

Garden 2 Go Taste It!

SUMMARY OF PROJECT

Taste It! received 5 Earthboxes to utilize at the Senior Congregate dining facilities. These Earthboxes were used to demonstrate small scale urban container gardening to a large group of seniors. In addition, a nutrition lesson was delivered regarding the importance of hydration for older adults. Because seniors are more at risk for dehydration, they were informed on healthy beverage options and why water is so important. A correlation was made to the Earthbox and why watering the Earthbox was so important. The seniors were given a taste of water infused with lemon and home grown mint. Materials that were made available for all the seniors to take were: Keeping Hydrated flyer; IFAS Vegetable Gardening Guide; Basil Seeds.

The Garden Taste It! was conducted at the following 5 Senior Congregate dining facilities:

- Crystal Lakes Manor – Pinellas Park
- North Greenwood Recreation Center - Clearwater
- Neighborly Senior Café at Palm Harbor – Palm Harbor
- Enoch Davis Center– St. Petersburg
- Sunshine Center – St. Petersburg

MODEL UTILIZED

The Earthboxes remained on site at the Neighborhood Family/Senior Center. A volunteer (or multiple volunteers) managed the care/watering of the boxes. The staff and volunteers were able to utilize the herbs/vegetables grown in the Earthbox.

WHAT WORKED WELL

The seniors were all very interested and engaged in the gardening and nutrition lesson. Many questions were asked regarding the Earthbox as well as alternative ways to infuse water, or use herbs for beverages. Providing a gardening and nutrition lesson to the congregated dining sites increased the reach for the G2G project. 150 people received the lessons (see table Below). When asked if the participants learned something new from the lesson, 90% of participants said Yes. In addition, 60% took home Basil Seeds, and 57% took home Vegetable Gardening Guides.

Attendance for G2G Taste It!

Senior Center	Male	Female	Hispanic	African American	White	Other
Crystal Lakes Manor	4	10	1	1	11	1
North Greenwood Rec Center	2	15		6	11	
Palm Harbor Senior Café	8	18	4	21	5	
Enoch Davis Center	11	27		2	29	2
Sunshine Center	32	23		10	46	
TOTALS:	57	93	5	40	102	3

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Interest was high in gardening and nutrition topics (see table below for details).

- When participants were asked if they were interested in growing some herbs and vegetables 38% - 60% responded with a yes; From this data we can conclude that additional gardening lessons, a developed garden project, or garden boxes for homes would be appreciated and beneficial by the senior population.
- When participants were asked if they would be interested in a Garden2Grow box at home 29% - 40% responded with yes. It must be noted that those that were not interested provided a comment as to why, stating that they already had a garden at their home, or had no outdoor space.
- When participants were asked if they were interested in gardening at this site 29% - 60% responded with yes. In addition, when participants were asked if they were interested in additional gardening lessons 25% - 60% responded with yes. From this data we can conclude that Taste-It! could be used to incorporate other programs that have a focus in gardening.
- When participants were asked if they would be interested in healthy eating or cooking lessons 52% - 75% responded with yes. From this data we can conclude that additional Taste-It! presentations would be beneficial for the senior population.

Senior Center	Interested in Gardening	Interested in G2G Box	Interested in Gardening at this Site	More Gardening Lesson	More Nutrition Lesson
Crystal Lakes Manor	60%	40%	60%	60%	60%
North Greenwood Rec Center	43%	29%	36%	50%	64%
Palm Harbor Senior Café	40%	45%	30%	40%	75%
Enoch Davis Center	46%	29%	42%	25%	54%
Sunshine Center	38%	29%	29%	33%	52%

CHALLENGES/OPPORTUNITIES (FOR IMPROVEMENT)

The following are areas where G2G could be improved when delivering the program utilizing Taste It! to the senior congregate dining sites (or other senior programming):

- Many seniors were interested in Earthboxes, especially if a smaller version were available. Many were interested in growing herbs, which do not require a large box. It might be a good opportunity to utilize Neighborly Care Network to deliver the box to the participants home after the garden Taste It!

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- There seems to be a high interest in gardening on site at some of the centers. Many of the seniors did not have a space outdoors where to put an Earthbox. This creates an opportunity to utilize the Earthboxes to create a senior community garden.
- More than one class would be beneficial to establish a relationship with the gardeners and to transfer more information related to gardening & nutrition.

SURVEY RESULTS

Data was obtained at each site through an attendance sheet and a Taste-It program evaluation completed by each attending member. The number of surveys and number in attendance do not match because not all attendees completed a survey. Below is a copy of the survey the participants were asked to complete. An example of one of the reports from this survey is also attached.

Program Interests/Evaluation

Please X the appropriate response	Yes	No	Maybe	Comment or Reason
I learned something new today.				
I am interested in growing some herbs or vegetables.				
I am interested in having a Garden 2 Go Box at home.				
I am interested in gardening here at this site.				
I am interested in additional gardening lessons.				
I am interested in additional healthy eating or cooking lessons.				

