CREATE
FARM FRESH GARDENS
WITH FOOD $ENSE & USU MASTER GARDENERS

TOOLKIT
TABLE OF CONTENTS

About the Program.......................................................................................................................... 1
Creating the Partnership.................................................................................................................. 2
Community Gardens in Utah......................................................................................................... 3
Choosing a Location...................................................................................................................... 9
Recruiting Participants.................................................................................................................. 10
Program Implementation.............................................................................................................. 12
Garden Workshops....................................................................................................................... 14
Evaluation...................................................................................................................................... 16
Create Farm Fresh Gardens (CFFG) seeks to provide low-income individuals and families with the knowledge and skills necessary to grow their own garden. CFFG is a partnership between USU Extension’s Food $ense and Master Gardener programs. Participants grow vegetables in local community gardens and attend monthly workshops taught by NEAs and Master Gardeners. These workshops focus on gardening tricks and nutrition tips. It is the hope 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.

**WHAT IS CREATE FARM FRESH GARDENS?**

CFFG gives participants an opportunity to not only learn about good nutrition principles, but also the opportunity 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.
The first step in bringing CFFG to your county is to contact your local Extension agent. Extension agents will connect you to local Master Gardeners or horticultural specialists who may assist in monthly garden workshops for participants.

The first 13 counties listed to the right host the USU Master Gardener Program. The remaining 16 counties may offer other gardening/horticulture classes. Specialists who teach these classes may be willing to assist your efforts. Contact Heidi LeBlanc or Casey Coombs for additional help contacting the your local horticulture agent.

<table>
<thead>
<tr>
<th>COUNTIES</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Elder County</td>
<td>(435) 695-2542</td>
</tr>
<tr>
<td>Cache County</td>
<td>(435) 752-6263</td>
</tr>
<tr>
<td>Carbon County</td>
<td>(435) 636-3233</td>
</tr>
<tr>
<td>Davis County</td>
<td>(435) 499-5370</td>
</tr>
<tr>
<td>Emery County</td>
<td>(435) 381-2381</td>
</tr>
<tr>
<td>Iron County</td>
<td>(435) 267-1750</td>
</tr>
<tr>
<td>Kane County</td>
<td>(435) 644-4901</td>
</tr>
<tr>
<td>Salt Lake County</td>
<td>(385) 468-4820</td>
</tr>
<tr>
<td>Summit County</td>
<td>(435) 336-3217</td>
</tr>
<tr>
<td>Tooele County</td>
<td>(435) 277-2400</td>
</tr>
<tr>
<td>Utah County</td>
<td>(801) 851-8460</td>
</tr>
<tr>
<td>Washington County</td>
<td>(435) 634-5706</td>
</tr>
<tr>
<td>Weber County</td>
<td>(435) 399-8200</td>
</tr>
<tr>
<td>Beaver County</td>
<td>(435) 438-5450</td>
</tr>
<tr>
<td>Duchesne County</td>
<td>(435) 738-1140</td>
</tr>
<tr>
<td>Garfield County</td>
<td>(435) 676-1113</td>
</tr>
<tr>
<td>Grand County</td>
<td>(435) 259-7558</td>
</tr>
<tr>
<td>Juab County</td>
<td>(435) 623-3450</td>
</tr>
<tr>
<td>Millard County (Delta)</td>
<td>(435) 864-1480</td>
</tr>
<tr>
<td>Millard County (Fillmore)</td>
<td>(435) 743-5412</td>
</tr>
<tr>
<td>Morgan County</td>
<td>(801) 829-3472</td>
</tr>
<tr>
<td>Piute County</td>
<td>(435) 577-2901</td>
</tr>
<tr>
<td>Rich County</td>
<td>(435) 793-2435</td>
</tr>
<tr>
<td>San Juan County</td>
<td>(435) 587-3239 ext.9</td>
</tr>
<tr>
<td>Sanpete County</td>
<td>(435) 283-3472</td>
</tr>
<tr>
<td>Sevier County</td>
<td>(435) 893-0470</td>
</tr>
<tr>
<td>Uintah County</td>
<td>(435) 781-5452</td>
</tr>
<tr>
<td>Wasatch County</td>
<td>(435) 657-3235</td>
</tr>
<tr>
<td>Wayne County</td>
<td>(435) 836-1312</td>
</tr>
</tbody>
</table>
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. Any garden managed by USU Extension would be the preferred location of CFFG. Most counties, however, do not have an Extension-owned garden. Owners of other community gardens may be willing to partner with CFFG. The table below offers a non-comprehensive list of community gardens to contact.

