

January 12, 2018

Testimony @ the State Board of Agricultural Research and Education (SBARE)

My name is Pat Weinberg and I am here to support NDSU Extension Services-and more specifically the Horticulture, and Family and Community Wellness Programs of which I have personal experience.

Through the Extension Service I became a Master Gardener and was required to provide hours of service to the community. My son, Luke, has Down Syndrome, and his health and nutrition declined once he started living on his own. I knew that **gardening**, and concepts from **Horticulture therapy** programs would be great ways to improve his overall health and nutrition. Thus the creation of G.R.O.W., Gardening Recreational Opportunity With Friends, whose purpose is **“Creating connections through gardening as an inclusive, healthy, social, and recreational opportunity.”**

In four years our Program has grown from 5 to 24 gardeners with developmental disabilities, 4-16 volunteer mentors, 1 to 4 community garden plots and a FACS teacher who teaches a monthly cooking class.

GROW is a seed to table program with emphasis on growing healthy food, learning better nutrition, increasing daily servings of fruits and vegetables, learning new ways to prepare food, and using recipes with reduced fat, salt and sugar.

The Extension office has been a wonderful resource from providing food and plant publications, to identifying plants and pests in the garden, to lending educational materials, and offering ongoing training to me, as a Master Gardener and consumer that I can pass on to our GROW family.

The knowledge that I have from being a Master Gardener has gone beyond our GROW Program. I've taken the concepts I learned from the **Family Community Wellness** and **Horticulture** programs and shared them with **other gardeners**, set up **displays at a fitness center**, and the **Buddy Walk**, spoke at a recent **health conference**, and brought **hands-on educational opportunities** to 1st, 2nd and 3rd graders.

Nutrition education and horticulture subjects should continue to be a priority for the Extension. They connect the 'How to-s' in gardening to the healthy nutrition that one receives from their efforts.

This journey started with Extension Services and the Master Gardening Program, but the benefits continue to grow, multiply, and enhance people's lives.



Eating the harvest is a joy for gardeners

***Grow friendships and
so much more!***

*"I love meeting new people
and making new friends ..."*

**Gardeners Share the Best
Things about Grow....**

"Hanging out with everyone.."

"Cooking and eating!"

"Planting seeds in the garden..."

"I like to dig up the potatoes."

GROW Thanks our Sponsors

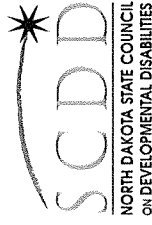
NDSU

EXTENSION SERVICE
SURLIEGH COUNTY

**DESIGNER
AGENES**
A GOOD WINDRUMS SUPPORT NETWORK



with funding support provided by



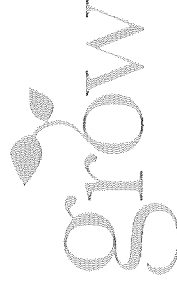
under the Developmental
Disabilities Assistance and
Bill of Rights Act

**Papa's
Pumpkin
Patch**

Come GROW With Us

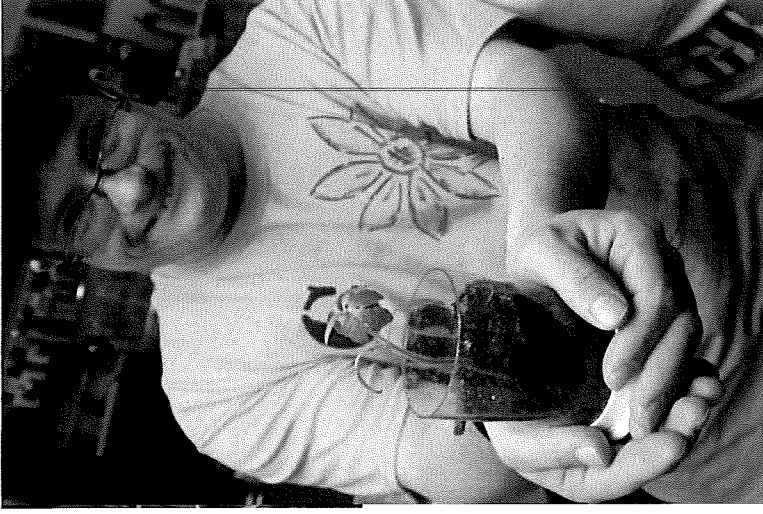
*"A garden is beautiful only when it is filled with
people; they determine its beauty."*

-Seth Adam Smith



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Master Gardner/Volunteer

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grow
**GARDENING
RECREATIONAL
OPPORTUNITY
WITH FRIENDS**

*Creating connections through
gardening as an inclusive, healthy,
social and recreational opportunity
for adults with disabilities.*

Who We Are

Gardening Recreational Opportunity with Friends or GROW brings together individuals with disabilities in a safe, inclusive environment and teaches the skills of gardening and cooking.

Be a Part of GROW

GROW offers its' Team members many opportunities.

- **Gardening** – grow your own fruits and vegetables and learn about the “Seed to Table” program.
- **Recreational** – Spend time outdoors, get active and enjoy gardening – one of the fastest growing hobbies.
- **Opportunity** – Improve health and nutrition, learn how to cook, save money by eating what you grow, and give back to the community.
- **Friendship** – Meet new people, develop friendships and be part of a team. Celebrate the harvest together.

ALL TOOLS AND MATERIALS ARE PROVIDED.



What can you expect if you are part of GROW?

GARDENERS

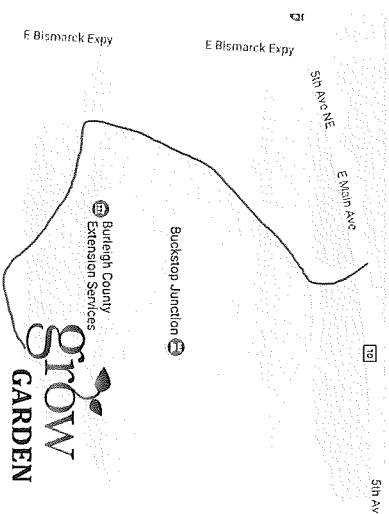
- Commit to being part of the Garden Team from May through September.
- \$10 contribution for gardening supplies and GROW t-shirt.
- Show up ready to work – wear closed shoes, jeans, hat and sunscreen.
- Bring water.
- Work in the garden at least 1 day each week for 1 to 1-1/2 hours.
- Attend 4 monthly cooking classes – about 2 hours each.
- Be responsible – be on time, come ready to work, ask questions, call if you can't make it.

MENTORS

A mentor is a volunteer (and gardener) who assists and is part of the Garden Team. Mentors agree to all the same tasks as gardeners.

Weekly Gardening

The Garden Team will work in the garden at least 1 day each week for 1 to 1-1/2 hours. The GROW Community Garden plot is located at the Missouri Valley Complex (near Buckstop Junction).



Monthly Cooking & Nutrition Class

- Everyone will participate in a cooking/nutrition class each month for about 2 hours. Classes will be held at one of the local high schools.
- Each cooking class incorporates a recipe from **Look, Cook & Eat** - a digital how to cooking magazine designed for people with intellectual disabilities to help promote an independent lifestyle
- Learn more at www.LookCookandEat.com