploads/2012/06/13_1_Body_condition_scoring.pdf)

Contact Derek Nolan with any question: [dt Nolan@illinois.edu](mailto:dt Nolan@illinois.edu)

## Virtual Livestock Judging Opportunity

The John Wood Community College Ag Alumni Livestock Judging Contest is going virtual this year and is open to 4-H and FFA members. This contest will be hosted on the JWCC Ag Alumni Facebook Page at <https://www.facebook.com/jwccag> and starts September 21st. There will be a Junior Varsity and Varsity Division. Both divisions will have 10 questions per class. For more information, visit their Facebook page or contact Justin Lewis, Livestock Judging Coach, at [jl Lewis@jwcc.edu](mailto:jl Lewis@jwcc.edu).



## 4-H Shooting Sports Fall Update

After a survey of shooting sports discipline instructors; key volunteers; and state shooting sports venues - the decision has been made to move all in-person state shoots to a virtual tournament format for health and safety reasons. This will allow for smaller, local competitions to be conducted and supervised by certified Level I 4-H discipline instructors who will then report the youth scores centrally through an on-line system.

Also, we are happy to announce that our 2020 Illinois 4-H Shooting Sports team members who were scheduled to attend the National 4-H Shoot last June (cancelled due to COVID-19) will be invited to shoot at the same national event in 2021 if they are still age eligible. Our 2020 virtual shoot results and the data from 2019 State Shoots will then be used to fill any gaps in the 2021 Illinois team.

The virtual shoot will run for the months of September – December, 2020. Registration will be free and have both a Junior (11-13 years) and Senior (14-18 years) division! Disciplines offered will be compound archery; recurve archery; shotgun (trap); and air rifle. The rules, registration link, and score submittal link are attached to this email and also posted on the Illinois 4-H website at: <https://4h.extension.illinois.edu/events/illinois-4-h-virtual-shoot-fall-2020>

Virtual Shoot registration opens Sept. 1<sup>st</sup>. Email Julian Inniss, 4-H SPIN Program Coordinator at [jinniss@illinois.edu](mailto:jinniss@illinois.edu) to learn more or to register for the Virtual Shoot. Due to safety reason, members will only be allowed to shoot in disciplines they have previously been enrolled in. Stay tuned for more information about joining 4-H Shooting Sports in the spring.

There are no current plans to conduct an in-person 4-H Shooting Sports adult certification training in the fall of 2020 at this time. This situation is still pending and is dependent on pandemic management guidelines.

## Share Your Story – True Leaders in Service

4-H members and clubs have continued to demonstrate they are **True Leaders in Service**, as they have worked independently to support both their personal and club goals of making a difference in their community by focusing their energies on the 4<sup>th</sup> “H” and pledge their HANDS to larger service! Illinois 4-H members and clubs have demonstrated how to **Make the Best Better**, during the COVID-19 crisis by developing plans and taking action collecting and donating food to stock shelves at local food pantries; reaching out vulnerable populations who may not have family members close to pick up needed supplies; and by making hundreds of face masks to distribute to medical facilities; local businesses; and in communities.



If you did not register your plan for serve outreach, please use this link to share what your plan <https://4h.extension.illinois.edu/clubs>. Be sure to also follow-up and report what you accomplished on through your service project. The accomplishments of both individual members and clubs will be highlighted on the Illinois 4-H Website so make sure you go use the reporting link located in the middle of the page where it says, CLICK HERE to report your 4-H Community Service Activity to provide your club update!

## PROGRESS IN A NEW SUSTAINABLE AG PROJECT

In collaboration with the Illinois 4-H Foundation, Illinois Farm Bureau, and the FarmBot company we are beginning to roll out several pilot sites for the implementation of STEM programming in Ag Education. This educational program is aimed at developing the critical thinking and STEM-related skills of Illinois youth by bringing them into contact with precision agriculture technology and promoting design-thinking approaches to agriculture’s greatest challenges. See this link for a short interview with Illinois Farm Bureau to learn more about the progress we've made. <https://vimeo.com/438292870>



## Keeping Safe During Club Meetings

As 4-H'ers, we consistently go above and beyond to ensure the health, safety, and wellbeing of others. During the current pandemic we are facing, I have been amazed at the selflessness displayed by 4-H members across the county, state, country, and world. We once again call on you to practice this service to others by following the following protocol during club meetings.

- Once your leader determines if your club will meet in-person or virtually, they will be in contact. Clubs may also offer both a virtual and in-person options. Please practice proper online etiquette if that option is used. If you are uncomfortable meeting in person and your club is not prepared to offer a virtual option, email Nicole at [nenelso2@illinois.edu](mailto:nenelso2@illinois.edu) to make other arrangements. For this year, virtual attendance counts as being present at a meeting.
- All attendees must wear a mask and practice proper social distancing. Those from different households should be at least 6 ft apart at all times.
- All surfaces will be sanitized before and after the meeting. Please refrain from sharing writing utensils during the meeting unless it has been properly sanitized.
- Refreshments can not be served during meetings. You may choose to bring your own snack but you are unable to share this snack.
- Follow all directions given by club leaders posted signs and stay home if you are feeling unwell.
- Please contact Nicole at [nenelso2@illinois.edu](mailto:nenelso2@illinois.edu) if you have concerns or questions. This 4-H year is going to look a little different but we are always working to "make the best better".