### COMMUNITY GARDENS IN UTAH

#### BOX ELDER

**BOX ELDER COMMUNITY GARDEN**

(435) 730-1773  
750 E 100 S  
Brigham City, UT 84302  
At the Holy Cross Lutheran Church  
www.boxeldercommunitygarden.org

**BEAR RIVER VALLEY HOSPITAL COMMUNITY GARDEN**

(435) 207-4500  
905 N 1000 W  
Tremonton, UT 84337  

#### CACHE

**BRIDGER PARK COMMUNITY GARDEN**

(435) 752-6263  
1200 N 400 West  
Logan, UT 84341  
megan.dyer@usu.edu

#### CARBON

**CARBON COUNTY FOOD BANK COMMUNITY GARDEN**

(435) 637-9232  
375 South Carbon Avenue  
Price, UT 84501
## COMMUNITY GARDENS IN UTAH

### DAVIS

<table>
<thead>
<tr>
<th>Community Garden</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centerville Community Garden</td>
<td>168 N Main Street, Centerville, 84014</td>
<td>(801) 663-1293</td>
</tr>
<tr>
<td>Farmington Community Garden</td>
<td>541 W. Rigby Road, Farmington, 84025</td>
<td>(801) 663-1293</td>
</tr>
<tr>
<td>Clearfield Community Garden</td>
<td>896 S 1000 E, Clearfield, 84015</td>
<td>(801) 525-4413</td>
</tr>
<tr>
<td>Clinton Community Garden</td>
<td>600 N 1600 W, Clinton, 84015</td>
<td>(801) 614-0870</td>
</tr>
<tr>
<td>Syracuse Community Garden</td>
<td>2356 S 1000 W, Syracuse, 84075</td>
<td>(801) 525-4413</td>
</tr>
<tr>
<td>Kaysville Community Garden</td>
<td>478 S. Main Street, Kaysville, 84037</td>
<td></td>
</tr>
</tbody>
</table>

### DUCHESNE

<table>
<thead>
<tr>
<th>Community Garden</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flaming Gorge Good Pantry Community Garden</td>
<td>420 E 100 S Roosevelt, Utah 84066</td>
<td>(801) 614-0870</td>
</tr>
</tbody>
</table>
COMMUNITY GARDENS IN UTAH

GRAND

MOAB YOUTH GARDEN PROJECT
(435) 259-2326
530 S 400 E Moab, UT 84532
www.youthgardenproject.org

MOAB VALLEY MULTICULTURAL CENTER
COMMUNITY GARDEN
(435) 259-5444
156 North 100 West Moab, Utah 84532
https://moabmc.org/

IRON

CARE AND SHARE COMMUNITY GARDEN
(435) 586-4962
222 West 900 North Cedar City, UT 84721
www.careandshare-ut.org

JUAB

JUAB COUNTY COMMUNITY GARDEN
(435) 623-3450
160 North Main, Nephi 84648
https://extension.usu.edu/juab/gardening

MILLARD

FILLMORE COMMUNITY GARDEN
(435) 743-5591
674 S, UT-99, Fillmore, UT 84631
https://intermountainhealthcare.org/locations/fillmore-community-hospital/

PIUTE

FILLMORE COMMUNITY GARDEN
(435) 616-2903
674 S, UT-99, Fillmore, UT 84631
https://extension.usu.edu/piute
### SALT LAKE

**WASATCH COMMUNITY GARDENS**

- **Phone:** (801) 359-2658
- **Address:** 824 South 400 West, Suite B127, Salt Lake City, Utah 84101
- **Website:** [https://wasatchgardens.org/community-gardens/find-a-community-garden](https://wasatchgardens.org/community-gardens/find-a-community-garden)

**PARKS FOR PRODUCE COMMUNITY GARDENS**

- **Phone:** (801) 359-2658 x17
- **Website:** [https://slco.org/urban-farming/programs/](https://slco.org/urban-farming/programs/)

