

**Shawnee County Community Garden Network  
Engagement Incentive Grant**

**I. Summary of activity**

**a. Thesis of project or need addressed:**

Interest in community and school gardens continues to grow here in Shawnee County. To be able to assist, educate and support volunteers and community agencies, Shawnee County Extension and Topeka Common Ground, a volunteer community garden organization, recognized the need for a formal, well-organized network to train more leaders and leverage resources.

Specifically, the network will:

- survey and map existing community gardens
- develop a communication network including list serve, website and social media
- provide and support educational opportunities
- connect leaders with resources
- advocate for access to healthier foods through gardening

This project also provides an opportunity for two program areas--Horticulture and Family and Consumer Sciences, to work together and reach new audiences, especially people living in areas with limited access to fresh produce.

Attached: <http://cjonline.com/news/2014-12-27/topeka-increasingly-showing-taste-community-gardens>

**b. Location of project:** Shawnee County, Kansas

**c. Length of project—**Grant Period: 2 Years-July 2014 to June 2016. Project is ongoing.

**d. What type of action(s) did your project take?**

- i. **Outreach**—networking community gardens in Shawnee County to leverage resources through website, social media, and list serve communications.
- ii. **Teaching (service learning)**—provided workshops on how to plan, maintain and sustain community gardens (Garden Leadership and Management)
- iii. **Training**—Provide hands on training for planting and maintaining gardens-soil, watering, seeds and seedlings, fertilizer, etc. as well as harvesting, food preparation, food safety and food preservation.

**e. Who were the project partners?**

- i. **University and Extension partners:**  
Horticulture, and Food and Nutrition Extension Specialists

- ii. **Community partners:**  
Topeka Common Ground, Shawnee County Master Gardeners, and Heartland Healthy Neighborhoods Coalition-Healthy Eating and Physical Activity Workgroup

- f. **In general, what roles did each partner play?**
  - i. **Extension Specialists**—education and training
  - ii. **Community Partners**—outreach, education and training as well as policy, systems and environmental change.

## II. What were the impacts of your work?

### a. **Web site/Social Media/Listserv:**

We added a Community Garden page to our Shawnee County Extension website--  
<http://www.shawnee.k-state.edu/lawn-garden/CommunityGardening.html>  
(attached) and will continue to expand it.

We partnered with Topeka Common Ground and use their Facebook page as well as the Shawnee County Extension Facebook page to disseminate information and resources. We also have a list serve for communication that currently sends communications to 242 people.

<http://www.topekacommonground.org/>  
<https://www.facebook.com/topekacommonground/>  
<https://www.facebook.com/Shawnee-County-K-State-Research-and-Extension-101026006606875/>

### b. **Training materials:**

I developed a Leader's Guide and Fact Sheet—*Garden to Plate: Food Safety in the Garden* that we use when we are training people on school and community gardens.

Attached: <http://www.bookstore.ksre.ksu.edu/pubs/MF3153.pdf> and  
<http://www.bookstore.ksre.ksu.edu/pubs/MF3152.pdf>

### c. **Performances / exhibitions:**

We exhibited two years at the Mother Earth News Fair in 2014 and 2015 to do outreach and recruit people interested in community gardens. These two events provided networking opportunities and the majority of the people on our list serve signed up at these events.

We also exhibited at the Topeka Shawnee County Public Library Green Fair in the Spring of 2015 and 2016.

We hold annual community garden networking meetings and onsite garden training at one of the community gardens.

**d. Reports—Community Forums**

In the spring of 2015, Shawnee County Extension conducted a number of community forums to gather information from our customers and community members on their priorities for meeting the Five Grand Challenges-Global and Local Food Systems, Water, Health, Growing Tomorrow's Leaders, and Community Vitality. See attached report.

Community gardens were ranked as high priorities for Global and Local Food Systems, Water and Health. See attached summary of program priorities.

**e. New teaching areas:**

We provided Community Garden Leadership Training to approximately 100 people through the United Methodist Women's State Conference, Shawnee County Health Agency, Shawnee County Department of Corrections-Juvenile Detention Center, Blue Cross Blue Shield of Kansas, Shawnee County Parks and Recreation, Sunflower Supports (serving people with disabilities), Topeka Realtor Association, Salvation Army, Topeka High School students (who will mentor students at Williams Magnet School), Topeka Housing Authority, and a number of churches.

