

ACA Ohio Grant 2015

4-H Camp Ohio  
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### **Garden to Table Evaluation**

Overview of program: This is a new hands-on nutritional/garden program for 4-H Camp Ohio. Campers will learn the importance of fresh foods and how they are grown. Healthy eating habits and nutritional guidelines will be discussed during the class. Campers will gain the experience of working with their hands in the raised bed gardens. They will assist camp staff in garden maintenance and upkeep, creating a sense of community at camp. They will harvest specialty items to supplement the salad bar during meals.

This year was a hard year for gardening. The raised beds were constructed in early April and filled with dirt near the end of the month. The 4-H Camp Ohio program staff started seeds for tomatoes and cucumbers. The seedlings were started indoors, and then transferred to the garden. More seedlings were started than was needed. The plan was to thin out the garden before the season started to ensure we had several plants to pick from each week. Then it started to rain. Several of the seedlings did not make the transfer well. The tomatoes and cucumbers from the started seedlings were water logged even in the raised beds. (We had three major floods during the month of June.)

Plan B was set into motion. We purchased plants from local stores. We chose two types of cucumbers and three types of tomatoes, including early fruiting varieties. Even with these new plants, they were not ready for our first camps. We supplemented the vegetables with store bought but still showed the campers the garden and talked about raising your own food.

After seeing the garden and “harvesting”, the campers were taken to the retreat kitchen to prepare a snack with the fresh ingredients. Two simple recipes were used: Camp Veggie Cups and Camp Garden Salsa. These recipes utilized vegetables grown in the camp garden and were simple enough that the campers could prepare them easily. Campers were instructed on proper use of knives and peelers, as well as kitchen clean up procedures.

Several groups planned to use the garden for programs, but only three groups successfully participated in the class. Due to poor weather conditions, two groups cancelled the outdoor class. A combined total of 52 campers completed the class for 2015. One camp loved the salsa so much that they are planning on doing the class again next year but making their own pita chips to serve as well. Another camp is planning on a doing a modified version of this class but focusing on the snack prep portion for the evening snack for the whole camp. They would still like to use the vegetables grown at camp.

For next year, we plan on adding onions, green peppers, and cilantro to the garden. These added vegetables will allow us to make both recipes from ingredients grown at camp. We also plan to market the class more heavily to the user groups. Our goal is to have 5 camps take the class (100 campers total.) The recipes used and pictures from this year included below.

## Camp Garden Salsa

### Ingredients:

Equal parts: tomatoes, cucumbers, onions, peppers

Cilantro, about one handful, chopped

Lime juice (optional)

Garlic (optional)

Finely chop all ingredients. Combine all ingredients in a large bowl and stir together. Serve with chips and enjoy!



## Camp Veggie Cups

### Ingredients:

2-3 cucumbers

Carrot sticks, 1 bag

Ranch dressing

1) Cut a cucumber into generous thick slices. (2-3 inches thick)

2) Using a melon scoop (spoon), scoop out the center of each cucumber.

3) Add ranch dressing to each cucumber cup.

4) Peel and cut up carrots and place them into the cups. (Celery sticks and bell peppers cut into sticks would work well with these.) Enjoy!