**PRIMARY CHILDREN'S WASATCH CANYON CAMPUS**

- **Phone:** (801) 313-7770
- **Address:** 5770 S 1500 W, Salt Lake City, UT 84123
- **Website:** [https://intermountainhealthcare.org/about/transforming-healthcare/sustainability-environmental-health/community-gardens/](https://intermountainhealthcare.org/about/transforming-healthcare/sustainability-environmental-health/community-gardens/)

**EARTH COMMUNITY GARDENS - HOLLADAY, CASTO, & FARMERS MARKET**

- **Phone:** (801) 930-0675
- **Address:** PO Box 220101, Centerfield, Utah 84622
- **Website:** [http://earth.communitygarden.farm/](http://earth.communitygarden.farm/)
COMMUNITY GARDENS IN UTAH

SANPETE

**USU EPHRAIM COMMUNITY GARDEN**
(801) 205-7578
64 North Main
Ephraim, UT 84627
https://extension.usu.edu/sanpete/gardening/

**EARTH COMMUNITY GARDEN**
(801) 930-0675
PO Box 220101, Centerfield, Utah 84622
http://earth.communitygarden.farm/

SUMMIT

**PARK CITY HOSPITAL**
amy.roberts@imail.org
900 Round Valley Dr, Park City, UT 84060
https://intermountainhealthcare.org/about/transforming-healthcare/sustainability-environmental-health/community-gardens/

**SUMMIT COMMUNITY GARDENS**
info@summitcommunitygardens.org
4056 Shadow Mountain Dr, Park City, UT 84098
https://www.summitcommunitygardens.org/

TOOELE

**TOOELE CITY 4-H GARDEN CLUB**
(435) 843-2142
379 North 1st Street, Tooele UT 84074

**TOOELE CITY COMMUNITY GARDEN**
(801) 803-2936
danacooper@gmail.com
http://extension.usu.edu/tooele/gardening/
## COMMUNITY GARDENS IN UTAH

### UTAH

<table>
<thead>
<tr>
<th>Community Garden</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OREM COMMUNITY GARDEN</strong></td>
<td>331 N 400 W Orem, UT 84057</td>
<td>(801) 224-4080</td>
<td><a href="https://intermountainhealthcare.org/locations/orem-community-hospital/">https://intermountainhealthcare.org/locations/orem-community-hospital/</a></td>
</tr>
<tr>
<td><strong>PROVO COMMUNITY GARDEN</strong></td>
<td>PO Box 220101, Centerfield, Utah 84622</td>
<td>(801) 930-0675</td>
<td><a href="http://provo.communitygarden.farm/">http://provo.communitygarden.farm/</a></td>
</tr>
</tbody>
</table>

### WASATCH

<table>
<thead>
<tr>
<th>Community Garden</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEBER VALLEY COMMUNITY GARDEN</strong></td>
<td>820 N 1000 E  Heber City, UT 84032</td>
<td>(435) 654-0757 or (435) 901-1974</td>
<td><a href="https://www.ci.heber.ut.us/233/Heber-Valley-Community-Garden">https://www.ci.heber.ut.us/233/Heber-Valley-Community-Garden</a></td>
</tr>
</tbody>
</table>

### WASHINGTON

<table>
<thead>
<tr>
<th>Community Garden</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ZION CANYON COMMUNITY GARDEN</strong></td>
<td></td>
<td>(435) 772-0435</td>
<td><a href="https://www.zionharvest.org/_includes/ZCG.htm">https://www.zionharvest.org/_includes/ZCG.htm</a></td>
</tr>
<tr>
<td><strong>SANTA CLARA COMMUNITY GARDEN</strong></td>
<td>1726 Clawson Cir, Santa Clara, UT 84765</td>
<td>(435) 673-6733</td>
<td></td>
</tr>
</tbody>
</table>
## Weber

<table>
<thead>
<tr>
<th>North Ogden City Community Garden</th>
<th>North Ogden City Community Garden</th>
</tr>
</thead>
<tbody>
<tr>
<td>(801) 737-0587</td>
<td>(801) 393-2540</td>
</tr>
<tr>
<td>2550 North 550 East Ogden UT, 84414</td>
<td>2445 Monroe Blvd, Ogden, UT 84401</td>
</tr>
</tbody>
</table>
CHOOSING A LOCATION

If possible, choose a garden within an area that fits our target population.

TARGET POPULATION

Areas where half of the population lives below 185% of the federal poverty level.

