



**Saturday**  
**Feb 27, 2016**  
**9AM—3:30 PM**

## Get Your Vegetable Garden Growing: Home—School—Community

**2016**

**New Location**

**New Location**

**Saturday Feb 27, 2016**

Rutgers School of Health Related Professions (SHRP)

Scotch Plains Campus (UC Vo-Tech School Campus)

1776 Raritan Rd

Scotch Plains NJ 07076

**9:00 AM — 3:30 PM**

**\$25.00**

*continental breakfast & lunch provided*

*The purpose of this conference is to assist you in starting a home, school, or community garden. These gardens can be used as outdoor classrooms to teach math, science, and nutrition.*

This conference is taught by Rutgers Cooperative Extension faculty with support of the Union County Board of Chosen Freeholders.

**Registration deadline:**

**Feb 17, 2016**



New Jersey Agricultural  
Experiment Station

In cooperation with the

### *Union County Board of Chosen Freeholders*

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**UNION COUNTY**  
*We're Connected to You!*

*Karen M. Ensle*

KAREN M. ENSLE, EdD, RD, FADA, CFCS  
Department Head and  
Family and Consumer Sciences Educator

*Madeline Flahive DiNardo*

MADELINE FLAHIWE DiNARDO, MBA  
Agriculture & Resource Management  
County Agricultural Agent

*James Nichadowicz*  
JAMES NICHADOWICZ  
Associate Department Head and  
County 4-H Agent

*Michele Bakacs*  
MICHELE BAKACS

Agriculture & Resource Management

For directions to Rutgers SHRP go to—  
[https://www.google.com/maps/  
dir/40.6176285,-74.3559981/  
@40.617629,-74.355998,18z?hl=en-US](https://www.google.com/maps/dir/40.6176285,-74.3559981/@40.617629,-74.355998,18z?hl=en-US)

### **CEU CREDITS AVAILABLE**

For more information on many other community  
programs offered by Rutgers Cooperative Extension of  
Union County, visit our page at the Union County  
website: [www.ucnj.org/rce](http://www.ucnj.org/rce)

## **Get Your Vegetable Garden Growing: Home-School-Community Conference 2016**

Rutgers School of Health Related Professions  
(SHRP)

Scotch Plains Campus (UC Vo-Tech Campus)  
1776 Raritan Rd  
Scotch Plains NJ 07076

**Sat Feb 27<sup>th</sup> 9AM – 3:30PM**  
**Registration Deadline Feb 17, 2016**  
**\$25. Fee**

*continental breakfast & lunch provided*

9:00—9:30 AM	Registration	
9:30—9:45 AM	Welcome	
9:45—10:15 AM	Keynote Laura Lawson— <i>Rutgers University</i> <i>Dean of Agricultural &amp; Urban Programs</i>	
10:15—10:30 AM	BREAK	
10:30—Noon	Morning Session (see choices)	➡
Noon—12:45 PM	LUNCH (lunch is provided)	
12:45—1:45 PM	PANEL and Q & A <i>Hear from experienced community gardeners!</i>	
1:50—3:20 PM	Afternoon Session (see choices)	➡
3:20—3:30 PM	Wrap up and Evaluations	

### **Workshops:**

#### **Morning Session: choose 1**

- ⇒ Seed Starting/Container Gardening
- ⇒ Cooking With Kids for a Healthy Life
- ⇒ Starting a Community Garden
- ⇒ Improving Your Soil Through Composting

#### **Afternoon Session: choose 1**

- ⇒ Seed Starting/Container Gardening
- ⇒ Cooking With Kids for a Healthy Life
- ⇒ Starting a Community Garden
- ⇒ Improving Your Soil Through Composting

#### **2 ways to register!!!**

Register through Google online at

<http://tinyurl.com/2016-Gardening-Conference> **OR**

Fill out registration form at the back of this brochure and  
mail it **TODAY** along with your \$25. check to:

Judi Laganga  
c/o RCE of Union County  
2016 Gardening Conference  
300 North Ave E  
Westfield NJ 07090

Checks **MUST** be made out  
**Rutgers, The State University**  
No credit cards accepted  
**NO WALK INS**



## KEYNOTE SPEAKER:

**DR LAURA LAWSON**  
**DEAN OF AGRICULTURAL AND URBAN PROGRAMS AT THE RUTGERS**  
**SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES.**

