

<b>CHG Lesson</b>	<b>Nutrition topic</b>	<b>Garden topic</b>	<b>Recommended Recipe</b>	<b>Optional add-ons</b>
Lesson 1	Program and CBH Introduction	Planting and Irrigation	n/a	Garden highlight: gardening and injury prevention
Lesson 2	MyPlate Overview + Fruit & Vegetable Lesson	Weeding and Fertilizer	Spinach Mandarin Salad; Chicken and Spinach Skillet/Casserole	FFR: Myplate Garden highlight: plants vs. weeds
Lesson 3	Meal Planning/Meal Planning with Fruit & Vegetables and Increasing Fruit & Vegetable Intake	Pest Control	Fresh corn and radish salad	FFR: Fruit and Vegetables Garden highlight: root and bulb veggies
Lesson 4	Grocery Shopping and Saving Money	Fall Planting	Marinated zucchini salad	FFR: protein Garden highlight: vining veggies
Lesson 5	Storing and freezing produce	Compost and sustainability	Fresh homemade salsa;	FFR: dairy Garden Highlight: Fruit and Vegetables
Lesson 6	Healthy Eating Habits + End of Year Review	Harvest and Storage + Garden Clean Up	Spaghetti squash and sausage; apple crisp	n/a

**The outline is only a recommendation; if your county needs to rearrange the lessons to accommodate your audience and the growing season, please feel free to provide the following information in the order that best fits your needs.**

**CHG Recipe List:** <https://usu.box.com/s/ljam7uw062wg6d7zkqa6pp9z9v0nugh1>

It is recommended to prepare the recipes for each lesson ahead of time and let participants taste the samples during the lesson. They can then be directed to the CBH YouTube channel [to be added] to watch the recipe demonstration video for select recipes.

## GETTING STARTED WITH CREATE HEALTHY GARDENS (CHG)

### ABOUT CREATE HEALTHY GARDENS (CHG)

Create Healthy Gardens (CHG) seeks to provide low-income individuals and families with the knowledge and skills necessary to grow their own garden. CHG is a partnership between USU Extension's CBH and Master Gardener programs. Participants grow vegetables in local community gardens and attend monthly workshops taught by nutrition educators and Master Gardeners. These workshops focus on gardening tricks and nutrition tips. It is expected that by the end of the gardening season, participants will eat more vegetables and have the confidence and skills needed to grow a garden in the future.

CHG gives participants an opportunity to not only learn about good nutrition principles but also to apply them. Education without application yields insufficient results. Providing participants with their own vegetable garden alongside nutrition education may be a more effective method to encourage lasting behavior change among our participants.

While this curriculum has a suggested order to deliver each lesson, it can be adapted to meet the needs of your county. In other words, you can deliver the lessons in a different order if you and your county's Master Gardeners choose.

### CREATING THE PARTNERSHIP

The first step in bringing CHG to your county is to work with your supervisor and connect with your county horticulture faculty and/or Master Gardeners who may assist in monthly garden workshops. If your county does not have a horticulture faculty member or Master Gardener program, you can still provide the program. The gardening education within the curriculum was developed at a basic level, so counties that are not able to partner with the Master Gardener program can still implement the program.

The 13 counties listed below host the USU Master Gardener (MG) Program. The remaining 16 may offer other gardening or horticulture classes. Specialists who teach these classes may be willing to assist your efforts. Contact Lea Palmer or Heidi LeBlanc for additional help contacting your local horticulture faculty.

### Counties WITH A Master Gardener Program:

COUNTIES	CONTACT
Box Elder County	(435) 695-2542
Cache County	(435) 752-6263
Carbon County	(435) 636-3233
Davis County	(435) 499-5370
Emery County	(435) 381-2381
Iron County	(435) 267-1750
Kane County	(435) 644-4901
Salt Lake County	(385) 468-4820
Summit County	(435) 336-3217
Tooele County	(435) 277-2400
Utah County	(801) 851-8460
Washington County	(435) 634-5706
Weber County	(435) 399-8200

## Counties WITHOUT the Master Gardener Program:

Beaver County	(435) 438-5450
Duchesne County	(435) 738-1140
Garfield County	(435) 676-1113
Grand County	(435) 259-7558
Juab County	(435) 623-3450
Millard County (Delta)	(435) 864-1480
Millard County (Fillmore)	(435) 743-5412
Morgan County	(801) 829-3472
Piute County	(435) 577-2901
Rich County	(435) 793-2435
San Juan County	(435) 587-3239 ext.9
Sanpete County	(435) 283-3472
Sevier County	(435) 893-0470
Uintah County	(435) 781-5452
Wasatch County	(435) 657-3235
Wayne County	(435) 836-1312

## FINDING A LOCATION

Finding a location for the community garden may be easier than you think. Check to see if a community garden already exists in your area. The preferred location for CHG would be any garden managed by USU Extension. Most counties, however, do not have an Extension-owned garden. Owners of other community gardens may be willing to partner with CHG. The table below offers a non-comprehensive list of community gardens to contact. When choosing a location, choose a garden within an area that fits our target population when possible. (Target population: where half of the population lives below 185% of the federal poverty level.)

Insert the community garden list here. Please send feedback for your county to help us create this list.

### Considerations for rural counties or counties without established gardens:

Other possible garden locations may include schools, low-income apartment complexes, city or county empty lots, senior centers, food pantries, partnering with community members that have multiple beds and would like to partner with CHG, or checking with local political leaders like mayors, commissioners, or council members as well. This is more likely in rural counties.

