

MIAMI COUNTY

# GRO Bucks: Engaging Residents to Grow Food

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## NEED

More than 11.7% of individuals in the county are classified as food insecure and one in five children (21.2%) live in a household without consistent access to adequate food.



## PROJECT GOAL

The purpose of the project was to increase fresh food access, equip residents with gardening knowledge and empower them to grow their own food.

## PROJECT ACTIVITIES

The main activities of the project included gardening workshops and container gardening plant distribution. Through this programming and garden kits, the goal was to allow residents to try simple container gardening in their own space and to increase confidence in growing their own food.

The program included supplies, educational classes, and gardening incentives for participation. We specifically endeavored to reach lower income and first-time gardeners with this program.



## PARTICIPATION

### Garden Kit Distribution

For distribution, 250 kits were purchased. They were distributed at four local food pantries, a free health clinic, to an advocacy group who specializes in promoting independent skills for disabled adults, and the local Extension office.

### Workshops Classes



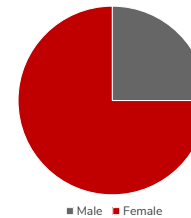
Two hands-on sessions were held in the summer of 2023. The first focused on growing greens in containers and then ways to store and utilize the produce was also shared. There were 17 participants over two sessions. As part of the workshop, each participant constructed their own container of lettuce, utilizing soil, seed and fertilizer. The second session focused on growing and utilizing herbs to reduce salt and additional fat in food. Offered twice to 29 participants, it was easily the most engaging topic.

## EVALUATION

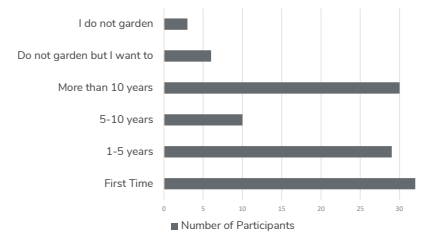
### Pre-Survey

Participants in the plant distribution and workshops received a pre-survey via Qualtrics. Questions on their gardening experience, desire to learn more about gardening, their reasoning for gardening, and their willingness to learn from experienced gardeners were asked.

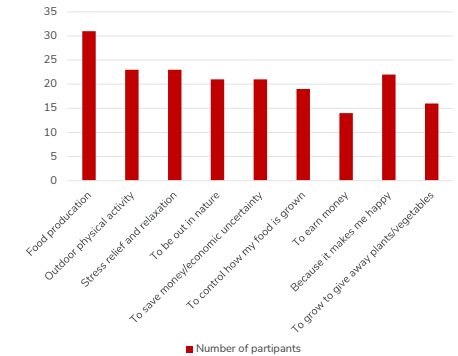
### Participants Breakdown (n=110)



### Participant's Experience with Gardening



### Why do Participants Garden?



### Gardening Location and Hours Spent Gardening

Nearly 91% of participants planned to garden at home, on a balcony, deck or patio. Just over 60% responded they spend less than two hours per week gardening and 28% spend 2-4 hours per week gardening.

### Garden Kit Distribution

- Gardeners grew not only vegetables but fruits, herbs and flowers.
- All respondents gardened at home versus a community garden or neighbor/family member's house.
- 100% replied they plan to garden again the future.

## ACKNOWLEDGEMENTS

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