



Eastern District Innovative Grant Program

Fiscal Year 2005/2006 Application Form

Completed application form should not exceed (3) pages, using a minimum font size of 11 point, and no less than 1-inch margins. Submit completed application electronically to karen.smiley@ces.uwex.edu, and fax signature page (if electronic signature not available), by **Friday, March 31, 2006**.

Project must be completed by December 31, 2006, unless prior approval received for extended timeline.

Project Title: Fond du Lac County Rainbow Kids Gardening Program

Project Timeline: March 2006 to November 2006

Funding Requested: \$ 2476.35

Project Lead/Grant Applicant:

Gail Roberts, Fond du Lac County UW-Extension Interim 4-H Advisor

Project Collaborator(s) (if applicable):

Fond du Lac County Salvation Army

Fond du Lac County Boys and Girls Club

Fond du Lac County 4-H program

Fond du Lac County Master Gardeners

Fond du Lac County Wisconsin Nutrition Education Program

Michelle Batterman, Fond du Lac County 4-H Program Assistant

Patty Percy, Fond du Lac County Urban Garden Coordinator

Signature:

Grant Applicant/Lead

Situation Statement:

We are entering a new phase with the Junior Master Gardener Program. Low income youth will be introduced to a variety of brightly colored vegetables developed through the phytochemical process. The new vegetable varieties will allow youth who normally do not choose vegetables due to their appearance, to select vegetables based on colors which will help them to increase their vegetable consumption. The goal is to educate youth on the importance of vegetable consumption and to teach them that color can make a difference in ones daily diet. Additional educational outreach will be extended to youth not directly involved with the Junior Master Gardner Program. Youth involved in the Salvation Army summer lunch program will receive rainbow vegetable education via lunch bag inserts. In 2005, 1000 bag lunches were distributed each week by the Salvation Army.

Project Goals and Expected Outcomes:

Goals

1. Provide educational lessons that will encourage youth to plant some of the same vegetables but have been developed into different colors, which will increase their interests in taste testing vegetables of different colors.
2. Provide information on the color wheel of vegetables and increase their knowledge on what the colors mean, for instance; yellow/orange provides antioxidants and blue provides healthy aging.
3. Educate participants on use of the new food guide pyramid, plus food safety skills through classes and lunch bag inserts.
4. Provide gardening experiences through three garden plots and educate the youth about proper care of a garden.
5. Provide educational lessons on garden maintenance, while experiencing the life cycle of plant growth.

Outcomes

1. Youth will learn that color will make a difference in their vegetable selection.
2. Youth will learn about planting, care, and harvesting of crops.
3. Youth will learn about community service and how to help others.
4. Youth will learn the importance of the Vegetable Color Wheel and how nutrition education on the different food groups, including vegetables, helps maintain a healthy, energetic life style.

Project Timeline:

February	Develop the theme for the 2006 Junior Master Gardener Program and begin programming at the two sites; UW Fond du Lac and the Boys and Girls club. Send out letters recruiting youth for the program.
March	Start to focus on the vegetable color wheel and discuss the herbs that will be planted in the garden plots.
April	Educational programming on a vegetable color of the month that will be planted in the gardens. Present an Educational program at a PAT (Parents as Teachers) event on Handwashing Safety and the Junior Master Gardener Program.
May	Prepare soil and assign the plants that will be planted in each garden plot. Educational programming on the color wheel and what the colors mean for the vegetables we will be planting in the garden. Educational program on vegetable growing – planting
June	Educational programming on vegetable Health-promoting benefits – weeding, watering Educational programming on new vegetable colors that have not been previously grown in our plots. Development of lunch bag inserts on nutrition/vegetable consumption and insertion.
July - Aug.	Educational programming on vegetable cultural practices – weeding, watering and harvesting. Programs on how to prepare and utilize the vegetables grown.

Gardeners will be able to view and sample the different vegetables grown in the demonstration gardens.

Gardeners, as well as the public, will be invited to a Garden Café to participate in educational programs and activities.

Continue lunch bag inserts on nutrition/vegetable consumption and insertion.

Sept. – Nov. Continue to harvest vegetables and then prepare the gardens for winter Programs on how to prepare and utilize the vegetables grown.
Learn how to make Holiday swags and donate them to local charities or families.

Evaluation Plan:

1. Youth will participate in a pre and post evaluation questionnaire.
2. Survey gardeners to determine how many varieties of vegetables they have tried or are eating.
3. Follow-up meetings for the instructors and representatives from participating agencies to discuss the program and how it meets the needs of the youth.

Detailed Budget:

Salaries

<i>Patty Percy, Community Garden Coordinator</i> (60 hours x \$10.50 per hour)	\$ 630.00
Fringe 19%	\$ 119.70
<i>Michelle Batterman, 4-H Youth Assistant</i> (60 hours x \$17.18 per hour)	\$1030.80
Fringe 19%	\$ 195.85

(Urban Initiative Dollars are no longer available for this position)

Supplies

Garden equipment	\$ 500 .00
Potting soil	
Containers	
Plants	
Educational handouts	
Food and plant demonstration materials	

Total requested \$2476.35

Applied and Received Resource Funds Before?

Yes, project collaborators, Michelle Batterman, Patty Percy, and Michelle Tidemann requested \$2647.10 in 2005 for project funding for the Fond du Lac County Junior Master Gardener Program. Target audience was low income families in Fond du Lac and Green Lake Counties who were in need of educational programs and opportunities to assist them in gardening for additional food resources for their families. There were 12 gardens at 5 sites in 2005. The families learned about harvesting the bounties from their gardens to improve the quality of their diets in the area of vegetable consumption. The program focused on raising and proper preparation of garden produce, plus safe food storage practices were taught to the families, which increased the variety of vegetables available in their daily diets. For 2006, the concept of colors of vegetables, supported by the new MyPyramid recommendation of eating more vegetables of color will be expanded upon as well as the outreach to be done with youth in the summer lunch program who don't know about JMG or have the ability to be a part of JMG will increase the awareness of the JMG program. Both of these are new project directions and will take place in Fond du Lac County.