The Color Run was founded in March 2011 as an event to promote healthiness and happiness by bringing the community together to participate in the “Happiest 5k on the Planet”.

4-H Healthy Living programs encompass a holistic approach that includes healthy eating, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. This run, hosted by the Kings County 4-H All Stars, will be a great opportunity for communities to come together and celebrate healthy living and being physically active.
Council News
The next council meeting will be:
**Tuesday, February 3rd**
7:00 pm
UCCE Office– Multi Purpose Room
Hosted by Delta View

Plan to attend, your presence is important. Topics of discussion include—Presentation Day, Food Olympics, 4-H Fair Planning, Record Book Committee Report etc.

Member Tip of the Month
Did you know 4-H awards Golden Clover scholarships annually recognizing outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program? Applications open again in mid-March 2015. More info: [http://4h.ucanr.edu/Resources/Members/GoldenClover/](http://4h.ucanr.edu/Resources/Members/GoldenClover/)

Food Olympics
**February 21, 2015**
8:45 AM– Set-up begins
Hanford West High School

The Food Olympics refers to the Favorite Foods Fair, the Place Setting Contest and Cup Cake Decorating. Plan to participate in 1, or 2 or all 3 contests! You can even earn showmanship credit!

For detailed information on how to participate in this event and to view pictures of previous entries, access the schedule and score sheets please visit: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/)

Pre-entry is required. Entry forms are available at the above website, or you may enter on-line at: [http://ucanr.edu/survey/survey.cfm?surveynumber=14357](http://ucanr.edu/survey/survey.cfm?surveynumber=14357).

Entries are due **February 6th** to the UCCE Office.

Kings County Presentation Day
**February 21, 2015**
9:15 AM– Registration Begins
10:00 AM– Presentations Begin
Hanford West High School

*To enter County Presentation Day,* you may enter on-line at [https://ucanr.edu/survey/survey.cfm?surveynumber=11982](https://ucanr.edu/survey/survey.cfm?surveynumber=11982) or access the paper entry form at [http://cekings.ucanr.edu/files/202598.pdf](http://cekings.ucanr.edu/files/202598.pdf).

Entries are due to the UCCE Office **February 6th, 2015.** Presentation Day is held in conjunction with the Food Olympics. You may enter both the Food Olympics and Presentation Day. Please call the UCCE Office with any questions at 852-2731.

*Volunteers* are needed to assist with Presentation Day. Judges are needed (adults) as well as Room Monitors and Master of Ceremonies (youth). If you would like to volunteer, you may sign up at [http://ucanr.edu/survey/survey.cfm?surveynumber=14358](http://ucanr.edu/survey/survey.cfm?surveynumber=14358).

COUNTYWIDE PYGMY GOAT MEETING
**Saturday, February 14th**
12 noon
Garcia Residence– 16517 Jackson Avenue in Lemoore

Bring your goats or practice on our goats. We will be vaccinating and hoof trimming. Learn the ins and outs on the proper care for your little friend. For more information contact Yvette Garcia at 381-0165.

Western Classic Jr. Dairy Show
**February 28– March 1st**
Kings Fairgrounds

The Western Classic is quickly approaching. This great Dairy Show is in Kings County! Be sure to take advantage of participating in a show that is so close to home! Entries are due and/or must be postmarked by **February 18th.** For more information click here: [Western Classic Junior Dairy Show information](http://WesternClassicJrDairyShow.org)
Kings County Farm Day

March 12, 2015 at the Kings Fairgrounds

A partnership between the Kings County Office of Education and the Kings Fairgrounds, Farm Day helps students understand the answer to the very important question: “Where does our food come from?”

The success of this event is dependent upon the commitment received from hundreds of volunteers. You may volunteer to help by providing an educational presentation or volunteer assistance. Both youth and adults are needed as volunteers and presenters, please call the Farm Bureau or visit: http://www.kcfb.org/

Special Note: As a representative of 4-H, presentations given at Farm Day should be of the quality that you would be willing to have it judged at County Presentation Day.

Kings County Dairy Herd Improvement Association

Outstanding 4-H Dairy Project

Applications are available now for the KDHIA Outstanding 4-H Dairy Project. Applicants must be enrolled in 4-H for a minimum of 2 years and have an active dairy project. Record Books are to be submitted at time of judging. If you are interested in applying applications are due to DHIA office by February 12, 2015. Applications can be found at this link: http://cekings.ucanr.edu/files/205622.pdf.