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Taste-It! Location: Palm Harbor Senior Congregate Dining

Date: December 7th, 2015

The below data was obtained through an attendance sheet and a Taste-It program evaluation completed by each attending member. This session consisted of thirty-eight total participants. Attendees were presented with a prepared lemon and mint infused water to go along with a hydration lesson. The session also had a primary focus on garden grow boxes.

	Men	Women
Number of people	11 (29%)	27 (71%)

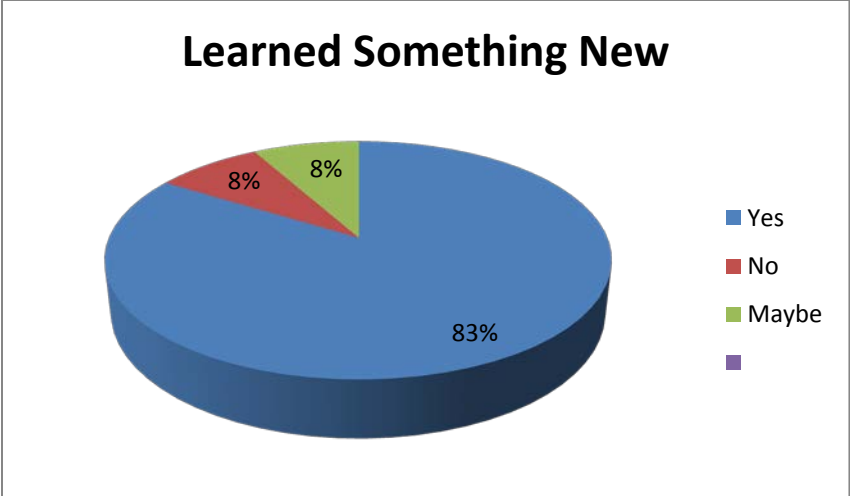
	Hispanic	African American	White/Caucasian	Other
Number of people	4 (11%)	2 (6%)	29 (76%)	2 (6%)

To accompany the hydration lesson a guide was put out for attendees to take with them. After analyzing the data it was concluded that 39% of attendees took a hydration guide with them. A vegetable guide was also provided highlighting the benefits of certain vegetables. It was determined that 21% of attendees took a vegetable/ garden guide with them. However, it must be noted that there were only eight garden guides available at the time of the Taste-It! location. Fifteen more vegetable/garden guides were sent at participants' request. Seed packets were put out for attendees to take with them. The data shows that 100% of the seed packets were taken after the Taste-It!

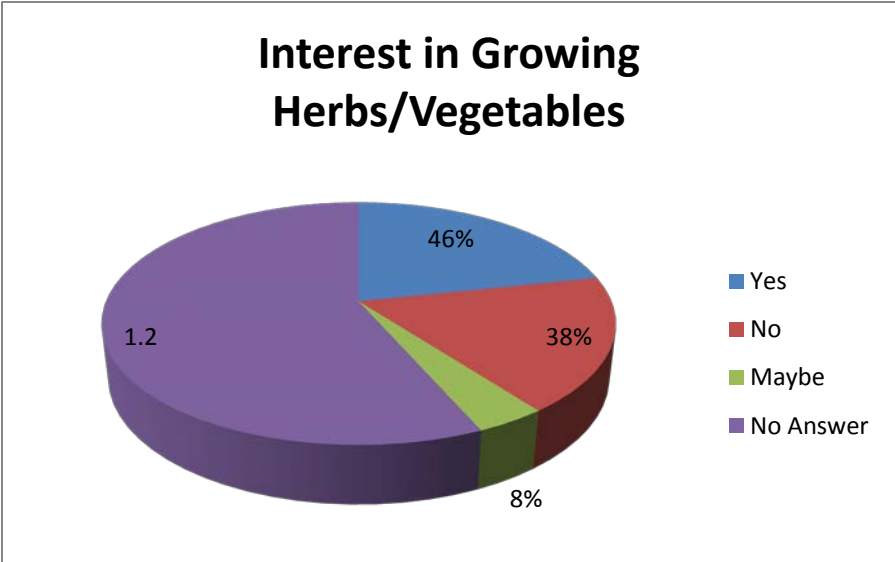
The program evaluation focused on garden interest from attendees. It must be noted that 63% of program evaluations were completed. All evaluated data was based on the number of program evaluations that were completed.

When participants were asked if they learned something new from the Taste-It! presentation 83% responded with yes. From this data we can conclude that another Taste-it! event at this location would be beneficial.

