

RUTGERS

New Jersey Agricultural
Experiment Station



Saturday
Feb 28, 2015
9AM—3:30 PM

Get Your Youth and Community Garden Growing 2015

Saturday Feb 28, 2015

Trailside Nature and Science Center
452 New Providence Rd
Mountainside NJ 07092

9:00 AM — 3:30 PM

\$25.00 (lunch provided)

*The purpose of this conference is to assist you in starting a 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 20, 2015



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, CFCF
Department Head and
Family and Consumer Sciences Educator

Madeline Flahive DiNardo

MADLINE FLAHIVE DINARDO, MBA
Agriculture & Resource Management
County Agricultural Agent

James Nichnadowicz
JAMES NICHNADOWICZ
Associate Department Head and
County 4-H Agent

Michele Bakacs
MICHELE BAKACS

Agriculture & Resource Management

For directions to Trailside Nature and
Science Center go to—

[http://ucnj.org/community/parks-
community-renewal/parks-facilities/
trailside-beta/directions/](http://ucnj.org/community/parks-community-renewal/parks-facilities/trailside-beta/directions/)

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

Get Your Youth and Community Garden Growing Conference 2015

Trailside Nature & Science Center
452 New Providence Rd
Mountainside NJ 07092

Sat Feb 28th 9AM – 3:30PM
Registration Deadline Feb 20, 2015
\$25. Fee (Lunch is provided)

9:00—9:30 AM	Registration & Coffee
9:30—10:30 AM	Session A (see choices below)
10:30—10:45 AM	BREAK
10:45—11:45 AM	Session B (see choices below)
11:45—12:30 PM	LUNCH
12:30—1:15 PM	Staying Safe in the Garden: Testing and Food Safety Recommendations <i>Michele Bakacs, Environmental Agent, will review new school and community garden legislation including suggestions for soil and water testing and food safety.</i>
1:15—1:30 PM	BREAK
1:30—3:00 PM	Panel discussion about experiences from the field
3:00—3:30 PM	Wrap-up and Evaluations

CEU CREDITS AVAILABLE

Workshops to choose from include:

Session A:

- ⇒ Growing Strawberries
- ⇒ Healthy Habits with Garden/Nutrition Education
for Pre-K – 4th Grades
- ⇒ Where Should Your Garden Grow

Session B:

- ⇒ Gardens in a Hurry-Container Gardening
- ⇒ Explore Several Curriculum for Garden/Nutrition
Education for 5th – 6th Grades and Beyond
- ⇒ Keeping Pests out of the Garden

2 ways to register!!!

Register through Google online at

<http://tinyurl.com/schoolgardenconference>

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

Judi Laganga
c/o RCE of UC
300 North Ave E
Westfield NJ 07090

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

9:30—10:30 AM

SESSION A

Growing Strawberries

Jim Nichnadowicz

Strawberries are loved by students and teachers alike. Not only do kids enjoy eating the juicy berries, but the majority of strawberry care and harvest all happen during the school year (mid-May to mid-June). Join 4-H Agent Jim Nichnadowicz as he demonstrates how to plant strawberries in a children's garden; discusses the easiest ways to control weeds and where to buy the best varieties of strawberries for the sweetest harvest. He will also share references and lesson plans.

Healthy Habits with Garden/Nutrition Education Curriculum: Pre-K—Grade 4

Dr Karen Ensle

Grow It, Try It, Like It! Is one example of a garden-themed nutrition education kit featuring MyPlate for child care center staff (Pre-K) that introduces children to fruit and vegetables using hands-on, planting, and nutrition education activities. Join Dr Karen Ensle, FCHS Educator in reviewing the lessons and MyPlate, along with cooking tips, parent/child activities, and food tasting activity.

Where Should Your Garden Grow?

Madeline Flahive DiNardo

Where is the best place on the school or community property to grow vegetables? Thinking about using a mini greenhouse? There are probably some things you have not considered! This lecture will cover important site considerations such as sun, soils, water and other things that may not currently be on your radar.

10:45—11:45 AM

SESSION B

Gardens in a Hurry—Container Gardening

Jim Nichnadowicz

Don't have the time, money, or space to build a full scale raised-bed garden? Then try a container garden. Using simple containers such as buckets, tubs and crates you can build a container garden in minutes. Join 4-H Agent Jim Nichnadowicz as he discusses choosing containers, preparing them, soil and fertilizer, plants that grow best, and how to maintain them. Copies of the curriculum, "Garden in the City" will be given to all participants.

Explore Several Curriculum for Garden/Nutrition Education for 5th—6th Grades and Beyond

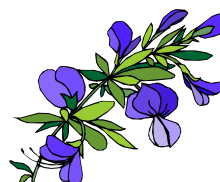
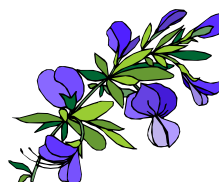
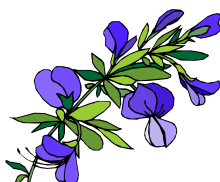
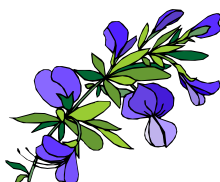
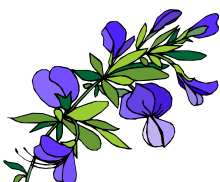
Dr Karen Ensle

Learn about lessons on growing, harvesting, and the importance of tasting fruits and veggies for older youth. Information for parents/caregivers to encourage eating healthier for obesity prevention; all supporting NJ Core Curriculum Standards. Dr Karen Ensle, FCHS educator, will provide USDA curriculum resource lists and sample parent materials.

Keeping Pests Out of The Garden

Madeline Flahive DiNardo

No one likes to have insect or disease problems in their vegetable garden. Learn integrated pest management techniques for preventing and managing insects and diseases in a vegetable garden. Even if you do have an insect or disease problem—turn it into a learning experience for your students,



2 ways to register!!!

Register through Google online at <http://tinyurl.com/schoolgardenconference>
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 20, 2015

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

Rutgers, The State University

Judi Laganga

c/o RCE of Union County

300 North Ave East

Westfield, NJ 07090

Please write legibly

NAME _____

SCHOOL OR ORGANIZATION _____

ADDRESS _____

CITY/STATE/ZIP _____

E:MAIL (required) _____

HOW DID YOU HEAR ABOUT THIS CONFERENCE _____

PHONE # _____

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

Choose your box lunch: (Circle Selection) **Turkey** **Roast Beef** **Grilled Vegetables**

Choose 1 topic for Session A: (✓ selection)

_____ Growing Strawberries *Jim Nichnadowicz*

_____ Healthy Habits with Garden/Nutrition Education:
Pre-K through 4th Grade *Dr Karen Ensle*

_____ Where Should Your Garden Grow *Madeline DiNardo*

Choose 1 topic for Session B: (✓ selection)

_____ Gardens in a Hurry – Container Gardening *Jim Nichnadowicz*

_____ Explore Several Curriculum for Garden/Nutrition Education:
5th—6th Grade and Beyond *Dr Karen Ensle*

_____ Keeping Pests Out of the Garden *Madeline DiNardo*