## 4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the *4-H Volunteer Café Conversations*. We are so excited to be launching this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We will address two topics during each Café Conversation so come with your ideas, questions, and since this is a Café Conversation, feel free to bring a snack as well!



Session #2 - Thursday, November 19, 2020

Session #3 - Thursday, February 18, 2021

Session #4 - Thursday, May 20, 2021

**SAVE THE DATE! Registration link will be provided soon.**

## 4-H VOLUNTEER VIRTUAL TRAINING OPPORTUNITIES

Code of Conduct – Thursday, October 15, 2020

Effective & Engaging Meetings – Thursday, November 7, 2020

Parliamentary Procedure – Date Pending

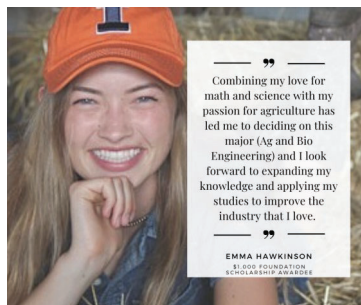
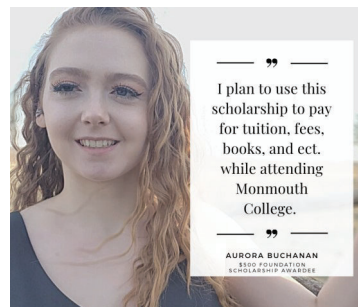
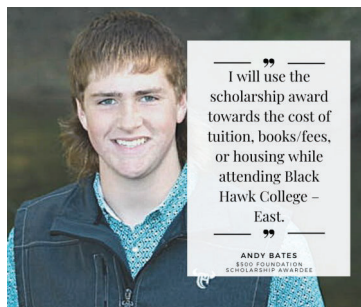
# ILLINOIS 4-H STATE SHOW RESULTS

All members received Award of Excellence for their projects. Additional Awards are as noted.

Aubrey Beardsley  
Wayne Beardsley  
Aurora Buchanan  
Chris Burgin-Lytle  
Abigail Cain—Champion  
Alexandria Cain—Reserve Champion  
Kasey Campagna  
Jakob Downin  
Oliver Dykeman  
Dalton Engel—Champion  
Katelyn Engel—Champion  
Kyle Engel—Reserve Champion  
Trace Gallagher  
Miles Gibb  
Payton Hart—Reserve Champion  
Andrew Hawkinson—Champion  
Emma Hawkinson  
Seth Hawkinson  
Bailey Hedrick  
Annalyn Lovell

Hannah Maher—Inspire Award  
Matthew Maher—Champion  
Ethan Main—Inspire Award  
Taylor Main—Reserve Champion  
Lily McCormick  
Blake Meeker  
Ashlyn Murdock  
Jack Pickrel  
Emma Seiboldt—Champion  
Noah Seiboldt  
Adalynn Snyder—Reserve Champion  
Noah Soper  
Sidney Stiers—Inspire Award  
Rylee Triplett  
Dax Ulm  
Phoebe Ulm—Inspire Award  
Erin Welch  
Eli West—Champion  
Harrison Wight—Reserve Champion

## KNOX COUNTY 4-H & EXTENSION FOUNDATION SCHOLARSHIP RECIPIENTS



## Mark Your Calendar With 2020-2021 Dates– More to Come!

September 1	New 4-H Year
September 15	<b>DEADLINE: Club Secretary, Treasurer, Reporter &amp; Historian Books</b>
September 21	4-H Online Open for Re-Enrollment
September 28	<b>DEADLINE: Member &amp; Club Awards</b>
October 4-10	National 4-H Week
November 1	<b>DEADLINE: State Scholarships &amp; Sustaining the Future Award</b>
December 1	<b>Re-Enrollment Deadline</b>
January 1	<b>Livestock Project Deadline</b>
March 1	<b>General Project Deadline</b>
May 1	<b>Horse Paperwork Due</b>
May 1	<b>YQCA/QAEC Due</b>
June 1	<b>Dog Paperwork Due</b>

### Thank you West Central FS

Join us in saying a HUGE Thank You to West Central FS! They have so kindly donated \$20 per member to each of our 4-H Clubs. Please make sure to write a thank you card to West Central FS during your 1st 4-H Club Meeting, we want them to know how much we appreciate them. Send your thanks to 1445 Monmouth Blvd. Galesburg, IL 61401



## Want to continue your 4-H journey?

**Sign a College Contract with us!** If you are not yet 19 by September 1, 2019, then you are eligible to continue your Knox County 4-H membership with us. Ask Nicole for more information!