We provided two workshops on food preservation—water bath and pressure canning at HyVee grocery store. More will be provided once new staff are trained as our Family and Consumer Sciences agent moved into our Director position and a new FCS agent was hired in January 2016.

We piloted a series of programs on gardening and nutrition at one of the county's summer youth programs and will offer more in the future.

We partnered with Kansas Children's Discovery Center (KCDC) to offer a series of three Book in a Bag programs that focus on gardening. KCDC secured funding from Blue Cross Blue Shield of Kansas and each program will serve 25 families. KCDC will feature vegetables grown in their garden that was implemented with the help of Shawnee County Extension.

**f. Changes in public policy:**

In the fall of 2014, we worked with the City of Topeka on changing a statute that allowed only grass to grow on vacant lots. Jamie Kidd, Shawnee County Horticulture Agent, testified in support of changes to allow community gardens, and the statute was updated to allow community gardens on vacant lots as well as temporary food sales of garden produce to help with sustainability of the gardens. These gardens must be registered with the City of Topeka and pay a one-time fee of \$50.00.

To date, three lots have been registered and while three registrations are not very many, the City has had a number of inquiries from organizations who didn't meet the criteria for needing to be registered.



We will continue to educate the public on the changes in the law, and encourage registration and the use of vacant lots for community gardens. See attached guidelines.

<http://www.topeka.org/Planning/communitygardens.shtml>

In the summer of 2015, the City of Topeka announced that they were evaluating ways to help groups have access to low-cost water at community gardens. At this point, they are piloting projects and if the following conditions are met, the garden may be eligible for the City to cover the cost of a meter package.

- The garden must be the primary use on a vacant parcel of land
- The garden must be located within the City limits
- The meter must be titled (registered) to a non-profit entity with current 501(c)(3) status

We will continue to educate interested parties on water management and encourage applications for the water pilot project.

g. Community or organizational changes

Capacity Building:

After reviewing the data from our community forums and the priority for more community gardens, we reassessed our strategies and began looking for funding for a community garden network coordinator. We were offered funding from the Supplemental Nutrition Assistance Program—SNAP-Ed and hired for this position in February, 2016. See attached position description.

Besides the vacant lot project, we are also working with Shawnee County Parks and Rec to identify small park areas that could be used for community gardens.

h. Grant funding

- i. Additional funding secured—SNAP-Ed Proposal for 2016-2017 is \$49,076.52 which includes salaries and supplies. See attached budget.
  - ii. Funding from community partners secured—Kansas Children's Discovery Center Book in A Bag program - \$1380.00.
- i. Jobs saved or created—Shawnee County Snap-Ed Program Assistant—Full-time

III. Self-assessment of your project

a. Successes

i. Juvenile Detention Center:

After training officers from the Shawnee County Department of Corrections, the officers worked with youth at their facility to put in a vegetable garden. They raised tomatoes, cabbage, kale and peppers, and the produce was incorporated into meals and snacks at the facility as well as cooking activities with the youth. In addition, the youth worked with a local artist to



paint a mural for the garden area. Besides offering access to healthier foods and physical activity, this project also provided art therapy for youth. See attached press release and news article.

<http://cjonline.com/news/2015-09-16/outdoor-space-adds-life-juvenile-detention-center>

ii. Crossroads Community Garden:

One of our goals is to help current community gardens remain in operation. This garden represents sustainability as the previous organizers could not continue with it. We spread the word that it was available and then trained people from a local church who took it over. They offer free produce to people in the neighborhood and also donate produce to food banks. See attached Facebook Page

iii. Connecting Resources: Seed and Seedling Give Away, and Volunteering:

Through our networking, we had a gardener from Olathe come and provide a free seed giveaway at our office. The seeds were “expired” but still viable and were donated from garden and discount stores. Two dozen people came to get seeds. He also worked with Topeka Common Ground and brought seeds to support their seed giveaway.

In addition, we had donations of tomato plants, sweet potato slips and tomato cages as well as leftover garden plants from a local nursery that were distributed through our network.

In the past, Topeka Common Ground worked with Washburn Tech to grow seedlings for community gardens. This year, the greenhouse at this location needed renovation so other growing space was needed. Topeka Common Ground partnered with Master Gardeners and Shawnee County Parks and Rec to grow extra seedlings and gardens were able to be planted on time.

