



# Junior Master Gardener Program<sup>®</sup>



**Cultivating Youth  
and Communities  
through Gardening!**

**TEXAS A&M  
AGRILIFE  
EXTENSION**

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# JMG<sup>®</sup> Curricula



The sound academic standards of the JMG program coupled with a creative hands-on teaching delivery, capitalizes on the strengths of all youth. The program cultivates **personal leadership, volunteerism and character education.**





# JMG<sup>®</sup> Curricula

The JMG Curricula focuses on horticultural and environmental education through hands-on contextual activities. More specifically:

Plant Growth and Development

Soil and Water

Ecology and Environmental Horticulture

Insects and Diseases

Landscape Horticulture

Fruits and Nuts

Vegetables and Herbs

Life Skills and Career Exploration



Level 1: Grades 3-5

Level 2: Grades 6-8





# JMG® Curricula and Design

The JMG curricula has a variety of **teaching concepts** in each chapter. For youth to receive certification they must complete activities from each learning concept.

The JMG curricula was designed with the assistance of tenured teachers and horticulturalists. Utilizing a large number of individuals allowed us to create a curriculum that meets state standards and is fun for youth to learn.

The design incorporates:

- Math, Science, Social Studies, Language Arts
- Flexibility of use
- Alignment with state teaching standard
- Group and individual activities
- Service learning and leadership incorporated in all chapters





# JMG<sup>®</sup> curricula - Utilization

The JMG curricula allows you the flexibility to choose how to incorporate the curriculum into current youth programming efforts.

The curriculum can simply be used as program enrichment material or youth can work through the curriculum to obtain certification.





# JMG® Curricula

## Sample JMG Activity: Grow Cards



Click on the Grow Card to learn how to make your own.

This JMG activity from Chapter 3- Ecology and Environmental Horticulture is a favorite for youth and leaders! Youth can create a card utilizing recyclable materials and seeds. Each card can be planted and will grow.





# For More Information

The Hidalgo County JMG program can be contacted at:    The Cameron County JMG program can be contacted at:

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Visit the Junior Master Gardener Website

<http://jmgkids.us/>



# Improving the availability of healthy foods to SNAP and SNAP-eligible audiences: *Growing and Nourishing Healthy Communities* project

Jennifer Herrera, CEA-Horticulture, Cameron County

Ashley Gregory, CEA- Horticulture, Hidalgo County

TEXAS A&M  
**AGRILIFE**  
**EXTENSION**



# The situation.....

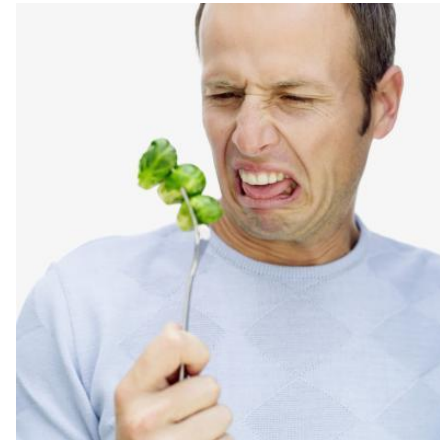
1 in 6 Texans live below poverty; 1 in 5 Texas households face food insecurity



66% of adults and 29% of children are overweight or obese;



>56% of adults and >70% of children don't meet physical activity recommendations.