2015 Kings Fair Dairy & Beef Contracts

Dairy Replacement Springer & Yearlings along with market beef contracts are available from the Kings Fair office or the Fair website. Contracts must be completed and returned to the Kings Fair Office by February 13, 2015.

4-H Fashion Revue

Theme: #Fashion Revue

Saturday, March 21, 2015

Entries due March 6, 2015

Judging ~ 9 am ~ UCCE Office

Fashion Show ~ 4:30 pm ~ The Remington, Hanford

Categories:

- Traditional
- Upcycled
- $40 Purchased
- $100 Purchased (not eligible for State Fashion Revue)

Traditional, Upcycled & Jacket Challenge categories require enrollment in the Clothing/Textile projects. There is no project requirement for the other categories, $40 Purchased, $100 Purchased & Costume Challenge.

New for this year:

Awards will be given by each age division and not by individual age. Age divisions are: Junior-9 & 10 yrs. old, Intermediate-11-13 yrs. old and Senior-14 yrs. and older.

For more information on entries deadlines and category descriptions click below:

Fashion Revue

Program Cover Design: Members are encouraged to submit a design for the program cover using the theme “#Fashion Revue”. Cover size is 5 1/2 x 8 1/2. Cover designs are due to the UCCE Office by March 6th.

Service Learning Projects: State Fashion Revue is coordinating two service projects.

- Pillowcases for Children’s Hospitals
- Hats for youth and adult cancer patients, newborns, homeless drop-in shelters or to fill a need in your community. They can be made of fleece, soft fabric or knitted/crocheted of soft yarn.

Patterns are on the State 4-H website: http://4h.ucanr.edu/4-H_Events/SFD/SFR/
Active Kings County All Stars

The Kings County All Stars spent the weekend of January 23rd at LCORT (Leadership Conference of Regional Teens) teaching a session they created on the fine art of “Public Speaking.” Their session was viewed by approximately 350 7th-9th graders and volunteer leaders from 12 counties.

In addition, Kings County was represented by 13 delegates and 2 chaperones. Thanks to our chaperones, Yvette Garcia and Kelley Medeiros.

Left to Right: Mara, Ashley, Ashley, Macey, Reed, Jacob and Adam. Not shown is Kelley Medeiros, All Star Advisor.

Countywide Shooting Sports Meeting
Rifle & Pistol

Saturday, February 28th
9:00 am to 12 noon
Lemoore Sportsmen’s Range
23310 Elgin Ave, Lemoore

Bring warm clothes, a hot drink and a chair. Mr. Chris-sakis will have rifles and pistols for members to work with. Feel free to contact him with any questions or concerns.

Shooting Sports Leader-Rifle & Pistol
Gregg Chrissakis  559-816-6352

State Fair Quality Assurance & Ethics Training

February 27, 2015   5:00 p.m.
Kings Fairgrounds - JFB Building
Contact: Loretta Toledo, 559-816-2860

As a requirement for entry, all Market Steer, Lamb, Hog, Goat, Eggs, Rabbit, Broiler Chicken Pens, Meat Turkey, Dairy Cattle, Dairy Goat and Pygmy Goat exhibitors are required to participate in a California State Fair certified Quality Assurance and Ethics Awareness Training prior to June 27, 2015.

4-H Fair News

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer. Leaders and parents, please encourage your members to participate in this event!

New for the 2015 4-H Fair:

Indoor Exhibits: Entries will be available to view on Friday, April 10th from 4:00 PM to 7:00 PM, and again on Saturday, April 11th from 9 AM to 12 noon. There is NO early release. At 12 noon the Indoor Exhibit Building will open for release of entries. Entries will need to be signed out. The building will close at 1:00 PM.

Each club will be given 2 tables covered with plastic for their club’s entries. If more tables are needed or other display items required, they will be provided by the club. Each club is invited to be creative with their display space. The Indoor Exhibit Bldg. will open at 12 noon on Thursday, April 9th for clubs to begin decorating their display space.

There always seems to be some confusion regarding the Beginning 4-H category at the 4-H Fair. Beginning 4-H is an ACTUAL project. First year 4-H members (not primary members) must be enrolled in the Beginning 4-H Project in order to compete in this project area. Not all clubs offer the Beginning 4-H project.