*Dr. Lawson will talk about the many benefits of gardening for youth, adults and communities.*

**MORNING SESSION—10:30 AM — NOON**  
**AFTERNOON SESSION— 1:50 PM — 3:20 PM**

*No need to miss a favorite topic! Choose 1 session for your morning and 1 for your afternoon session.*

### Seed Starting/Container Gardening

*Jim Nichnadowicz, County 4-H Agent*

In this hands-on workshop, you will learn techniques for sharing the wonder and magic of seed starting with children. We will work with the easiest seeds for youngsters to grow and discuss the options for caring for the seeds once they sprout. We will also review how to use an indoor grow-frame. Copies of the seed starting/gardening curriculum, "Garden in the City", will be given out to all who attend. We will also learn how to use simple containers (buckets, tubs and crates) to build your container garden in minutes; and discuss how to best maintain them.

### Cooking with Kids for a Healthy Life

*Karen Ensle, EdD, RDN, FAND, CFCS*

*RCE Dept Head, Community & Health Sciences Educator*

Cooking garden produce brings the classroom from seed to plate. Teaching youth basic cooking techniques like chopping, mixing, and sautéing, equips them with skills they will use for their lifetime. Research shows the more kids are exposed to unfamiliar foods, the more likely they are to eat them. This workshop will include a food demo and familiarize participants with excellent curriculum that promotes garden-enhanced nutrition education.

### Starting a Community Garden

*Madeline Flahive DiNardo, County Agricultural Agent*

You have the enthusiasm to start a vegetable garden at your school or in your community—now its time to make your plans! This workshop will help you select a good location for the garden and a style that will work for you and your gardeners. We'll talk about budgeting for the garden and materials you will need to grow vegetables. Once these decisions have been made, its time for site preparation, planting and maintaining your vegetable crops!

### Improving Your Soil Through Composting

*Michele Bakacs, County Environmental Agent*

Whether you have a school garden or not, incorporating composting into a curriculum is a great way to teach kids about relationships in ecosystems, soil food webs, and recycling. We'll review a sample lesson plan, discuss techniques for getting youth excited to compost, common pitfalls, and the basic concepts and supplies needed to get started.



## 2 ways to register!!!

Register through Google online at <http://tinyurl.com/2016-Gardening-Conference>  
and mail your check separately

OR

Complete this registration form and remit with your check.

**NO EXCEPTIONS—NO WALK-INS PERMITTED**

**\*\*\*\*\*NO REGISTRATION IS COMPLETE UNTIL PAYMENT IS RECEIVED\*\*\*\*\***

Registration Deadline: February 17, 2016

Send \$ 25.00 check (*Sorry—credit cards not accepted*) made out to:

**Rutgers, The State University**

MAIL TO:

Judi Laganga

c/o RCE of Union County

2016 Gardening Conference

300 North Ave E

Westfield NJ 07090

***Please write legibly***

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NAME \_\_\_\_\_

SCHOOL OR ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_

E:MAIL (***Legibly PLEASE!!!!***) \_\_\_\_\_

WOULD YOU LIKE TO SUBMIT A QUESTION FOR THE PANEL? \_\_\_\_\_

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**Please indicate (✓) which form of communication is the best way to reach you in case of inclement weather.** \_\_\_\_\_ e-mail \_\_\_\_\_ phone

**Choose 1 topic for your Morning Session: (✓ selection)**

\_\_\_\_\_ Seed Starting/Container Gardening      *Jim Nichnadowicz*

\_\_\_\_\_ Cooking with Kids for a Healthy Life      *Dr. Karen Ensle*

\_\_\_\_\_ Starting a Community Garden      *Madeline DiNardo*

\_\_\_\_\_ Improving Your Soil Through Composting      *Michele Bakacs*

**Choose 1 topic for your Afternoon Session: (✓ selection)**

\_\_\_\_\_ Seed Starting/Container Gardening      *Jim Nichnadowicz*

\_\_\_\_\_ Cooking with Kids for a Healthy Life      *Dr. Karen Ensle*

\_\_\_\_\_ Starting a Community Garden      *Madeline DiNardo*

\_\_\_\_\_ Improving Your Soil Through Composting      *Michele Bakacs*