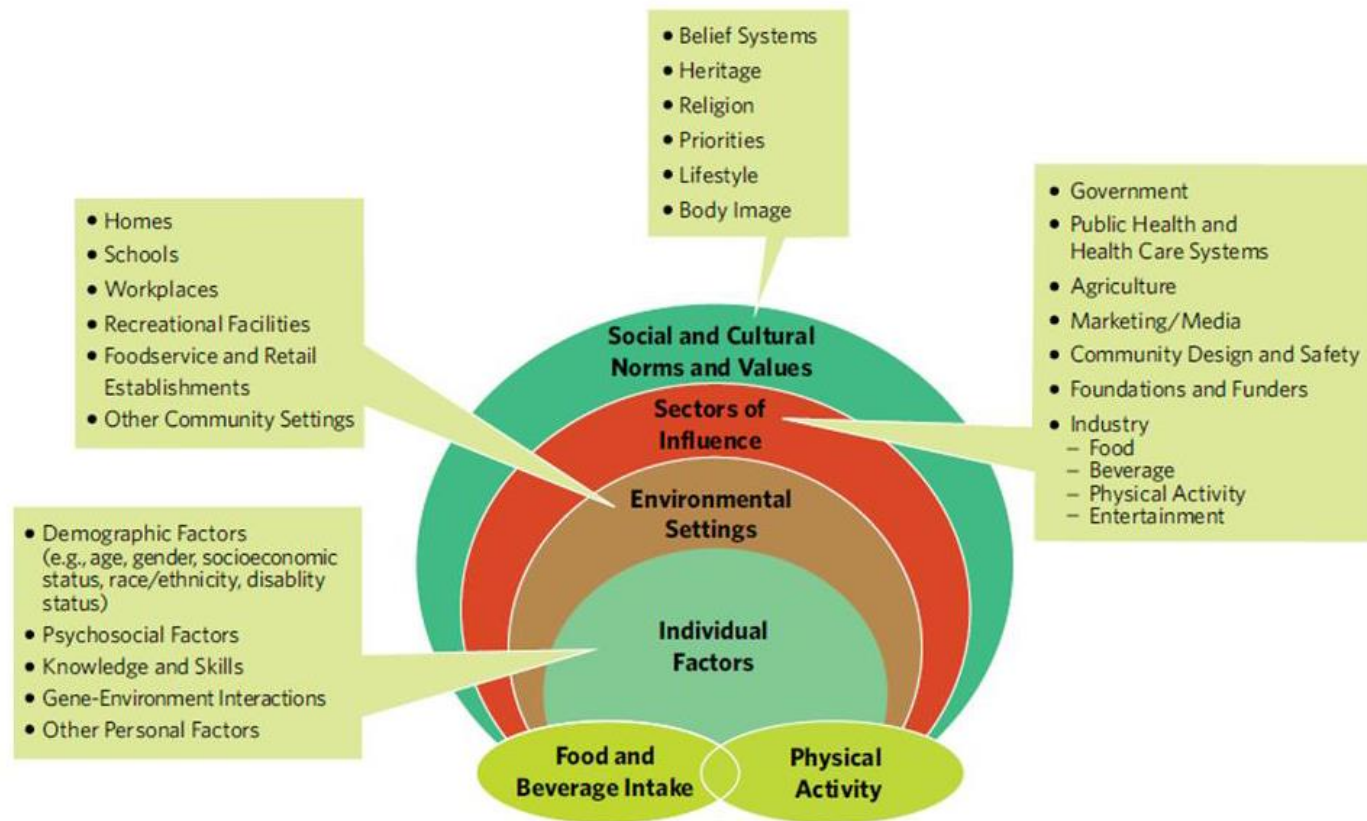
40% of Texans eat fruits & vegetables **less than once a day**

# Goals of SNAP-Ed

- ⦿ Promote healthy eating habits
- ⦿ Encourage a physically active lifestyle
- ⦿ Help clients adopt food and physical activity behaviors that help prevent chronic diseases



# Socioecological Framework for Nutrition and Physical Activity Decisions



Source: SNAP-Ed Guidance Plan, 2015

# SNAP-Ed allows us to address environmental factors that impact diet and physical activity behaviors



# ***Growing and Nourishing Healthy Communities***

- ⦿ Community garden project located in 3 south Texas counties
- ⦿ Goal: increase access to vegetables and fruits through gardening
  - ⦿ Community gardens **built and maintained by the participants**
  - ⦿ **Extension horticulturalist** taught participants how to garden
  - ⦿ **Current Extension SNAP-Ed program (BLT)** taught participants how to use the vegetables

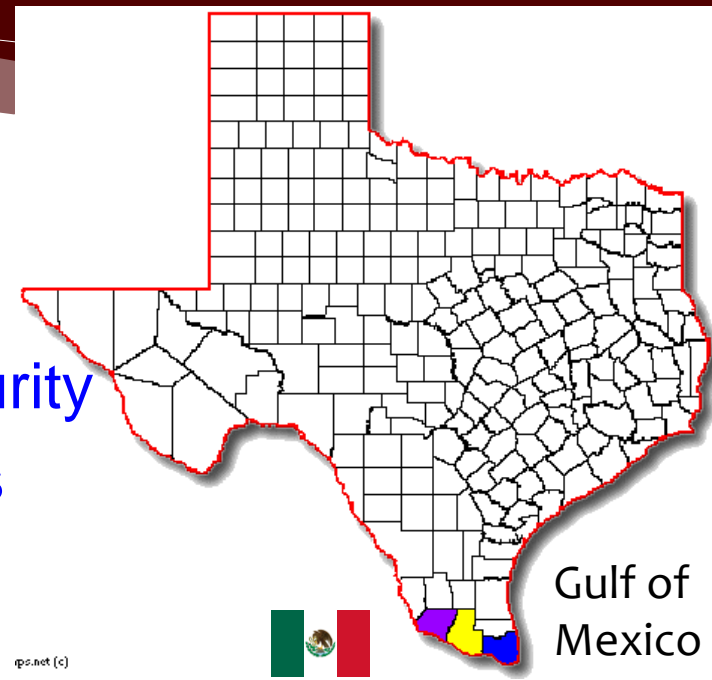


# Why South Texas?

- ◉ Very underserved part of Texas
- ◉ High rates of poverty and food insecurity
- ◉ SNAP and SNAP-eligible populations
- ◉ Food deserts are an issue
- ◉ Interest in community gardening
- ◉ Interest in learning about food and nutrition
- ◉ Available resources