COLLEGIATE 4-H

## Join Collegiate 4-H At U of I

A great way to meet people at U of I is by joining C4-H, the registered student organization for 4-H alumni attending University of Illinois. For more information, contact Brittney Muschetto at [uiuccollegiate4h@gmail.com](mailto:uiuccollegiate4h@gmail.com).

## Club Reports

Club Report Submissions are due by the 26th of each month by 11:59 PM to Nicole, [nenelso2@illinois.edu](mailto:nenelso2@illinois.edu)  
Please keep your submissions to a maximum of 200 words to ensure space for all club reports.

## Farmer's Forecast

Please submit all Farmer's Forecast articles and JPG photos to [nenelso2@illinois.edu](mailto:nenelso2@illinois.edu). Articles are due no later than the **26th of the month at 11:59 PM**. Need Ideas about what to write? Just ask!

**October:** Delong Livestock

**November:** Hague Hustlers

**December:** Happy Hustlers



4H\_HKM



4H\_HKM



@Knox4H



[extension.illinois.edu/hkmw](http://extension.illinois.edu/hkmw)





# 2020 4-H AWARDS CHEAT SHEET

For Knox County & State Level Awards

## OFFICER REPORTS - DUE SEPTEMBER 15

### Secretary & Treasurer

- Submit to County Office
- Use most current forms - [extension.illinois.edu/global/club-resources](http://extension.illinois.edu/global/club-resources)
- Required to keep club status
- Complete for top report

### Reporter & Historian

- Submit to County Office
- No specified form
- Shows past year of officer and club work
- Not Required
- Complete for top report

## MEMBER AWARDS - DUE SEPTEMBER 28

### 4-H Experience Award Applications

- Submit to County Office
- All Members Ages 8-18 (as of Sep. 1, 2019)
- Application - [4h.extension.illinois.edu/members/awards](http://4h.extension.illinois.edu/members/awards)
- Tip Sheet - [go.illinois.edu/TipSheet](http://go.illinois.edu/TipSheet)

### I Dare You Award

- Submit to County Office
- Ages 14-18 (as of Sep. 1, 2019)
- Application - [go.illinois.edu/IDareYou](http://go.illinois.edu/IDareYou)

## CLUB AWARDS - DUE SEPTEMBER 28

### 4-H Club Award Applications

- Submit to County Office
- Application - [4h.extension.illinois.edu/members/awards](http://4h.extension.illinois.edu/members/awards)
- Tutorial Video - [go.illinois.edu/ClubTutorialVideo](http://go.illinois.edu/ClubTutorialVideo)

### Top Club Award

- Submit to County Office
- \$50 Award
- Application - [go.illinois.edu/TopClub](http://go.illinois.edu/TopClub)

## STATE SCHOLARSHIPS & OTHER AWARDS - DUE NOVEMBER 1

### Illinois 4-H Scholarship

- Submit to State Office Electronically
- Ages 14-18 (as of Sep. 1, 2019)
- \$1,000 Scholarship
- Application - [4h.extension.illinois.edu/members/scholarships](http://4h.extension.illinois.edu/members/scholarships)
- Tutorial Video - [go.illinois.edu/ScholarshipTutorial](http://go.illinois.edu/ScholarshipTutorial)

### Sustaining the Future Award

- Electronic Submission
- Ages 17-19 (as of Sep. 1, 2019)
- 2-day Premier 20 Youth Leadership Conference
- Application - [4h.extension.illinois.edu/members/awards](http://4h.extension.illinois.edu/members/awards)

### ILLINOIS 4-H STATE AWARD TRAINING WEBINAR

SEPTEMBER 2, 2020 | 7:00 TO 8:00 PM

REGISTER @ [GO.ILLINOIS.EDU/4HAWARDS](http://GO.ILLINOIS.EDU/4HAWARDS)

JOIN FOR MORE INFO ON STATE AWARDS & SCHOLARSHIPS



Virtual Sessions on how to incorporate a garden into  
the school environment

# School Garden Series - Nine Sessions -

**First Date- October 6, 2020**

**Time- 4:30-6:30 pm**

**Live Zoom Presentations - dates  
on registration**

***Register by October 5, 2020 at***

**<https://web.extension.illinois.edu/registration/?RegistrationID=22368>**

**ILLINOIS**

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

University of Illinois Extension provides equal opportunities in programs and employment. If  
you need a reasonable accommodation to participate in an Extension program,  
please contact our office at 847.223.8627.



## Virtual Training

### Topics

- Selecting the curriculum
- Conversations with building a garden team
- How to plan the garden
- Food safety
- Nutrition from the garden
- Planting
- Harvesting
- Grant writing
- And more!