We also matched up volunteers with gardens that needed extra help with tilling and general layout.

iv. Development of a Community Garden Master Gardener Work Group:

Our Community Garden Network Coordinator, Brenda Jarboe, held an orientation meeting with Master Gardeners and a formal Community Garden Workgroup was formed. Members will help with expanding garden training with more onsite training at locations where gardens exist or will exist.

v. Procurement of Storage Unit for Vegetable Garden and Future Teaching Garden:

The Shawnee County Extension Office has little room to store tools, teaching supplies and equipment, and as the network has grown, we have people wanting to donate more supplies and equipment. We amended our grant request and we are able to purchase a storage unit for our onsite vegetable garden that will secure equipment and supplies from theft and the elements. See attached pictures.

A mural will be painted on the outside of the storage unit to prevent graffiti and help enhance the attractiveness of the garden area.

b. Challenges

- i. Mapping gardens: We currently have 16 gardens on our map and despite the communication and marketing that we have done, we are still learning of gardens that are operating privately. While we don't expect them to become public, we would like to have them in the network to connect them with resources and other organizations that may be of benefit to them.
- ii. Measuring impact of produce donated: This goes along with mapping gardens as we are aware of many small gardens who donate extra produce so we need a better system of gathering this information. See attached emails.
- iii. Expanding Community Garden plots for interested parties. We are at a tipping point of not having space for people who are not part of community garden organizations and who just want plots. We were able to connect people this year with open plots but realize we will need more space next year as the demand increases.

c. Goals for the Next Year

- i. Onsite Teaching Garden: With the formation of a Master Gardener Community Garden Workgroup, we will expand our vegetable garden near our office and add an Onsite Community Garden Teaching Site to assist with training and also to provide lots for interested gardeners in this area of town. With the closing of a small grocery store, this area of town is considered a food desert.
- ii. Urban farming and local produce in schools: As interest in community gardens have grown, small scale farmers are also interested in offering more produce at farmers markets and to schools in the Shawnee County Area. We are offering a workshop in February 2017.
- iii. Community gardens in schools and park: We have worked with a few schools but now that we have a garden coordinator, we will be able to offer more training and support.

Attached: Making a Difference Report

IV. Final Budget

V.

Community Garden Training on Campus—4 people	\$ 190.00
Mileage for Community Garden Training	\$ 56.49
Booth Registration for Mother Earth News Fair-2014	\$ 125.00
Booth Registration for Mother Earth News Fair-2015	\$ 137.50
Photo Copies for Mother Earth News Fair-2014	\$ 404.31
Photo Copies for Mother Earth News Fair-2015	\$ 36.00
Food Preservation Training—Ball Blue Books 15 at \$7.90	\$ 118.50
Food Preservation Training—So Easy to Preserve Books 8 at \$15.00	\$ 120.00
Storage Trailer	\$1500.00
Delivery Fee	\$ 305.00
Credit Card Fee	\$ 54.15
Gravel	<u>\$ 305.73</u>
<b>Total Spent:</b>	<b>\$3352.68</b>

Budget Narrative: We sent four people to Community Garden Training on campus in the summer of 2014. Three are still here in Shawnee County and are involved in community gardening and one is now located in Douglas County and stays involved in local foods.

We had originally planned to sponsor a Food Day Event in October to market our community gardens but then had the opportunity to exhibit at the Mother Earth News Fair in 2014 and 2015 which attracts visitors interested in local foods.

As we began training organizations, we realized that many of the participants were in the contemplation phase, and they would need more time to plan, organize and locate volunteers. So some of what we asked in our original budget such as signage would not be needed until they were ready for their second phase of actually planting and tending their gardens.

In addition, as interest grew and people began offering equipment and supplies, we would first need to locate more storage space here at the office, so we requested the storage unit.

Thank you for this opportunity. We did not spend all of the request as we had many volunteers providing in-kind donations and loans of supplies and equipment, and now we are connected with local funders who may be able to meet our future needs.





# Topeka increasingly showing a taste for community gardens

## Extension agent knows of 29 community gardens within county

**Posted:** December 27, 2014 - 5:08pm

[Back](#) | [Next](#)



TIM HRENCHIR/THE CAPITAL-JOURNAL

Residents worked this past summer in one of the growing number of community gardens located in Shawnee County.

