

# Plant 'n' Preserve Workshop Series:

## Growing Resilient Gardeners & Food Preservers

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**COOPERATIVE EXTENSION**  
College of Agriculture, Forestry and Life Sciences

### Program Goals

To provide novice gardeners with hands-on experience in growing edible plants and preserving their harvest through pickling, drying, and fermentation techniques, through non-biased, research-based methods. This series seeks to address the increased demand for home gardening and food preservation skills to empower personal resiliency.

### Learning Objectives

#### Cultivation Skills

Participants will learn proper techniques for preparing garden beds, starting seeds, selecting suitable plants for the Southeast region, and maintaining herbs and vegetables throughout the growing season.

#### Safe Preservation Methods

Participants will demonstrate three different food preservation techniques (pickling, drying, and fermentation) and understand the science, safety, and flavor development behind each method.

#### Resiliency

Participants will develop skills to create a continuous garden-to-table cycle by growing their own food and extending its usability through safe preservation methods.

### Garden Prep & Pickles

#### Outcomes: 8 participants, 8 volunteers

- **Gardening Foundations:** Participants can successfully start seeds indoors, prepare garden beds, and build affordable grow light systems.
- **Pickling Proficiency:** Participants can successfully complete the steps to safely make pickled vegetables.



Seed starting indoors, building an indoor grow light system, knife skills, vegetable preparation, and pickling techniques and spices

#### Take-Home Materials:

- Seed starting kits
- Spring seed packets
- Printed handouts of presentations and recipes
- Two containers of pickled vegetables

### All Things Herbs & Microgreens

#### Outcomes: 9 participants, 8 volunteers

- **Herb Cultivation:** Participants can grow annual and perennial herbs, divide existing plants, and manage herb diseases.
- **Herb Preservation:** Participants can successfully air-dry herbs, preserve herbs in oils, create pesto and custom herb salt blends.



Powerpoint presentation on herbs, hands-on demonstration splitting perennial herbs in raised bed gardens, herb pesto, and herb drying

#### Take-Home Materials:

- Seed-starting kits with annual herb seeds
- Rooted oregano and mint plants in containers
- Printed handouts of presentations and recipes
- Paper bag of herbs for drying practice, herb salt

### Vegetable Gardening & Fermentation

#### Outcomes: 8 participants, 4 volunteers

- **Vegetable Production:** Participants can select appropriate vegetables for their region, manage irrigation, and implement planting strategies.
- **Fermentation Skills:** Participants can safely ferment vegetables using proper equipment and recognize successful fermentation.



Instruction on safe fermentation steps, knife skills demonstration, practice, cabbage mashing, use of weights, and fermentation lid

#### Take-Home Materials:

- Garden containers, soil, and lettuce seeds
- Printed handouts of presentation and recipes
- Glass jar of sauerkraut with specialized fermenting lid and weight

### Evaluation

Post-session interviews with open-ended questions (n=16) yielded this feedback:

- **90%** of participants **gained knowledge**
- **85%** of participants **were satisfied or very satisfied**
- **80%** of people **appreciated the hands-on** aspects of the programs
- Over half of the participants stated they came to the class for the hands-on learning portions.

#### Participants stated:

*"The informational packet was good, lots of information and ideas."*

*"I have used the information to prepare the spring garden correctly to prevent common mistakes from previous seasons."*

*"The teachers demonstrate putting what was learned into action all in one class."*

*"This class will help me have a successful garden that I can harvest and preserve and feed my family, everything I set out to do."*

*"I enjoyed learning the safety aspects of the fermenting process so that I do not do something that will hurt the people I feed."*

*"I will be sharing this information and the Clemson resources with my family and friends."*