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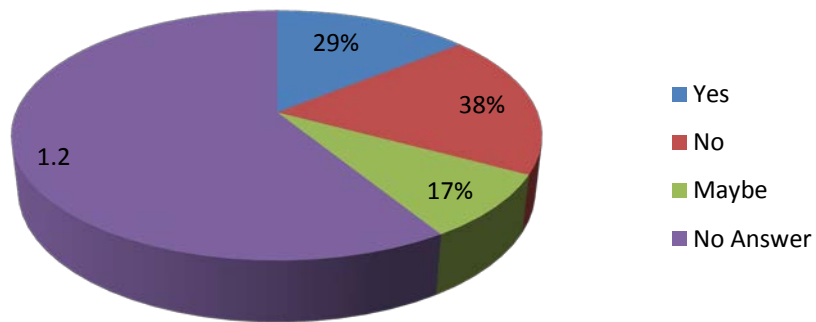
When participants were asked if they would be interested in growing herbs and/or vegetables at this site 46% responded with yes, and 8% responded with maybe. There was 38% of those who completed an evaluation that said no; of that percentage one person left a comment stating they lived on the second floor. We can conclude from this data that more than half the participants who completed an evaluation showed an interest in growing their own herbs and/or vegetables. From this conclusion we can educationally guess that additional gardening lessons, a developed garden project, or garden boxes for homes would be appreciated and beneficial at this location.



When participants were asked if they would be interested in having a Garden2Grow box at home 29% responded with yes and 17% responded with maybe. With less than half of those who completed an evaluation showing interest in having a G2G box at home we should direct our Taste-It! presentation to lead into a different type of program.

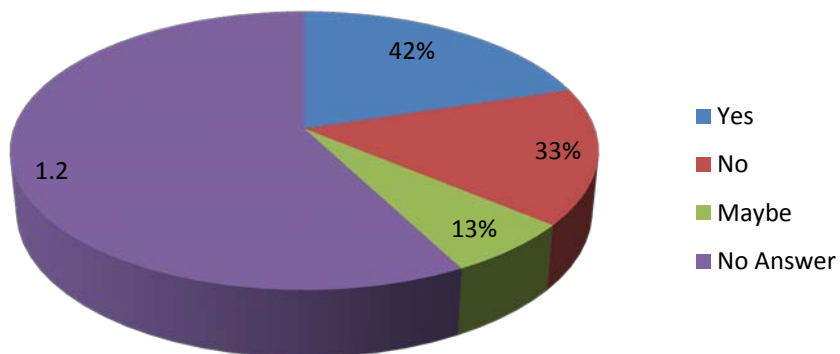
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Interest in at Home G2G Box

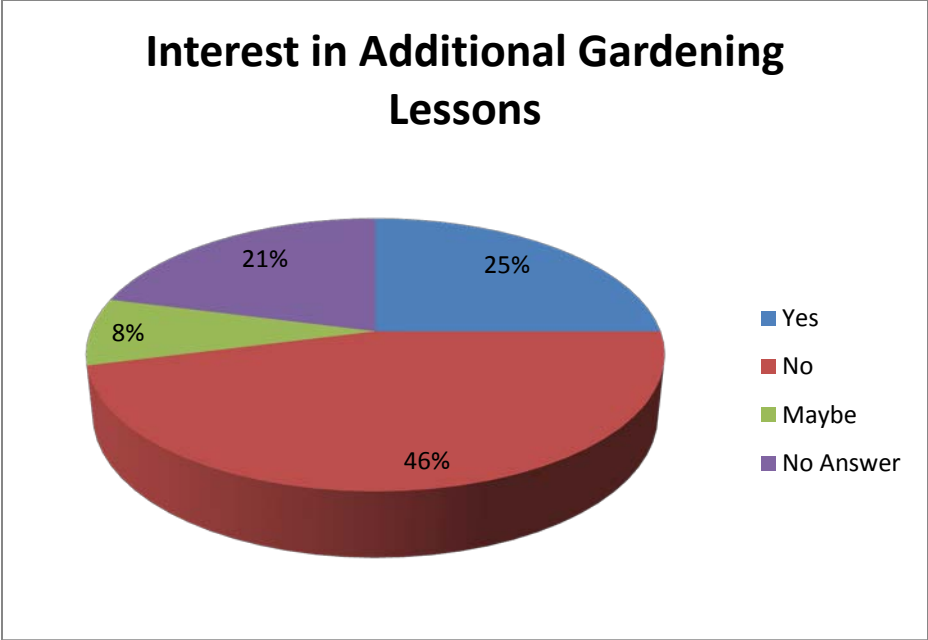


When participants were asked if they would be interested in gardening at this site 42% responded with yes and 13% responded with maybe. However, when participants were asked if they would be interested in additional gardening lessons 46% responded with no. These results contradict each other and provide us with some inconsistent data.

Interest in Gardening at this Site



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When participants were asked if they would be interested in additional healthy eating and cooking lessons 54% responded with yes and 8% responded with maybe. From this data we can conclude that additional Taste-It! presentations would be beneficial at this specific location.

