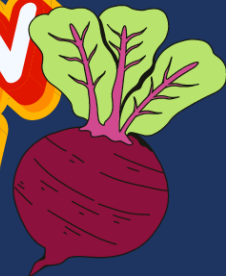


SIGN UP FOR THE

 Cooperative Extension Service

4-H

JOIN US!



50

Challenge



OPEN TO LC YOUTH AGES 5-18



TRY 50 FRESH FRUITS AND VEGETABLES FROM THE PROVIDED LIST DURING THE CHALLENGE PERIOD:

10/1/22 - 7/31/23



COMPLETE THE CHALLENGE & RECEIVE A T-SHIRT & GET ENTERED IN A DRAWING FOR \$50 CASH!



CONTACT THE EXTENSION OFFICE TO SIGN UP & GET YOUR CHECKLIST!



SPONSORED BY THE 4-H GARDENING CLUB  
270-358-3401 • MARCY.WARD@UKY.EDU



# 4-H GARDENING CLUB'S

 Cooperative  
Extension Service



ACORN SQUASH	CAULIFLOWER	ICEBERG LETTUCE	POMEGRANATE
APPLE	CHERRY	JICAMA	POTATO
APRICOT	CHIVES	KALE	PUMPKIN
ARTICHOKE	CILANTRO	KIWI	RADICCHIO
ASPARAGUS	COCONUT	KOHLRABI	RADISH
ARUGULA	COLLARD GREENS	LEEK	RASPBERRY
AVOCADO	CORN	MANGO	RHUBARB
BANANA	CRANBERRY	MINT	RUTABEGA
BASIL	CUCUMBER	MUSHROOM	SAGE
BEAN SPROUTS	DATE	MUSTARD GREEN	SHALLOT
BEETS	DILL	OKRA	SPAGHETTI SQUASH
BLACKBERRY	ENDIVE	ORANGE	SPINACH
BLUEBERRY	EGGPLANT	OREGANO	STRAWBERRY
BOK CHOI	ESCAROLE	PAPAYA	SWEET POTATO/YAM
BROCCOLI	FENNEL	PARSLEY	TARRAGON
BRUSSELS SPROUTS	FIG	PARSNIP	THYME
BUTTERNUT SQUASH	GARLIC	PEACH	TOMATILLO
CABBAGE	GINGER	PEAR	TOMATO
CARROTS	GRAPE	PEAS	TURNIP
	GRAPEFRUIT	PEPPER (SWEET)	WATERCRESS
	HONEYDEW MELON	PERSIMMON	YELLOW SQUASH
	HORSERADISH	PINEAPPLE	ZUCCHINI
		PLANTAIN	
		PLUM	

TRY 50 FRESH FRUITS AND/OR VEGETABLES BY JULY 31, 2023. PUT A CHECK BY THE FOODS THAT YOU TRY DURING THE CHALLENGE TIME FRAME.  
WINNERS: RECEIVE A SHIRT & YOUR NAME WILL BE IN A DRAWING FOR \$50!