[tim.hrenchir@cjonline.com](mailto:tim.hrenchir@cjonline.com)

Tomatoes, peppers, cucumbers, zucchini, watermelons, pumpkins and squash are among vegetables grown in the "community gardens" that are becoming increasingly popular here, says K-State extension official Jamie Hancock.

But the successful harvesting of corn from those gardens is more problematic "because sometimes raccoons will steal it," she said.

Hancock, the K-State Research and Extension program's extension agent for horticulture in Shawnee County, spoke to the county commission this past week about how community gardening has increasingly taken root here.

She and Lisa Martin, expanded food and nutrition program agent here for K-State Research and Extension, then met with The Topeka Capital-Journal to discuss the increased popularity here of community gardens, which are pieces of land collectively gardened by groups of people.

Hancock said she's familiar with 29 community gardens in Shawnee County, with many of those located in Topeka, and that number continues to grow.

K-State Research and Extension is serving as a networking hub for community gardening efforts here, including teaching gardening skill and getting the word out about grant opportunities that can provide seed money, Martin and Hancock said.

They said K-State Research and Extension works with Topeka Common Ground — an all volunteer, nonprofit organization that offers a website at [topekagardens.com](http://topekagardens.com) and coordinates community gardening resources.

Community gardens have been present in the Topeka community for “a good number of years,” but in relatively small numbers, Hancock said.

She said the Heartland Visioning program in recent years helped cultivate improved networking among community gardening enthusiasts here, while Hancock began offering training for anyone interested in starting and maintaining community gardens.

During the past year, Hancock added, community gardening efforts here “really caught fire.”

Organizations maintaining community gardens here include Girl Scout groups, church organizations and residents of senior citizens’ communities, Martin and Hancock said.

Martin said community gardens fit in with the current trend toward providing more natural, healthy and sustainable food choices.

The gardens also promote physical activity while giving people a chance to interact with nature.

Martin and Hancock encouraged anyone interested in community gardening to call their office at (785) 232-0062 or email them at [ljmartin@ksu.edu](mailto:ljmartin@ksu.edu) or [jamiehan@ksu.edu](mailto:jamiehan@ksu.edu).

Tim Hrenchir can be reached at (785) 295-1184 or [tim.hrenchir@cjonline.com](mailto:tim.hrenchir@cjonline.com).

Follow Tim on Twitter [@timhrenchir](https://twitter.com/timhrenchir).



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## Shawnee County

### Community Gardening



Gardening is a beneficial activity that leads to the economical production and consumption of healthy and fresh food.

**Click for a Google Map Locating Community Gardens in Shawnee County ([https://www.google.com/maps/d/u/0/edit?mid=1hph\\_i2mahCvHK24GWMtNU3IdUck](https://www.google.com/maps/d/u/0/edit?mid=1hph_i2mahCvHK24GWMtNU3IdUck))**



([https://www.google.com/maps/d/u/0/edit?mid=1hph\\_i2mahCvHK24GWMtNU3IdUck](https://www.google.com/maps/d/u/0/edit?mid=1hph_i2mahCvHK24GWMtNU3IdUck))

**If you wish to join our email list to receive community garden networking information please email Brenda Jarboe (<mailto:brendajarboe@ksu.edu>)**

### Helpful links:

**American Community Gardening Association (<https://communitygarden.org/>)**

**Check out the K-State "How to" videos on Community Gardening and more!  
(<http://www.hfrr.ksu.edu/p.aspx?tabid=980>)**

**Community Garden PowerPoints (<http://www.kansascommunitygardens.org/2013-conference-archive.html>)**

**Community Garden Resources (<https://snaped.fns.usda.gov/nutrition-through-seasons/gardening-resources>)**

**Food Safety in the Garden (<http://www.bookstore.ksre.ksu.edu/pubs/mf3153.pdf>)**

**Let's Move Community Garden Resource Guide  
(<http://www.letsmove.gov/sites/letsmove.gov/files/pdfs/Let's%20Move%20Community%20G>)**



**Register Your Garden with City of Topeka Planning Department**  
**(<http://www.topeka.org/Planning/communitygardens.shtml>)**

**Topeka Common Ground (<http://www.topekacommonground.org/>)**

**USDA food preparation and cooking (<https://snaped.fns.usda.gov/resource-library/cooking/food-preparation-and-cooking>)**

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# Garden to Plate: Food Safety for School and Community Gardens

Fact Sheet

Lisa Martin

Shawnee County Family and Consumer Sciences Agent

## Introduction

Kids and families who grow their own produce are more likely to eat the fruits (and vegetables) of their labor.