Animal Exhibits: Animal entries need to be pre-entered. Entries are due to the UCCE Office by March 20th. Parents and leaders, please be very respectful of all exhibitors and refrain from ringside coaching. This is very distracting to exhibitors and draws their attention away from the judge.

4-H Dog Show: The date to reserve for the 4-H Fair Dog Show is Saturday, March 28th at 9:00 AM Kings Fairground.
SCHOLARSHIPS For High School Seniors

4-H Scholarships Available

The California 4-H Youth Development Program is committed to promoting higher education, in part through offering financial assistance in the form of scholarships. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students. Candidates were 4-H members in high school and may now apply for funds to cover educational expenses such as tuition, books, and room and board.

Information about the scholarships and deadlines will be posted on the state website by March 1. http://4h.ucanr.edu/Resources/Members/Scholarships/

Kings County Dairywomen
Deadline: March 1, 2015

Kings County Dairywomen will award up to three $500 scholarships to graduating seniors in Kings County majoring in an agricultural field. A 2.5 GPA is required for those applicants attending a community or vocational college and 3.0 GPA for a 4-year college.

Applications available from your High School Career Center.

CA State Fair Scholarship Opportunity

The Friends of the California State Fair announced that they will continue their scholarship program for the 2013-14 academic year. California college students and graduating high school seniors are eligible and must submit an application by Friday, March 5, 2015. Guidelines on these scholarships can be found at: http://www.csuchico.edu/ag/prospective-students/Documents/ca-state-fair-scholarship.pdf

For more information contact: jrowe@calexo.com.

Everett “Fuzzy” Feaver Memorial 4-H Scholarship

This $500 scholarship is awarded annually to a present Kings County 4-H member graduating from high school and planning an additional education at a vocational school, community college or four-year college or university. The member must have already completed at least 2 years of 4-H at the time of application. Selection criteria includes leadership and community service. Applicants must submit their completed 4-H Record Book from last year along with the application.

Applications are available at the UCCE Office or http://cekings.ucanr.edu/files/205229.pdf and are due by March 1, 2015.

South Central Section 4-H Scholarship

The South Central Section 4-H Leaders Council will award scholarships in the amount of $300 to selected South Central Section 4-H members (that includes Kings County!). Applicants must be a graduating senior. For more information visit: http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South_Central/Scholarships_800/.

Applications are due to the UCCE Office by April 1, 2015.

O.D. “Mac” McCutcheon Memorial 4-H AG Scholarship

This $500 scholarship is awarded annually to a present or former Kings County 4-H member graduating from high school and planning to major in agronomy or another discipline in agriculture. Students must have completed at least three years in the Kings County 4-H program.

Applications are available at the UCCE Office or at http://cekings.ucanr.edu/files/205230.pdf. Submit it along with your biography and transcript by March 1, 2015 to the UCCE Office.

Brock Jarrett Toledo Memorial Scholarship

Applications for the Brock Jarrett Toledo Memorial Scholarship are now available at the UCCE Office, all Kings County High School Agricultural Departments and through the California Holstein Association. Applications may also be obtained by writing Mr. & Mrs. Ron Toledo, 242 Star Drive, Hanford, CA 93230 or at http://cekings.ucanr.edu/files/205228.pdf.

Applicants must be graduating seniors from Kings County, OR graduating seniors and members in good standing of the California Jr. Holstein Association, planning to attend a college or university with a major in Agriculture. Applicants must also be a member or former member of 4-H for a minimum of four years, enrolled in dairy or livestock projects.

Applications must be postmarked no later than March 31, 2015.
CATTLEWOMEN’S ASSOCIATION SCHOLARSHIP

The Fresno-Kings County Cattle Women’s Association is offering scholarships to high school seniors, college freshman and college sophomores in the field of agriculture. Scholarships range from $500 to $1,000. For applications and more information click here, or by calling Brooke Prewitt at 559-787-3717. All applications are due by April 1, 2015.

KINGS COUNTY FARM BUREAU

Kings County Farm Bureau offers scholarships to students based upon academic achievement, extracurricular activities, determination, leadership skills, and a commitment to a career in agriculture. This year, the committee will use discretion on the number and amount of awards to be distributed. In addition, scholarship recipients will receive a complimentary one-year collegiate membership in the Kings County Farm Bureau.

