

**Junior Master Gardener Program for 2006
District Resource Management Grant Narrative**

70 youth (ages 9 to 14) participated in a series of 18 nutrition education lessons as part of the Junior Master Gardener Program in the summer of 2006. Youth were from the Boys and Girls Club, Salvation Army Child Care, WNEP Food Group and 4-H. Focus for 2006 growing season was growing a rainbow of vegetables in your garden. There are two sites for JMG: Base Group and Boys and Girls Club. Youth were exposed to 8 different vegetables grown in the garden. Youth were surveyed before and after the lessons about their willingness to eat these vegetables. Overall, youth reported an increase in their willingness to eat 6 out of 8 vegetables they were exposed to. The chart below shows the results from the Boys and Girls Club site. Corn in particular gained quite a bit of acceptance. Before the lessons, 71% of youth said they would be willing to eat corn. After the lessons, 94% said they would be willing to eat it.

Vegetables used in elections	Votes received at beginning of season	% of youth voting for vegetable	Votes received at end of season	% of youth voting for vegetable	increase in % of youth voting for this vegetable
Corn	12	71%	16	94%	24%
Cucumber	9	53%	12	71%	18%
Tomato	12	71%	12	71%	0%
Peas	12	71%	11	65%	-6%
Green Beans	12	71%	15	88%	18%
Peppers	9	53%	6	35%	-18%
Radish	2	12%	5	29%	18%
Cauliflower	6	35%	5	29%	-6%
AVERAGE	9	54%	10	60%	

In addition to the Vegetable Election results, the youth planted, harvested and prepared Rainbow Carrots from Sherry Tanumihardjo. The Rainbow of vegetables was carried out in that they planted varieties of vegetables that were colored differently than what they are typically colored (blue cauliflower). The youth used "5 a day" materials that highlighted eating vegetables that come from the colors associated with the rainbow, in addition WNEP lesson plans used the new MyPyramid food guidance system which emphasizes the importance of eating vegetables from the assigned color families. A year end celebration was planned by the youth, which included evaluation of the JMG year and then preparing a taco bar using vegetables from the garden. Master Gardener volunteers who helped throughout the JMG year were invited as well as the student's caregivers to be recognized and to help celebrate the accomplishments the students had done.

Produce that was not used for food preparation sessions was donated to the local food pantry. An additional service project was completed under the guidance of the Master Gardeners volunteers, youth created holiday centerpieces using plant craft materials for a local nursing home.