Because gardening is an effective strategy for healthier food consumption, the number of school and community gardens is increasing across the state of Kansas. However, fresh produce has also been linked to outbreaks of foodborne illness in commercial food production.

Fruits and vegetables can be contaminated any time from planting to eating. Most pathogens are killed by cooking, but they are difficult to wash off produce that will be eaten raw. To minimize contamination risks, this fact sheet outlines good practices for growing produce that school and community volunteers can take to keep their produce safe. These prevention strategies include:

- site and soil selection,
- personal hygiene,
- sanitation and tool safety,
- water and irrigation,
- compost and fertilizers,
- pest and animal management, and
- food safety in harvest and storing produce.

## Site and Soil Selection

Selecting a suitable site will help reduce the risk of unforeseen problems such as flooding, animal crossings, chemicals and other contaminants in the soil, and runoff. Obtain the history of the land and ask community experts such as your K-State Research and Extension agent for help. To locate your local extension office, visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu).

Know the history of the garden site to reduce risk of future problems.





Produce should be planted away from the following hazards:

- Garbage
- Animal pens
- Manure or compost piles
- Water runoff
- Septic systems
- Wells
- Areas with high risk of flooding

For raised-bed gardens, avoid using these materials:

- Pressure-treated wood
- Used tires
- Single use plastics
- Old railroad ties

Dial 811, the national “Call Before You Dig” number, to avoid digging into any utility lines.

## Personal Hygiene

Good personal hygiene is essential in preventing foodborne illness and should be constantly reinforced, especially with children.

- Always wash your hands thoroughly any time they may become contaminated, such as after using the bathroom, touching garbage, or handling animals.
- Wash hands with warm, soapy water for at least 20 seconds. Use a nailbrush to remove soil from under fingernails. Dry with a clean, paper towel.
- If water is not available at the site, gardeners should use disposable, single-use gloves when harvesting.
- No one should work in the garden while sick! Stay out of the garden if you are vomiting, have diarrhea, or a fever.
- After handling compost, or touching the compost bin, do not touch tools or produce without removing gloves and washing hands.
- Change out of dirty clothes and shoes before entering food preparation areas or kitchen.
- Cover cuts and wounds on your hands with bandages and gloves.

## Sanitation and Tool Safety

Wash your hands often when using garden tools and supplies. Clean garden tools and surfaces with soap and clean water before and after each use.

Use food-grade containers when collecting, transporting, or storing garden produce.

### Tool Safety Tips:

- Never lay long-handled tools on the ground. Lean against a wall or fence.
- Tools should not be held above waist level.

- Always keep an arm’s length between you and another person when using gardening tools.
- All gardening equipment should be kept in locked storage where animals and children cannot access them.

## Water and Irrigation

Contaminated water will contaminate edible produce. Only use potable or drinkable water to water your garden.

If you won’t drink the water, don’t use it to water your edible plants.

### Know your water sources:

- Potable water is clean, safe to drink, and free of pathogens. *Example:* Treated water from a municipal water supply.
- Surface water is likely to contain pathogens and is generally polluted with wastes, fertilizers, pesticides, and chemicals. *Example:* Lakes, rivers, ponds, streams and wetlands.
- Groundwater is less likely to contain pathogens and pollutants than surface water. *Example:* Water found underground in the cracks and spaces in soil, sand, and rock.
- Well water originates from rain and snowmelt that soaks through the soil. *Example:* Groundwater collected in a constructed well or holding area.
- Rainwater collection of storm water runoff from roofs. *Example:* Water collected in a rain barrel.

If the garden is already using an untreated water source, such as a river, pond, or rain barrel, be sure to have the water tested regularly, including water captured from rain barrels and cisterns.