Application Deadline is March 2, 2015.

Visit http://kcfb.org/kcfb-scholarships/ for more information and application.

Harris Farms Scholarship

Harris Farms offers scholarships to graduating seniors or continuing college students giving preference to those majoring in an agricultural or educational field. Applications are due by March 15. Click here for application: http://www.harrischurch.com/company-scholarship.php.

California State Farm Bureau

Deadline March 1, 2015

The California Farm Bureau Scholarship Foundation was organized to give aid to students with a desire to pursue a career in the agricultural industry. The scholarships are awarded annually based upon academic achievement, career goals, extracurricular activities, determination, leadership skills, and a commitment to study agriculture.

Who is eligible?

An undergraduate student, who is a collegiate member, entering or attending a four-year accredited college or university in California and pursuing a career in the agricultural industry. Students entering or attending a junior college are not eligible for the CFB scholarship. Students must be a resident of the State of California.

More information available at: http://www.cfbf.com/

Etiquette for Asking for A Letter of Recommendation

Letters of recommendation are normally an important past of a scholarship or job application process. When asking for a letter of recommendation ask someone that is the most familiar with your work and achievements. Don’t wait until the last minute to ask for a recommendation. As deadlines near, many recommendation providers are swamped. If you ask your writer in plenty of time, you will avoid putting him or her under additional pressure. As the deadline approaches, you can always send the writer a friendly reminder of the impending deadline. (Hint: You may also want to include a self-addressed stamped postcard and ask the writer to mail the postcard to you when the recommendation is mailed.) When asking for letters of recommendation, it’s to your advantage to ask the person face-to face. This conveys just how important this letter is to you. Along with the letter of recommendation form and materials, include your resume. This keeps important information about you at the writer’s fingertips. Also, make sure the writer is aware of your plans and future goals. Always provide your writer with stamped envelopes. Remember to include envelopes of the appropriate size, and overestimate the amount of postage (the writer might add extra pages to the form.) Some applications require the writer to return the letter to you in a sealed envelope. Ask the writer to sign the flap of the envelope. If given the opportunity, it is highly recommended that you waive your rights to read the recommendation. This reassures the reader that the writer has been very candid. Always send your writer a thank-you note after you know the letter has been sent out. Don’t wait too long to do this; a week or two is a good timeline.

Taken from: http://www.petersons.com/college-search/letter-recommendation-how-ask.aspx
Shooting Sports Workshop

**Rifle**
Saturday, February 7, 2015 8am-6pm  Safety First Association - River Oaks Range
Sunday, February 8, 2015 8am-4pm  Winton, CA

A 4-H shooting sports workshop for the rifle discipline will be held in Merced County. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu

For directions to the facility visit: http://www.safetyfirstshooting.org/html/directions.html.

Participants will be required to fill out a facility waiver to participate. To view the language of the waiver or to download and sign it prior to the meeting you can go to: http://www.safetyfirstshooting.org/SFSA_Risk_Agreement_rev1a.pdf.

Annual State 4-H Shooting Sports Matches

**31st Annual 4-H State Shooting Match**—Entries for the State 4-H Shooting Sports Match must be postmarked by March 9, 2015. All entries must be submitted to County UCCE office for verification of enrollment. Shooting Sports Match rules can be found at: http://4h.ucanr.edu/files/204593.pdf. Contact your leader if you are interested in participating in this match. Entry fee is $4.50 per category.

**3rd Annual State Archery Match**—The deadline for entering is March 16, 2015. All entries must be submitted to County UCCE Office for verification of enrollment. State Archery Match rules are available at: http://cemendocino.ucanr.edu/files/204379.pdf. Contact your Archery Leader for more information. Entry fees are $5.00 per category.

Don’t miss upcoming shooting sports workshops and match information, listed on the 4-H Shooting Sports page and calendar: http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/.
ALL STAR CANDIDATE SPOTLIGHT

Meet Ashley Olson

Favorite Movie: “The Hunger Games: Catching Fire”
Best Book Read: Harry Potter Series
Favorite Musical Group: Bruno Mars
My Hero: My grandmother, Lil Draxler

What does 4-H mean to you: 4-H means to me that youth can get actively involved within their community not only influencing those around them, but also themselves as they build life skills that will benefit themselves when they are put into the workforce and the world itself.

