# Plantin' Preserve Workshop Series.

Growing Resilient Gardeners & Food Preservers

C. Ketron<sup>1</sup>, C. Baillie <sup>2</sup>

Clemson Cooperative Extension Service Agents, Clemson University: Darlington County<sup>1</sup>, Horry County<sup>2</sup> | cketron@clemson.edu<sup>1</sup>, mcinto3@clemson.edu<sup>2</sup>



### **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 nonbiased, 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.







Two containers of pickled vegetables

Seed starting kits

Spring seed packets

**Take-Home Materials:** 

Printed handouts of presentations and recipes

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Rooted oregano and mint plants in containers

Printed handouts of presentations and recipes

Paper bag of herbs for drying practice, herb salt

Seed-starting kits with annual herb seeds



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

# 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

# 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.



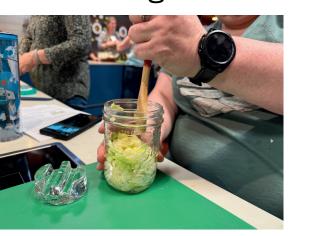






#### **Take-Home Materials:**

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





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

### **Evaluation**

Post-session interviews with openended 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."