Contaminated or untreated water may contain pathogens such as the hepatitis A virus, *Giardia*, *Shigella*, *E. coli*, *Salmonella*, *Cryptosporidium*, *Toxoplasma*, and norovirus. (For more information on food safety pathogens, visit [www.cdc.gov/foodsafety/diseases/index.html](http://www.cdc.gov/foodsafety/diseases/index.html)).

Storage tanks and roofing construction materials can also be potential sources of contaminants in rain catchment systems. Again, be sure to test water regularly if not using treated municipal water.

For information on safe well water, visit [www.kdheks.gov/envmicro/testing\\_of\\_private\\_wells.htm](http://www.kdheks.gov/envmicro/testing_of_private_wells.htm).

### Irrigation:

- Trickle (or drip) irrigation that waters at the base of plants will minimize the risk of contamination. Hand watering at the base of the plant will also work when drip irrigation is impractical or cost prohibitive.
- Avoid overhead watering to reduce contamination of the plants with potential foodborne pathogens.



# Compost and Fertilizers

## Composting

Composting is a great way to reduce waste that goes into landfills and add needed nutrients for plants. New compost piles can be started with

shredded leaves, yard trimmings, and fruit and vegetable scraps, depending on what material is available.

Other materials include leaves and lawn clippings, fruits and vegetables, eggshells, coffee grounds and filters, tea and tea bags, and hay and straw. Citrus rinds, corn stalks, and nutshells may be composted but take longer to break down.

Compost: a mixture of soil and decayed organic matter that improves garden and potting soil.

Compost must reach a minimum temperature of 130°F for at least 5 days to kill pathogens such as *E. coli* and *Salmonella* before using it in the garden. Harmful pathogens may grow and live in compost piles maintained below this temperature. Compost piles that are at least 27 cubic feet generally reach this temperature. If compost piles are small, turn the pile regularly. Add coffee grounds and grass clippings (pesticide and herbicide free) to increase the temperature. Use a compost thermometer (long stem, 2 to 3 feet, found in gardening stores or online) to check the temperature of your compost pile.

Place the compost pile away from garbage and water-runoff areas. Composts should have walls, fence, or some sort of barrier to keep animals out. Meat scraps or dairy product waste are not recommended for the compost bin.

Manure may be used but must be composted to avoid contaminating the garden with *E. coli* and other pathogens. Only use manure from herbivores such as cattle or rabbits. Do not use manure from cats and dogs. If the garden accepts compost from another source but wants to maintain an organic garden, it is imperative to ask what kinds of materials are in the mixture.

If manure is used, extra steps must be taken to guarantee the safety of the finished compost:

- Do not use raw manure in your garden as it may contain *E. coli*.
- Mix the compost regularly as it is important for aeration and ensures the entire pile has reached the required temperature.
- Monitor the temperature often.
- Allow at least two cycles of maintaining 130°F for five days each to ensure that any growth of pathogens is inhibited.

Compost is ready when it is dark, moist, crumbly, and does not resemble any of the materials initially added to the pile. Most compost piles will be ready four to six months after the pile was started. Wear gloves and nose-mouth masks when handling compost.

For quick composting tips, visit [www.ksre.ksu.edu/bookstore/pubs/EP6.pdf](http://www.ksre.ksu.edu/bookstore/pubs/EP6.pdf).

## Fertilizers

- Before fertilizing, have the soil tested to see if nutrients and fertilizer are needed. Contact your local extension office for more information.
- Read and follow manufacturer's instructions when using and disposing of fertilizer.
- Keep fertilizers in a locked storage area.
- ONLY allow trained adults to handle fertilizers.
- If transferring fertilizer to a different container, label it with the common name of the fertilizer:
  - Never use a food container!
  - Keep original labels that specify usage, storage, cautions, etc.

## Pest and Animal Management

The United States Department of Agriculture recommends not using any pesticides or herbicides in school gardens because of the potential health hazards to children. Community garden sites may also want to limit or avoid their use.

Using organic pest management methods can control damage to food crops. Control weeds, for example, by mulching, hand-pulling, or using weeding tools. For more information, contact your local extension office.

Wild animals, farm animals, and even domestic pets can bring pathogens and contaminants into your garden. Use fencing to keep them out. Otherwise, use approved repellents or sprays.

