



North Dakota Junior Master Gardener Program Grants

2019 Grant Application

Project name: Give and Gain Healing Garden at Tufte Manor

County: Grand Forks

Project Coordinator: Monte Gaukler

Lead Organization: Grand Forks Public Schools

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Location of Garden: Tufte Manor in Grand Forks

1. Briefly describe your garden project including its major goals. Please include a description of activities. (150 words or less)

The goal is to create a Healing Garden for residents of Tufte Manor. To achieve this goal, we will work collaboratively with students from Schroeder Middle School, Red River High School, staff from Grand Forks Public Schools and Tufte Manor. We will receive direct guidance from Carrie Knutson, Extension Agent.

On April 2, students will gather at Tufte Manor and begin education about seeding basics with Tufte Manor residents. They will seed tomatoes, peppers, broccoli, and cabbage. They will utilize five flats of plants. Classes will continue weekly through the end of May and Carrie will continue instructions on soil, germination, plant issues, food safety and label reading, cooking a recipe, and finally garden planting.

The last week of May, plants will be placed into three raised accessible planters that are 36" high and 4 x 2. Outside planters at Tufte to plant peas, beans, onions, and lettuce will also be utilized.

2. How will your project make a difference to its *children*? (150 words or less)

The children involved, will benefit by learning how to plant, sustain and grow a garden. They will learn about eating healthy, develop confidence, cultivate creativity, problem solve, and discover a new field to learn about. However, the biggest impact and difference that this project will have for the children, is working alongside residents from Tufte Manor in an inter-generational capacity. Because of changes in traditional family structures, there are reduced opportunities for children today to interact with older people. This lack of exposure to a variety of age groups increases stereotypes and decreases an opportunity for understanding. Creating a Healing Garden at Tufte will foster interaction between different ages and help overcome stereotypes for young and old. There are many studies that indicate that inter-generational experiences improve older people's mental well-being. Last; but not least, Tufte Manor residents will be mentors for children involved in planting the Healing Garden.

3. How will your project make a difference in your *community*? (150 words or less)

To foster positive change and make a difference in our community, we need to create opportunities for communication and collaboration among groups of people that may not gather together naturally. It is our goal to get residents and students to be engaged and physically active with a common purpose. As this group grows a garden together, it is our hope that they will also grow in understanding, empathy, and compassion.

The Healing Garden will allow older adults to pass along plant information, gardening skills and cultural traditions to the students. The students will bring enthusiasm, energy, and ideas to the older adults. Gardening is a great way to boost self-esteem and increase engagement levels, no matter your age. Not to mention, creating, planting and maintaining a garden at Tufte Manor will take time; and the greatest benefit to our community, will be time spent together in an inter-generational manner.

4. Please estimate the number of participants directly involved in the project:

Young children (3–12 years old): 15

Teens (13–17 years old): 6

Adults: 60

5. **Briefly list any partners** (such as 4-H, FFA, school, church, garden center, parks department) that are involved. **Briefly describe their roles in the project.** Be very brief.

- Red River High School Tech Ed Class - build planter boxes
- Helping Hands Volunteer Program - help water plans, week and garden
- NDSU Extension - education of students/residents
- Grand Forks Public Schools - students and staff to manage program.

6. Budget

<u>Expenditures</u>	<u>Amount</u>
Garden tools for handicap gardening	\$400
Wood for planter boxes (3 @ \$100)	300
Potting soil (9 bags @ \$15)	135
Miracle Grow Garden Mix (6 bags @ \$8)	48
Tomato cages (12 @ \$3)	36
Osmocote (3 bottles @ \$12)	36
TOTAL	\$955

**For projects coordinated by organizations
outside of NDSU Extension**

(to be completed by local NDSU educator)

Please describe your Extension office's involvement in this garden program (recruiting youth, teaching, coordinating volunteers, providing meeting space). (150 words or less)

I have been working with Monte on getting this project started. I am excited to be working with the Grand Forks Schools and Tufte Manor. I have been developing in school lessons for the middle school students and figuring out plans for the raised beds. I will be teaching the youth and residents and developing summer program as well. We will use this program as pilot and then run the same type of program at the Northwood Deaconess Center and Northwood Public School.

I support this project and will work with the coordinator to ensure a positive educational experience for the youth.

Carrie Knutson, Grand Forks County

3-4-19

Name of NDSU Extension Service staff

Date