Favorite 4-H Project: Clothing & Textiles
Most Memorable 4-H Experience: Attending state and regional leadership conferences

Favorite Inspirational Quote: “I don’t need easy, I just need possible.” Bethany Hamilton

Words to live by: Do more for the world than the world does for you.
Club News

Lemoore 4-H

The Lemoore 4-H Club met on January 14, 2015 at Cinnamon Elementary. Long time member Haley Smith was instrumental in securing a grant for Valley Animal Haven. Haley reported that she recently held a work day which resulted in a cat hut being constructed for Valley animal Haven. With the remaining funds, she was able to purchase two dog kennels as well. An Open House at the have was to be held on Saturday, January 17. The next meeting for Lemoore 4-H will be held on Wednesday, February 11, 2015.

Submitted by Regina & Xavier Czerewko, Reporters

Kings Harvest 4-H

Kings Harvest 4-H club held their first meeting of the new year on January 12 at 7 pm. Mary Rosa, our president called the meeting to order at 7 pm. Both project and leader reports were given. Wyatt Ward reported on our Unicef fundraising. We discussed our upcoming club fundraiser, giant cupcakes. New business: Presentation Day will be on February 21, Farm Day will be March 12th. All interested in giving presentations, these are great opportunities for that. Our Song and Rec leaders had a game for us to play then we adjourned the meeting. Our next meeting will be on Monday February 9th at 7 pm.

Colten Palomino---Kings Harvest reporter

4-H Members Attend Rose Pruning Workshop

On January 19, five youth from Kings River 4-H learned how to prune roses with the Kings County Master Gardeners. Once the youth were shown the basics on pruning roses they helped prune the rose bushes at the Old Grangeville Church.

Corcoran 4-H Receives Organization of the Year

Corcoran 4-H was honored as the recipient of the Organization of the Year at the Corcoran Chamber of Commerce Annual Banquet. Brett Hair gave a presentation on the accomplishments and activities of the club during the past year. Congratulations to Corcoran 4-H members & leaders!
FEBRUARY: AMERICAN HEART MONTH

Did you know February is American Heart Month and not because of Valentine’s Day? Since 1963 congress has required the president to proclaim February “American Heart Month” to raise awareness about heart disease. Heart disease is the leading cause of death in the United States. Your best weapons to fight cardiovascular disease are to know your risks, understand warning signs, and have a healthy diet and lifestyle. Although many associate heart disease with men, it is also the leading cause of death among women. Here are some heart tips to be heart smart this February:

Know your Risks: Risk factors associated with heart disease are high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity and secondhand smoke. Remember knowledge is power, and knowing your risk is the key to keeping yourself healthy.

Warning Signs: Some heart attacks are sudden and intense, whereas most start slow with mild pain or discomfort. Often people are not sure what is wrong and wait too long before getting help. Heart attack warning signs can include chest discomfort, discomfort in the upper body, shortness of breath, a cold sweat, nausea or lightheadedness. Women are somewhat more likely than men to have other common symptoms, especially shortness of breath, nausea/vomiting and back or jaw pain. Remember that minutes matter and fast action can save lives.

Bump Up the Nutrition: Aim to eat a diet high in fruits, vegetables, whole grains, lean protein, fat-free and low-fat dairy and limit items that are high in sugar, sodium, and fats. Reading food labels on packages and containers can help you choose healthier products and make comparisons between similar products.

- Vary your veggies
- Focus on fruits
- Choose more whole grains
- Choose fat-free or low-fat dairy and
- Go lean with protein

Get Active: Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure. Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

Tips to be more active at home, work and play:
Recruit a partner and start walking.
Do stretches, exercises or pedal a stationary bike while watching television.
Replace a coffee break with a 10-minute walk.
Join the office softball or bowling team.

Walk, jog, skate or cycle, swim or do water aerobics..
Golf — (pull cart or carry clubs)
Play basketball, softball or soccer.

Quit Smoking: Did you know that cigarette smokers are two to three times more likely to die from coronary heart disease than non-smokers? Within a few years of quitting, your risk of stroke and coronary artery disease are similar to non-smokers. Don’t waste time when it comes to quitting.

