

2019 Plantastic Vegetable Gardening Seminar

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RELEVANCE

Path to the Plate is a current initiative of Texas A&M AgriLife Extension. Its goal is to help connect agriculture and health so that people may make better choices about the food they eat. According to countyhealthrankings.org, 27% of adults in Gillespie County are obese. In a meta-analysis of 22 studies by Soga et al (2017), they found that gardening contributes to decreases in BMI, stress and depression., as well as increases cognitive function and physical activity levels.

This in-depth plan has two goals: 1) it will educate people on how to grow their own food 2) teach them how to prepare it. However, learning how to grow vegetables in Gillespie County cannot be taught in only a thirty-minute program. The Plantastic Vegetable Growing Seminar will give broader instruction on vegetable gardening.

RESPONSE

- The program task force met on 7/18/2018, 8/15/2018 and 1/17/2019. Programs were advertised on Facebook, in local newspapers (Fredericksburg, Kerrville, Llano, and Mason) on the KNAF 910 radio station and in newsletters.

Plantastic Vegetable Gardening Seminar

- One six hour program on 2/1/2019
- Program consisted of one main session on “Getting Good Soil in the Garden”, followed by participants choice from three breakout sessions (“Covering Plants”, “Tomatoes”, “Caring for your Garden After Planting”), followed by another main group session on “Controlling Pests and Preventing Diseases in Your Garden”, followed by lunch. After lunch there was participants choice of three hands-on breakout sessions “Seed Saving”, “Starting Plants from Seed”, “Keyhole and Container Gardens”, then a repeat of the earlier breakout sessions finished with a General Gardening Q&A session.
- In response to 2018 program comments, session times were extended and speakers moved to allow better hearing.
- Received \$130 dollars in donated door prizes.
- Forty-seven attendees, with seven volunteers volunteering sixty-nine hours total. Volunteers, including planning committee members, gave six of the presentations at this program.

RESULTS

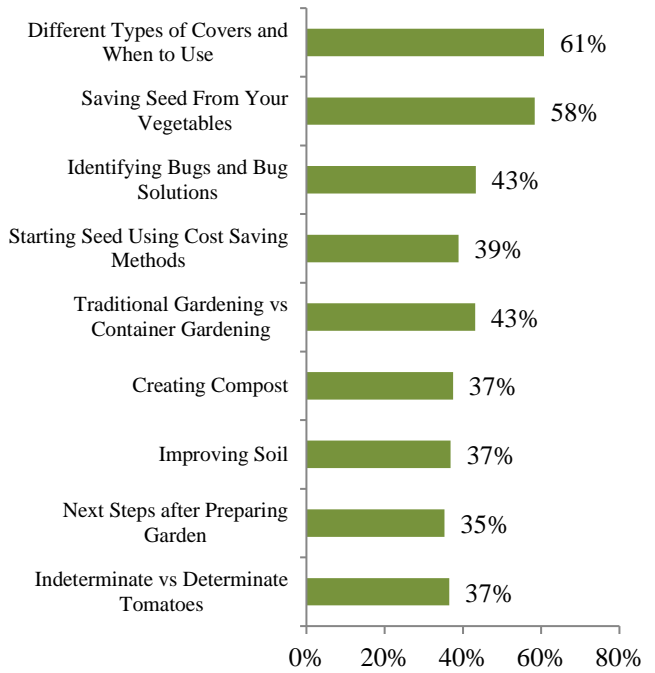
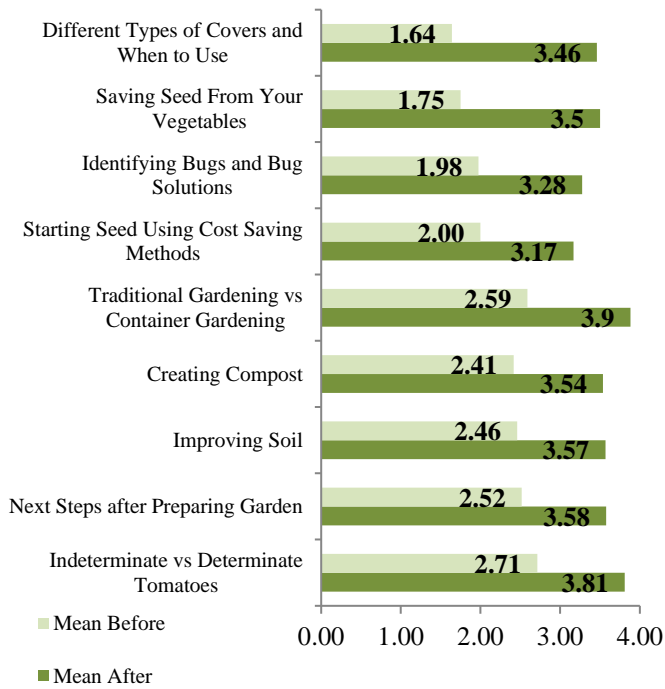


Fig. A is mean rating of knowledge before Plantastic Vegetable Gardening Seminar compared to mean rating of knowledge after program. Scale of 1-4, 4 highest. Fig. B is percent change between these means using the traditional formula. Survey was a retrospective post-test with forty surveys returned.

FUTURE PLANS

The Plantastic Vegetable Gardening Seminar will be continued next year and is scheduled for February 7th, 2020.