

Week 3, 1/23/2025 Module 2: Food Gardening

Facilitator: Ashley Helmholdt

Recording:

https://vod.video.cornell.edu/media/Cornell+Garden-Based+Learning+Library+Short-Course/1_m87vgndd

Hands-on Activities for Vegetable Gardening:

<https://dlc.cce.cornell.edu/mod/page/view.php?id=15178>

Hands-on Activities for Fruit Gardening

<https://dlc.cce.cornell.edu/mod/page/view.php?id=15179>

Participants:

Linden Pearson, Patricia Carvalho, Maria Pitaro, Jean Koshi, Marcie Foster, Fred Miller, Shawn Tubridy, Janet Reitz, Celia Oxley, Emere Nieves, Donna Alese Cooke, Ashley Helmholdt

General context for module, overview of topics – 10 min

- Reminders: review location of facilitator guides and handouts in main learning library
 - “Educator Hands-On Activities and In-Person MGVS Training Resources – Cornell Garden-Based Learning Library” - <https://dlc.cce.cornell.edu/course/view.php?id=1165> (on new Moodle platform)
- We’re here as connectors, not knowledge holders!

Thought question: popcorn brainstorm/discussion for one example – 10 min

- From Food Safety & Security THINK:
 - Do you know if community and home gardening are enhancing food security status of individuals and families in your community or county? If yes, how?
 - Notes and Reflections:
- *What do you already know about organizations in your community and county? Who are involved in food resources and nutrition education?*
- *Do you think there is an organization that would be particularly interested in partnering with Master Gardener Volunteers to promote knowledge and skills gains related to growing food to improve food security status? Why might they be interested?*
- Seed to Supper programs in Nassau County, Warren County. Community Gardens in Onondaga, need more awareness, lots of interest. Sustaining the energy year after year is the challenge. Donna shared her course and open resources on gardening.cornell.edu <https://cals.cornell.edu/education/degrees-programs/planning-successful-school-community-garden-program>
Ashley shared the next Garden Educator trainings for Seed to Supper: https://cornell.ca1.qualtrics.com/jfe/form/SV_bCnbLLwbrHEw538
- Ashley mentioned the Garden Liaison model <https://ccetompkins.org/gardening/community-gardening/solidarity-gardens>
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Hands-on activities – 20 min in break-out rooms, then share-out (30 min total)

Break-out Room 1: Vegetable Gardening subsection - Garden Planning Activity

- S2S Video Link: <https://cornell.box.com/s/ar5ug2oz9t2jl9zvzo8p9hz1i96puau>
- Have the cut outs from Seed to Supper
- Orientation - sun and size of plant
- Trellis – to show shading
- Square Foot gardening

Break-out Room 2: Fruit Gardening subsection – Calendar for Fruit Crops

- Fruit Training and Pruning:
 - Michael Basedow, Eastern NY Commercial Horticulture Team
 - Anya Osatuke, Fruit Specialist
 - Tioga: Well known commercial growers
- Unusual Fruits & Nuts- an Advanced MGV Training in the Advanced Moodle and at <https://gardening.cals.cornell.edu/adult-programs/sustainable-landscape-horticulture-program-work-team/>
- Check the NYS IPM site for pest mgmt resources <https://cals.cornell.edu/new-york-state-integrated-pest-management/outreach-education/fact-sheets>
- Need for more information on figs!
 - “Double A” – Winter Hardy Figs