## Our team..... working locally

County Extension Agents for Family & Consumer Sciences  
County Extension Agents – Horticulture  
Program Assistants – Horticulture  
Program Assistants, SNAP-Ed - Better Living for Texas  
Master Gardeners  
Volunteers  
Participants



# Site and Participant Selection

## Sites/Location

- ⦿ Within or close proximity to identified food deserts
- ⦿ Easy access for participants
- ⦿ Sustainable
- ⦿ Buy-in from the community

## Participants

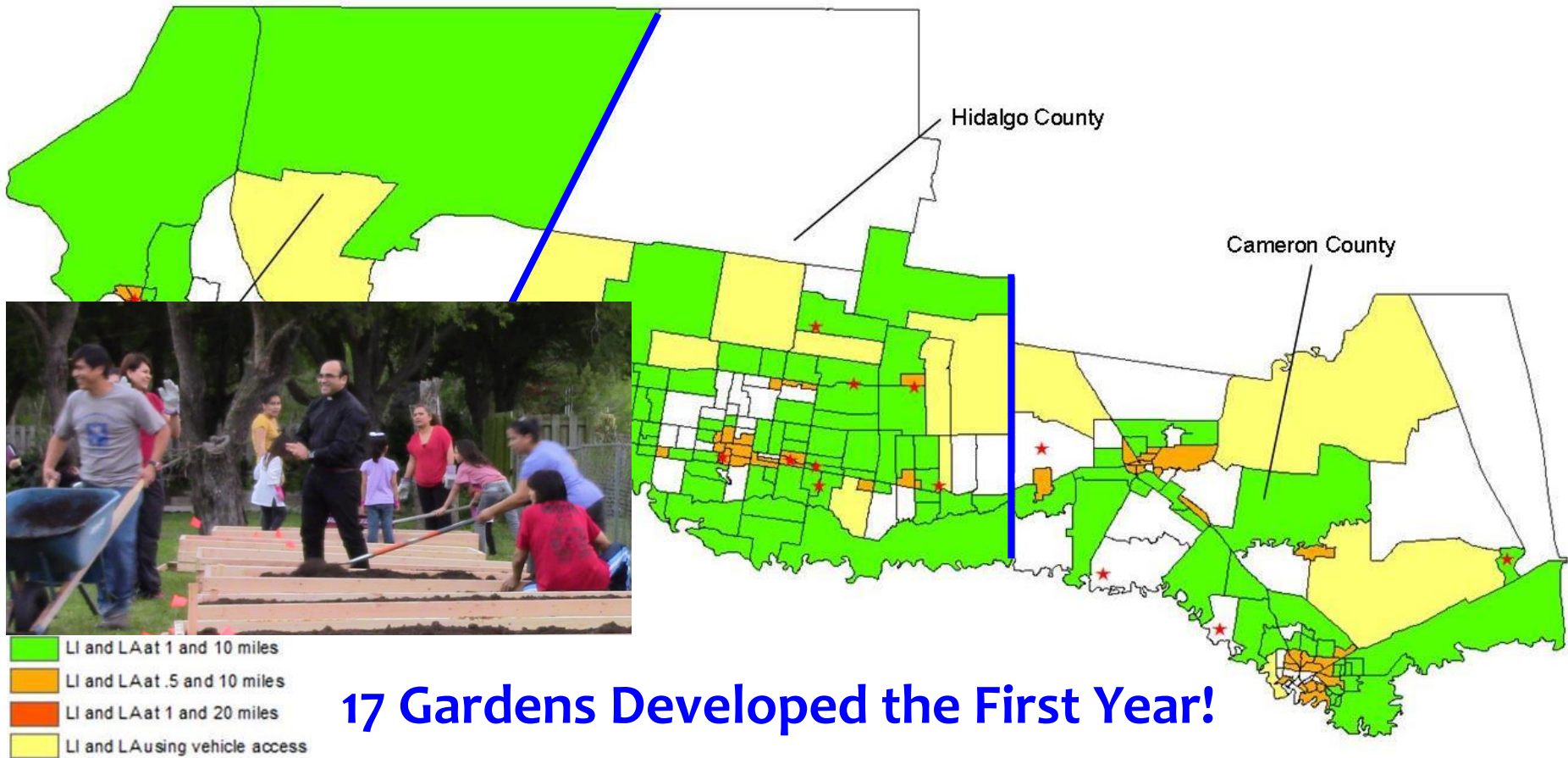
- ⦿ SNAP or SNAP-eligible
- ⦿ Willing to build and tend the gardens
- ⦿ Willing to attend gardening classes
- ⦿ Willing to report produce grown

Locations of the gardens

- Housing Authorities
- Churches
- Community Centers
- Health Clinics (WIC)
- Schools



# Location of Community Gardens





# Planting & Tending to the Garden



# Harvesting



# Learning to Prepare the Harvest



If you grow it.....

