



San Diego Master Gardener

Class of 2023



Session 11

Live Well in the Garden

04/11/2023

Objectives

1. After this lesson, the trainee will know:
 - 1.1 How to access science-based MG resources to share with the public
 - 1.2 Health benefits of gardening and growing food
 - 1.3 Considerations for accessible and inclusive gardening
2. After this lesson, the trainee will be able to: (from page 685)
 - 2.1. Work with clientele and help gardeners with plant problems
 - 2.2. Ask effective questions and gather information from clientele
 - 2.3. Promote the benefits of gardening to the public
3. How to access more information:
 - 3.1. California Master Gardener Handbook, Second Edition, 2015, pp. 691-694
 - 3.2. Supplementary Materials:
 - <https://ucanr.edu/sites/livewellinthegarden/>
 - [Let's Grow Together San Diego](#)
 - [Health Benefits of Gardening](#)
 - [Benefits of Gardening and Food Growing](#)



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Agenda Session 11 Live Well in the Garden 4/11/23

8:00	<ul style="list-style-type: none">• Room Setup• Exhibit Setup Team 4: Gardening in Small Spaces• Room available for refreshment team 7• Good, Bad, Bugly put on screens	
8:30 -9:00	<ul style="list-style-type: none">• Class starts• Announcements<ul style="list-style-type: none">o Lab Rats Group Groups reminder team 1o "The Good, Bad and the Bugly" identified• Authentication: Entomology observations	
9:00 - 10:00	<i>Friendly Inclusive Gardening</i>	Stephen Cantu
10:00 - 10:15	Break	
10:15 - 11:15	<i>Gardening for Health and Wellness</i>	Joni Gabriel and Leah Taylor
11:15 - 11:45	VIPR Presentations	Marilyn Cornell Teresa Russel Tara Armbruster Cindy Davis
11:45 - 12:00	Ask a MG	Devonna Hall
12:00 - 12:30	Lunch	
12:30 - 12:45	Committee Focus: Reminiscence Gardening	Donna McClay & Shelley Schwartz
12:45 - 2:10	<i>Lab - Horticultural Wellness In Action</i>	Leah Taylor & Joni Gabriel
2:10 - 2:30	Plus/Delta & Wrap-up	
2:30	Staff Debrief	

Classroom Operations Roles for this Session:

Class Ops Lead: Judy MacKenzie and Liz Woodward

Program Coordinator: Leah Taylor

Trainee Coordinator: Devonna Hall

Speaker Coordinator: Gleneva Belice

Classroom Organizer: Kim Kelso

A/V Zoom Support: Jeff Clingan

Newsletter Coordinator: Susan Starr



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