Provided by the University of California, CalFresh Nutrition Education Program
Kings County 4-H Citizenship WA Focus Fundraiser

1/2 Rack Ribs & 1/2 dozen rolls

$25.00

February 21, 2015

Drive-thru Pickup between 11:00 a.m.—2:00 p.m.

Hanford West High School Cafeteria—East side by pool.

Held in conjunction with Presentation Day and Food Olympics

Proceeds benefit candidates who plan to attend Citizenship Washington Focus, an educational conference offered at the National 4-H Center near Washington, D.C., that gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders.

Through tours in the living classroom of Washington, D.C. and hands-on educational workshops, youth will learn about the history of our nation, the leaders who have shaped it, and how they can apply their enhanced leadership and citizenship skills to issues in their own community.

2015 WA Focus candidate: Ashley Olson (Oakvale)
2016 WA Focus candidates: Ashley Daniel (Kings Harvest), Macey Pearson (Kings Harvest), Kayla McCalvy (Grangeville) and Jacob Willhite (Grangeville).

For tickets, contact one of the candidates above or
Renee Creech @ 707-1916 ~ Stacey Daniel @ 362-1997
Ashley or GiGi Olson @ 260-5158 ~ Michelle White @ 381-2975
Color Me Green

5K Run/Walk or 1K Walk
Sunday, March 29, 2015
Kings Fairgrounds
Registration – 8 AM  Race – 9 AM
$15.00 includes T-shirt & Breakfast after race
Family Rate $7.00 each additional runner
Registration/Waiver forms available from:
Kings County UCCE Office
680 N. Campus Dr. Suite A, Hanford
559-852-2730
Or enter online at:
http://ucanr.edu/survey/survey.cfm?surveynumber=14790
Sponsored by Kings County 4-H All Stars

The Color Me Green 5K run/1K walk aims to provide youth and community members a learning opportunity for improving their health through a fun event. Participants will run 5 kilometers or walk 1 kilometer with other members of their community and will be showered with green dye to mark every mile marker they pass, leaving them colored in green by the end of the run!

Two training runs will be held to help you get ready for the run. Feel free to join us at:
Freedom Park (next to Hamilton School)
2000 9-1/4 Avenue Hanford
Sunday, February 22nd 9 AM
Saturday, March 7th 9 AM

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/info/ucrm/feb10/2010/107400/). Inquiries regarding AA/FF's nondiscrimination policies may be directed to Linda Maria Monten, Affirmative Action/Equal Opportunity Officer, University of California, Agriculture and Natural Resources, 2800 Second Street, Davis, CA 95616 (530) 750-1119.
School Garden Workshop – FREE!
Presented by UCCE Master Gardeners of Tulare/Kings Counties

WHAT: **FREE** Mini Workshop for school and community gardens

WHEN/WHERE: February 28th at Hurley School, 6600 West Hurley Avenue, Visalia

TIME: 8:00 am – noon **Rain or Shine**. [Bring a garden helper or friend!]

We will be offering five (5) hands-on stations for school gardens. Please choose 4 stations to attend depending on the interest of your particular garden.

1) **Composting-in-detai**l: Learn two ways to actually make a compost pile!
2) **Square Foot Gardening** with spring veggie seeds and transplants. Grow more in a smaller area! Plant seeds and transplants!
3) **Vermiculture and Vermicomposting**: Learn how simple it is to make your own worm bin. Vermicomposting is the process of composting using various worms to create a nutrient-rich organic fertilizer and soil conditioner. *Kids LOVE this activity!*
4) **InPESTigations: Form a Pest Squad at your garden!**: Learn to teach children how to identify beneficial and non-beneficial insects with a fun game.
5) **Fruit Trees for school gardens**: Learn about different fruit trees for school gardens including selection, planting, and pruning. Bring loppers if you have a pair for hands-on pruning! We will also be planting barefoot trees in the garden!

**HOW to attend**: Please RSVP to hurleygarden@gmail.com with your name and school or organization, how many will be attending, and email address.

We will provide coffee, snacks, handouts, gloves and tools (except loppers). Please dress appropriately to work out in the garden.

**Directions:**

**Hurley School**: From 198 east of Hwy 99

Take Shirk Road exit and proceed north to Hurley Ave.

Turn right and go past the school on your left and make the next left on Marcin.

Go past the parking lot on the right and park in the cul-de-sac at the end of Marcin.

Enter through the Kindergarten gate; walk through the play yard to the garden.