RURAL EXAMPLE: If your area lacks garden beds, consider approaching businesses or parks that have unkempt areas. Some businesses are happy to have an outside source come in and clean up the area overall in exchange for the use of the space.

### Considering water sources

Something to keep in mind is whether the desired location has access to a water source and if the location is willing to provide water without charge.

Tip: It may be wise to test the water beforehand to ensure it is a safe source.

### **Contacting Community Garden Managers**

Reserving garden plots may differ depending on the county. To get CHG started, contact the manager of the garden you would like to use.

- Example: To reserve garden plots at the Clearfield Community Garden in Davis County, the ambassador would contact the Clearfield City Parks and Recreation Manager for program approval. The ambassador would then be directed to the county employee in charge of the garden to continue program communication.
- Example: To reserve garden plot(s) at a low-income apartment complex, contact the apartment manager to explain the program and gauge interest. Most apartment complex managers can distribute flyers to tenants.

Things to consider:

- Does the garden have guidelines that need to be followed?
- Does the garden have tools or supplies on site that you are able to access and use?
- Can a sign be set up to show the plots have been reserved for a workshop to discourage non-participants from using the plot?
- Does the garden plot need to be prepped (soil, compost, mulch, etc.) before the program starts?

### **RECRUITING PARTICIPANTS**

Develop a plan for recruiting low-income individuals and families to participate in the garden program. Use a variety of methods for the best results. Here are some ideas:

- **SCHOOLS:** There's no better way to encourage parents to take action than by getting their children excited about your efforts. Reach out to local schools and ask if you can do a brief nutrition education activity with their students. Teach students the importance of fruits, vegetables, and gardening. Allow students to plant their own seeds in small paper cups. Provide a flyer about the garden program that children can give to their parents.
- **SOCIAL MEDIA:** Use your county's CBH social media platforms to advertise the CHG program. Social media post graphics are provided on the staff website.
- **FLYERS:** Distribute flyers to locations where our target population is found. Suggestions include, but are not limited to, schools, grocery stores, DWS, and CBH classes. Editable flyers are provided on the staff website.

### **PROGRAM PREPARATION AND IMPLEMENTATION**

Participants in the CHG need access to a garden plot, vegetable seeds, fertilizer, and tools. Individual counties will pay for any expenses related to these materials. Start-up costs average around \$100 to \$200. External scholarships may also be available to help pay for garden expenses.

Participants are fully responsible for watering their garden, fertilizing their vegetables, and harvesting them when the time comes.

### **SUPPLIES**

#### **What seeds and plants should I buy?**

Purchase seeds and/or plants that fare well in your county's climate. Ask your local Extension horticulture faculty for advice. Browse the link below to explore gardening tips for fruits and vegetables that grow well in Utah.

<https://extension.usu.edu/yardandgarden/fruits-vegetables-herbs>

Depending on the size of the garden plots, choose 5-7 vegetables for participants to grow. In Logan, we chose carrots, zucchini, tomatoes, spinach, onions, and peppers. In Davis, we chose tomatoes, zucchini, carrots, cucumbers, onions, spinach, beets, and bell peppers.

#### EXAMPLE PLANTING SCHEDULE: DAVIS COUNTY

April: peas, potatoes, radishes, and carrots

May: zucchini, tomatoes, tomatillos, beets, beans, hot and sweet peppers

July: peas, radishes, and cabbage

#### What tools are needed?

Only basic gardening tools will be used for the vegetable garden. Some gardens may provide tools for their gardeners. In the event that tools are not provided, consider purchasing a small hand shovel, rake, or watering bucket for participants to share and use together.

#### Reminders

Choose a method to regularly communicate with garden participants. Ask participants whether email or group messaging (through apps like GroupMe) would be preferred. While taking care of the garden is solely the responsibility of the participants, we can help provide reminders along the way. Reminder graphics are provided on the staff website. Send reminders for the following:

Watering/fertilizing

Any special weather concerns

Attending garden workshops

Reminder templates can be found on page [this will be added in final edit].

#### Organizing Workshops

CHG is a 6-lesson series over the course of six months (one workshop per month). Please plan your CHG program based on your county's growing season. For each lesson, a garden workshop should be hosted by an ambassador and Master Gardener if possible. The ambassador will provide nutrition education focused on the assigned lesson topics, including optional additional mini-lessons focusing on particular fruits and vegetables growing in the community garden or a modified FFR lesson if your program has many children. The Master Gardener or Ambassador will provide gardening education focused on planting, caring for, and harvesting the fruits and vegetables grown in the community garden. Following the brief education, participants will be able to work in their gardens with the assistance of Master Gardeners and nutrition educators. A sample schedule of workshops could look like this:

April: lesson 1

May: lesson 2

June: lesson 3

July: lesson 4

August: lesson 5

September: lesson 6

Optional October: garden clean-up, no lesson

Adjust workshop topics and dates as needed to fit the needs of your county. Plan workshops with the Master Gardeners to assure their attendance. Before the program starts, it is best to meet with the horticulture faculty and/or Master Gardeners to figure out who will teach each workshop and confirm the dates.

Workshops can range from 1-2 hours each: the nutrition education is approximately 15 minutes, and the gardening education is also approximately 15 minutes, with the remaining time spent in the garden with hands-on help.

Handouts for different workshops are listed in the curriculum, and the staff website has handouts about different vegetables. Use these handouts to teach people more about how to eat the vegetables they are growing in their gardens. These handouts include recipe samples.

There is also a Planting Basics handout that can be found on the staff website for gardening education.