Use Community Commons to assess poverty levels in your area. Instructions are below:

STEP 1
Visit www.communitycommons.org

STEP 2
Select "Explore Maps & Data"

STEP 3
Select your area of interest

STEP 4
Choose "Add data" under "Map Layers"
CHOOSING A LOCATION

STEP 5

Search for the following indicator:

Poverty - Below the 150% FPL (%), ACS 2012-2016 by Place

*Note: Community Commons does not assess 185% of FPL. Using the 150% FPL is the next best measure.

STEP 6

View the areas in your county where the majority of the population lives beneath the 150% FPL. Choose gardens within these regions to do your work.

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

**SCHOOLS**
There's no better way to encourage parents to action than 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 children can give to their parents.

**SOCIAL MEDIA**
Use your county's Food $ense social media platforms to advertise the Create Farm Fresh Gardens program. Social media post graphics are provided on the staff website.

**FLYERS**
Distribute flyers to locations where our target population are found. Suggestions include but are not limited to: schools, grocery stores, DWS, and Food $ense classes. Editable flyers are provided on the staff website.

**EMAIL PAST PARTICIPANTS**
Past participants know and understand the value of our programming. Advertise the CFFG program to them through email.
Participants in the Create Farm Fresh Gardens program need a garden plot, vegetable seeds, fertilizer, and access to tools. Any expenses for these materials will be funded by individual counties. Start-up costs average around $70. 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.

**WHAT SEEDS AND PLANTS SHOULD I BUY?**

Purchase seeds and/or plants that fare well in your county's weather. Ask your local Extension horticulture agent 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.

**WHAT TOOLS SHOULD THE GARDEN PROVIDE?**

Only basic gardening tools will be needed for the vegetable garden. Some gardens may provide tools for their gardeners. In the case 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
HOW SHOULD I ORGANIZE THE GARDEN WORKSHOPS?

For each month of your county’s growing season, a garden workshop should be hosted by an NEA & Master Gardener. The NEA will provide nutrition education focused on particular fruits & vegetables growing in the community garden. The Master Gardener will provide gardening education focused on planting, caring, 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 the Master Gardeners. The schedule of workshops could look something like this:

<table>
<thead>
<tr>
<th>MONTH</th>
<th>WORKSHOP TOPICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL</td>
<td>GETTING STARTED: FERTILIZER &amp; IRRIGATION</td>
</tr>
<tr>
<td>MAY</td>
<td>WATERING, SUSTAINABILITY &amp; GARDEN GREENS</td>
</tr>
<tr>
<td>JUNE</td>
<td>PESTS, WEEDS &amp; CUCUMBER GALA</td>
</tr>
<tr>
<td>JULY</td>
<td>FALL PLANTING &amp; SALSA SHOWDOWN</td>
</tr>
<tr>
<td>AUGUST</td>
<td>HARVESTING, STORING &amp; ZUCCHINI SPREE</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>COMPOSTING &amp; CHILI CELEBRATION</td>
</tr>
</tbody>
</table>

Adjust workshop topics and dates as needed to fit the needs of your county. Plan workshops with the Master Gardeners to assure they will be in attendance.

WHERE ARE THE GARDEN WORKSHOPS HOSTED?

Host garden workshops at the community garden. This allows participants to receive hands-on help from the Master Gardeners with any issues they are experiencing.

HOW LONG ARE THE GARDEN WORKSHOPS?

Plan a 1-2 hour block for each garden workshop. Most of the time for the workshop will be spent helping participants in the garden.
GARDEN WORKSHOPS

WORKSHOPS - NUTRITION EDUCATION

Garden workshops should provide simple, brief nutrition education to participants. Education may cover the following:

- Using garden produce as part of a healthy, balanced diet
- Options for excess produce
- Food $ense approved recipe ideas using garden produce
- Any topics from Create Farm Fresh Foods Curriculum

Handouts for various vegetables are provided on the staff website. Use these handouts as an outline for your presentation. Recipe samples highlighting garden produce may be provided for participants.

WORKSHOPS - GARDENING EDUCATION

Gardening education should cover the following:

- When to plant (vegetable specifics)
- How to plant (vegetable specifics)
- How to care & tend to plants
- Daily/weekly watering/fertilizing/weeding responsibilities

A "Planting Basics" handout can be found on the staff website.
CREATE FARM FRESH SURVEY
TBD

PEARS
TBD
CREATE FARM FRESH GARDENS WITH FOOD SENSE & USU Master Gardeners