



# GARDENING 1.0 VIRTUAL WORKSHOP

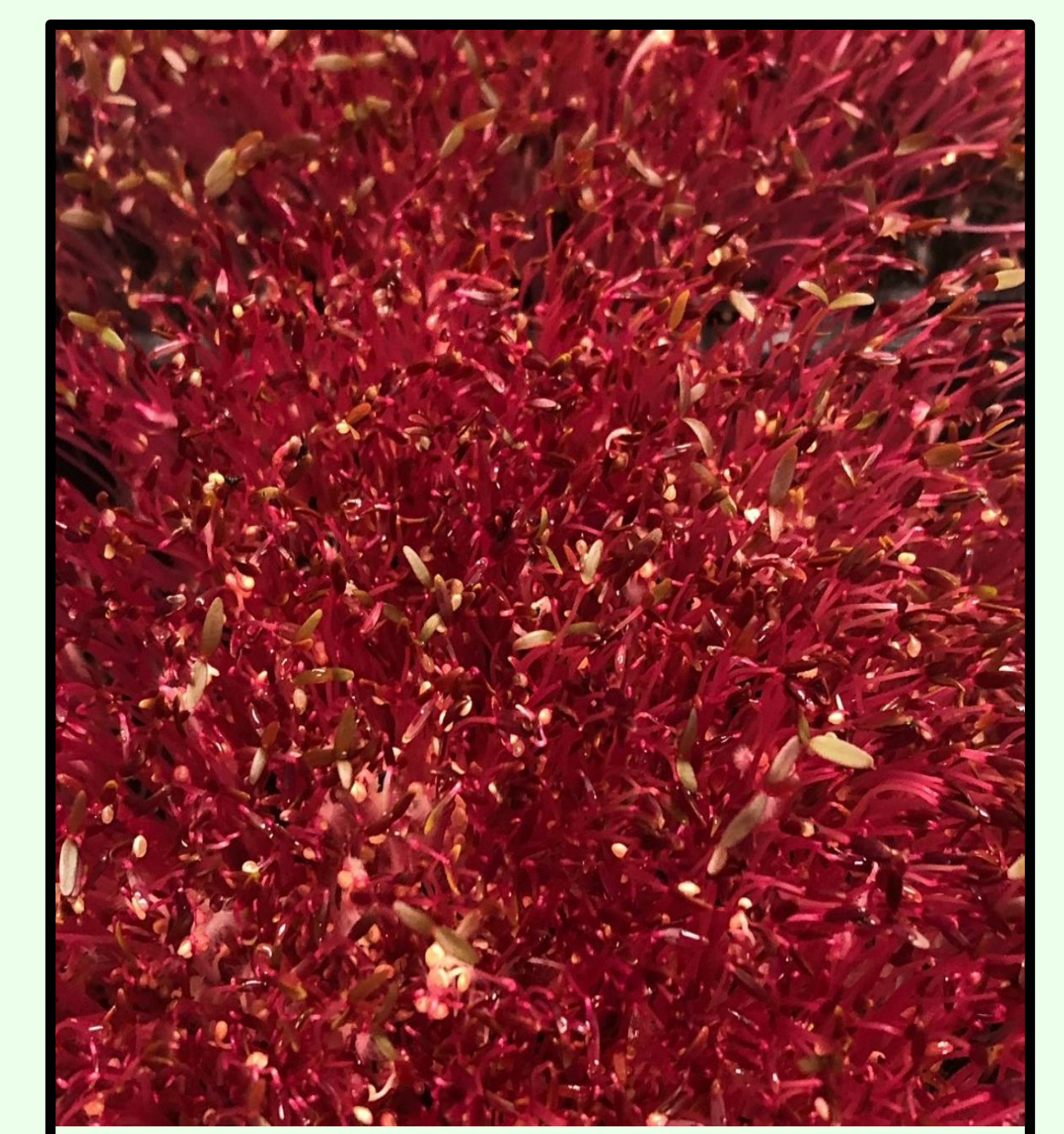


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**Background:** Gardening Camp 1.0 was presented to youth virtually utilizing ZOOM in Charlotte, Desoto, Glades, Hardee, Hendry, and Miami-Dade counties.

**Objectives/Purpose:** The program was a collaborative effort to engage and provide plant science education with hands on learning to youth who were at home during the COVID-19 Pandemic. Gardening is an inexpensive way for youth to be outdoors promoting physical health while growing a nutritious commodity. Gardening can increase one's self-esteem, self-confidence, as well as a sense of gratification. **Method:** Gardening Camp 1.0 was held on Tuesdays and Thursdays for three weeks for one hour. The topics included: *Plant Basics, Why are Plants Important, Vegetable Gardening, Fun with Plants, Food Safety and the Future of Plants and You.* A hands-on activity complimented each presentation topic. A hands-on activity complimented each presentation topic. **Conclusion:** An average of twenty-six (26) youth represented in six (6) counties attended the Gardening Camp 1.0 program. A pre- and post-question test was designed for each topic to determine the success of the program. Of the respondents, 100% indicted they learned something new as well as 100% indicated the program met or exceeded their expectations and needs. With the success of this program, Gardening Camp 2.0 will be presented as the next program.

- June 2, 2020: Plant Basics
- June 4, 2020: Why Plants are Important
- June 9, 2020: Fun with Plants
- June 11, 2020: Vegetable Plants
- June 16, 2020: Food Safety and Cooking Tips
- June 18, 2020: The Future of Plants and You



### Additional RESULTS of this PROGRAM:

- This 4-H Program gave me an opportunity to explore something I care about? 100%
- Do you intend to grow something at home that you enjoy eating? 86%
- Will you tell others about the importance of eating fruits and vegetables? 100%
- Want to participate in other 4-H Programs? 100%

