

# Resources Available Through UH Cooperative Extension



## CTAHR Cooperative Extension Website

[cms.ctahr.hawaii.edu/ce](http://cms.ctahr.hawaii.edu/ce)

Provides non-formal science-based education for farmers, consumers & families. Site has info on soil testing, seed purchase, fact sheets, & more.



## Nutrition Education for Wellness

[ctahr.hawaii.edu/NEW](http://ctahr.hawaii.edu/NEW)

Nutrition, food safety, cooking skills & resource management Grow Your Own gardening curriculum. Kids Health Club nutrition curriculum.



## Sustainable and Organic Agriculture Program

[cms.ctahr.hawaii.edu/soap](http://cms.ctahr.hawaii.edu/soap)

The site reports on project and activities of UH CTAHR which promote understanding and practice of sustainable agriculture in Hawai'i.



## Good Agricultural Practices

[manoa.hawaii.edu/ctahr/farmfoodsafety](http://manoa.hawaii.edu/ctahr/farmfoodsafety)

Focus on sources of human and animal pathogens. The site provides info on educational opportunities.



## Home Garden Network

[eatyourownplants.com](http://eatyourownplants.com)

A network of families develop edible home gardens for one home at a time for everyone within the network to enjoy and share recipes



## 4-H Youth Development

[manoa.hawaii.edu/ctahr/4h/](http://manoa.hawaii.edu/ctahr/4h/)

Traditional clubs, after school, and summer programs supporting STEM, healthy living, and civic engagement education for K12 youth



## Master Gardener Program

[www.ctahr.hawaii.edu/UHMG](http://www.ctahr.hawaii.edu/UHMG)

Provides information on tropical horticulture for home gardens, local landscapes, urban environments and the community.



## Junior Master Gardener Curriculum

[go.hawaii.edu/G69](http://go.hawaii.edu/G69)

Hands-on group and individual garden learning experiences that help youth develop an appreciation for the environment and community.



## GET Local Initiative

[manoa.hawaii.edu/ctahr/getlocal](http://manoa.hawaii.edu/ctahr/getlocal)

Commodity posters on pests, growing, nutrition, harvest, and preparation. Local field day video. Recipes of local-based products.



## Diversity in Agriculture

[manoa.hawaii.edu/ctahr/dia](http://manoa.hawaii.edu/ctahr/dia)

Expert videos for teaching food, soil, animal, and plant sciences, along with sustainability, landscape, native plants, and ag careers. Agriculture VR tours.



## Facebook

- **CTAHR Hawaii County** @ctahrhcounty
- **Oahu Cooperative Extension - University of Hawaii** @oahuextensionUH
- **UH Extension Maui County** @uhextensionmauicounty
- **East Hawaii 4-H & Hawaii County 4-H Livestock**
- **Hawaii State 4-H** @hawaii4h
- **Maui County 4-H** @mauicounty4h
- **Kaua'i Master Gardener Program** @kauaimgs
- **Maui Master Gardeners** @MauiMasterGardeners
- **Oahu Master Gardeners** @OahuMG
- **West Hawaii Master Gardeners**
- **Home Garden Network** @eatyourownplants

## Instagram

- easthawaii4h
- get\_local\_uh
- hawaii\_4h
- Mauicounty4h
- maui\_sustainableag

## Pinterest

- CTAHR LIFE
- Hawaii State 4-H

## YouTube

- CTAHR
- GET Local Cooking Contest
- Hawaii 4h