



## Paper Pot Gardening: Introducing Youth and Families to Basic Sustainable Home Gardening

Christine Hanakawa



College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa

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The COVID-19 shutdown which started in March 2020, affected many family's ability to engage in outdoor and group type activities. With the assistance of dedicated community partners, Oahu 4-H Youth Development Program distributed 1,619 Paper Pot Gardening Kits to youth and families all over Oahu within a year. The intention of developing the paper pot gardening kits was to outreach and educate youth and their families during the "Stay at Home Order." Youth learned how seedlings were started, how to make a biodegradable newspaper planting container (pot), how to plant a seedling in a newspaper pot, how to care for the plant, harvest techniques for fruits and vegetables, and learned how to integrate their harvest into their meals through various handouts and recipes found in the kit. The pandemic provided the opportunity for youth to engage in outdoor activities and experience the basics in starting a sustainable home garden. The kits were also versatile that families who live in apartment buildings or those who lacked garden space were able to care for the seedlings and transplant them into a larger container. The Paper Pot Gardening Kits were distributed to 12 different schools and afterschool programs, including the summer programs.



Oahu 4-H received assistance from Edible Crops Extension Agent Jensen Uyeda who started lettuce, tomato, eggplant, and chili pepper seedlings obtained from the CTAHR Seed Lab. HNFAS Dietetics Program Director Monica Esquivel and SNAP-Ed Special Projects Coordinator Deanna Au-Wong shared recipes that featured fruits and vegetables in Paper Pot Gardening Kits. The Keiki Survey from the "Makeke Farm-arcy Prescription

<p>4-H HALE LEARNING</p> <p><b>Keiki Survey</b></p> <p>Mahele for participating in the 4-H Edible Learning Paper Pot Gardening Kit! We would like to see how you and your family use the fruits and vegetables you planted into your paper pot. It's 5:00 and 1:00 to share your photos and/or drawings!</p> <ol style="list-style-type: none"> <li>1. Complete at least 1 box but feel free to complete all 4.</li> <li>2. Turn in your completed form to the organization distributing the kit or you can scan or take a photo of the form and email it to: <a href="mailto:raho4h@gmail.com">raho4h@gmail.com</a>.</li> <li>3. The 4-H staff will share this information with the National CTAHR, the 4-H Foundation-Worldwide Goals and their organization for reporting and educational purposes.</li> <li>Mahele to Mahele Literacy Prescription Program for the recipe and the Keiki Survey!</li> </ol> <p>4-H HAWAII</p>	<p>Name: <u>Deanna Esquivel</u> Date: _____</p> <p><b>Draw a Picture!</b> Draw a picture of your meal or of you and your family eating the fruits and vegetables, or recipe.</p>  <p><b>Share a Recipe!</b> Write down the recipe that used the fruits or vegetables you purchased.</p> <p><u>Tomato Dressing</u> <u>Avocado</u> <u>Lettuce</u></p> <p><b>Tell Us Why!</b> Tell us why it is important for you to eat fruits and vegetables.</p> <p><u>because it helps us grow and stay healthy.</u></p> <p><b>Take a Photo!</b> Take a photo of your meal or of you and your family eating the fruits and vegetables. You can ask your parents to email it to <a href="mailto:raho4h@gmail.com">raho4h@gmail.com</a>. In your email, be sure to include your name.</p>	<p>4-H HALE LEARNING</p> <p><b>Keiki Survey</b></p> <p>Mahele for participating in the 4-H Edible Learning Paper Pot Gardening Kit! We would like to see how you and your family use the fruits and vegetables you planted into your paper pot. It's 5:00 and 1:00 to share your photos and/or drawings!</p> <ol style="list-style-type: none"> <li>1. Complete at least 1 box but feel free to complete all 4.</li> <li>2. Turn in your completed form to the organization distributing the kit or you can scan or take a photo of the form and email it to: <a href="mailto:raho4h@gmail.com">raho4h@gmail.com</a>.</li> <li>3. The 4-H staff will share this information with the National CTAHR, the 4-H Foundation-Worldwide Goals and their organization for reporting and educational purposes.</li> <li>Mahele to Mahele Literacy Prescription Program for the recipe and the Keiki Survey!</li> </ol> <p>4-H HAWAII</p>	<p>Name: _____ Date: <u>10/25/21</u></p> <p><b>Draw a Picture!</b> Draw a picture of your meal or of you and your family eating the fruits and vegetables, or recipe.</p>  <p><b>Share a Recipe!</b> Write down the recipe that used the fruits or vegetables you purchased.</p> <p><u>In a small saucepan, boil water with salt. Soften with the softest, dissolve. Remove from heat, add chili and green onions, stir and mix. Add to the water.</u></p> <p><b>Tell Us Why!</b> Tell us why it is important for you to eat fruits and vegetables.</p> <p><u>Fruits &amp; vegetables are important because it's really good for your health.</u></p> <p><b>Take a Photo!</b> Take a photo of your meal or of you and your family eating the fruits and vegetables. You can ask your parents to email it to <a href="mailto:raho4h@gmail.com">raho4h@gmail.com</a>. In your email, be sure to include your name.</p>
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## COOPERATIVE EXTENSION

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Program” was used to gather feedback from youth under the age of 8 years old.

Funds from the Hawaii 4-H Foundation’s Weinberg Grant were used to make the kits. The Paper Pot Gardening Kits were versatile and adaptable. Kits were used not only as a standalone lesson, but as part of an activity for a Junior Master Gardening program. Educators provided extended activities to show youth how to transplant seedlings into a larger container to prolong the growing season. Longer term and culturally important crops such as taro or Okinawan sweet potato were also integrated into the curriculum.

The Paper Pot Gardening Kits will continue to evolve and expand to encourage more youth and families to start their own home garden.

At a time, when youth were told to keep their hands clean and sanitized, the 4-H Paper Pot Gardening Kits provided youth with an opportunity to get “dirty” by growing their own sustainable home vegetables. As one Keiki stated, its important to eat fruits and vegetables “because it helps us grow and stay healthy.”







# Paper Pot Gardening

HAWAII 4-H  
HALE LEARNING



1



2



3a



3b



4a



4b



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Use newspaper and a water bottle as a guide to create a paper pot to hold your seedling!

### Materials:

- Sheet of newspaper
- Water bottle, aluminum can, or a canned good with a similar diameter
- Tape—masking tape or painter’s tape
- Slightly moistened soil—wet potting soil
- Seedling—baby plant



### Directions:

1. Fold the a full sheet of a newspaper in half, two times.
2. Roll the newspaper firmly against the water bottle or can. Create a nice, tight fit.
3. Push in the newspaper along the bottom edge of the bottle or can to create a base for the paper pot.
4. Tape the bottom. Masking tape or painter’s tape works well. For extra reinforcement, put tape on the side.
5. Remove the bottle or can for a nice paper pot!
6. Fill the paper pot half way with moistened soil.
7. Transplant the seedling plant into the paper pot.
8. Add more soil to cover the transplanted seedling.
9. Lightly pack down the soil so the transplanted seedling is in a tight fit.

Adapted from Sugano, J. (2018, July 20). *Paper Pots*. Retrieved from <https://youtu.be/ncs4Jj1nrFM>.



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