

EAT WHAT YOU GROW IN CAPE MAY COUNTY, NJ

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INTRODUCTION

Healthy eating can present many challenges, such as the high cost of healthy foods, lack of cooking skills, and unfamiliarity with healthy recipes. However, in recent years there has been an increasing interest in healthier living which started with the COVID-19 pandemic. Those interested have found growing their own food can counter some of the challenges of eating healthy.

THE PROGRAM

The Eat What You Grow program is a workshop series offered in partnership between the Agriculture and Natural Resources and Family and Community Health Sciences departments of Rutgers Cooperative Extension of Cape May County, NJ. The series consists of four sessions, one per season: January, April, June and October 2025.

TOPICS

- Garden planning
- Garden friendly pantry planning
- Health benefits of gardening,
- Preserving
- Preparing balanced meals
- Healthy twist of seasonal harvest foods
- Cultivating flavor profiles
- How to shop at farmer stands and markets
- Encouraging kids to eat what they grow

Among others...

R Rutgers University
Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station

Eat What You Grow Series 2025
Four Seasonal Sessions - Choice of Day or Evening

Winter - January 22, 6:30 to 8pm or January 23, 1 to 2:30pm
Spring - April 9, 6:30 to 8pm or April 17, 1 to 2:30pm
Summer - June 11, 6:30 to 8pm or June 12, 1 to 2:30pm
Fall - October 15, 6:30 to 8pm or October 16, 1 to 2:30pm

Sign up for individual classes or register for all 4 classes
(day or evening) and receive a discount!
Bundle discount link: <https://go.rutgers.edu/jafsek6b>

Eat What You Grow: Winter Session
January 22, 2025 * 6:30 to 8pm * \$10
January 23, 2025 * 1 to 2:30pm * \$10

Presenters: Anneliese Kuemmerle, MS, RDN, FCHS Program Associate II
Jen Sawyer Caraballo, ANR Program Associate II

Topics will include...
Garden Planning, Herbs, Perennial Fruits & Vegetables, Eating Seasonally,
Health Benefits, Garden Friendly Pantry, and Cultivating Flavor Profiles
Participants will take home Herb Seedlings and more!

Classes will take place at Rutgers Cooperative Extension of Cape May County
355 Court House - South Dennis Road, CMCH, NJ 08210

Register for January 22 class at: <https://go.rutgers.edu/s3ixr0n>

Register for January 23 class at: <https://go.rutgers.edu/aish5chf>

County Employees who attend this class will earn 10 Wellness Incentive Points!
Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Commissioners. Rutgers Cooperative Extension is a unit of the Rutgers-New Jersey Agricultural Experiment Station, an equal opportunity program provider and employer.

GOAL

The goal of the program is to promote healthy living and teach how to grow healthy food at home. Therefore, each class focuses on seasonal vegetables and fruits, providing nutritional information and preparation ideas, and teaches about growing such produce in a home garden.

FINDINGS

Only the Winter session has been offered so far, to 20 participants, who were surveyed about their participation.



The survey included Likert scale questions, asking their level of agreement with several statements, ranging from 1 (Strongly disagree) to 5 (Strongly agree).

4.58 Average score of the statement:
"The information was valuable"

92% Strongly agreed with the statement:
"I plan to use or share what I've learned"

89% Strongly agreed with the statement:
"I will make changes in my activities based on this class"

Preliminary results from the first session are encouraging and provide evidence of the need for a multifaceted approach to encourage healthy eating while maximizing educational efforts by creating partnerships between departments.

Data source: RCE of Cape May County
Image source: Adobe Express