- As a rule of thumb, wash hands thoroughly before and after touching or feeding animals.
- Do NOT forget to wash your hands AFTER caring for animals and BEFORE handling garden equipment or produce.
- Create some kind of barrier so animal feces cannot contaminate garden produce (this may mean removing animals during the growing and harvesting season).
- Never harvest produce when there is evidence of animal feces or bird droppings.
- If using pesticides or fungicides, use potable water and keep sprayers clean and dry between uses.
- Avoid using pesticides or herbicides around children.

Some communities and schools are adding aquaponics or growing fish and plants together. Pond fish and fish farms are usually okay since they are contained within their own environment. Personal hygiene and cross contamination safety practices apply.





## Food Safety in Harvesting and Storing Produce

- Always use common sense when it comes to food safety. The goal is to prevent contamination of produce by microbes and chemical contaminants from seed to plate.
- Wash your hands often.
- Wash food-grade harvest and storage containers with soap and water. Sanitize and let air dry between uses. Check with foodservice staff for their sanitation procedures or make up your own sanitizer using 1 tablespoon of unscented bleach to 1 gallon of water.
- Clean and sanitize sinks, counters, cutting boards, and utensils before preparing any food.
- Shake or rub off all excess garden soil or debris before bringing garden produce into the kitchen. A staging area for pre-cleaning and sorting is helpful to keep soil and food waste out of the kitchen.
- To slow mold and rotting, do not completely wash produce before storing.
- Do not rinse produce with water that is more than 10 degrees warmer or cooler than the temperature of the produce. Contaminants can be absorbed through porous tissues (e.g. stems of fruit) when large variations in temperature occur.
- Wash and sanitize cutting boards, dishes, utensils, and countertops with hot water and soap between preparation of raw meats and garden produce.
- Always use potable or drinkable water to wash produce.
- Keep raw produce separate from other foods such as meat, poultry, and seafood.
- Thoroughly rinse all produce before eating, cutting, peeling, and cooking.

- Scrub rough peels and rinds with a vegetable brush.
- Discard any bruised or damaged pieces of fruits and vegetables.
- For fruit and vegetable storage guidelines, see “Storing Fresh Fruits and Vegetables for Better Taste” — [ucce.ucdavis.edu/files/datastore/234-1920.pdf](http://ucce.ucdavis.edu/files/datastore/234-1920.pdf)
- For refrigerated produce, store in refrigeration that is between 35 to 40 degrees Fahrenheit.
- Refrigerate all cut or peeled produce in airtight containers.

## Online Resources

### Websites:

K-State Research and Extension Food Safety:  
[www.ksre.ksu.edu/foodsafety/](http://www.ksre.ksu.edu/foodsafety/)

Kansas Community Gardens:  
[www.kansascommunitygardens.org/](http://www.kansascommunitygardens.org/)

K-State Research and Extension—Lawn and Garden:  
[www.ksre.ksu.edu/p.aspx?tabid=24](http://www.ksre.ksu.edu/p.aspx?tabid=24)

Topeka Common Ground: [topekagardens.com/](http://topekagardens.com/)

Water Testing Information:  
[www.kdheks.gov/envmicro/testing\\_of\\_private\\_wells.htm](http://www.kdheks.gov/envmicro/testing_of_private_wells.htm).

### Videos:

Composting: [www.kansasgreenyards.org/p.aspx?tabid=37](http://www.kansasgreenyards.org/p.aspx?tabid=37)

How to Test Your Soil for Nutrients:  
[www.kansasgreenyards.org/p.aspx?tabid=37&ItemID=36](http://www.kansasgreenyards.org/p.aspx?tabid=37&ItemID=36)

Kansas Community Gardens, Video Series:  
[ksre.ksu.edu/p.aspx?tabid=24](http://ksre.ksu.edu/p.aspx?tabid=24)

### Publications:

“Cleaning and Sanitizing the Kitchen: Using Inexpensive Household Food-Safe Products,”  
[edis.ifas.ufl.edu/pdf/FY/FY128000.pdf](http://edis.ifas.ufl.edu/pdf/FY/FY128000.pdf)

“Fertilizing Gardens in Kansas”:  
[www.ksre.ksu.edu/bookstore/pubs/MF2320.pdf](http://www.ksre.ksu.edu/bookstore/pubs/MF2320.pdf)

“Food Facts, Raw Produce: Selecting and Serving it Safely”:  
[www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299)

“Kansas Garden Guide”:  
[www.ksre.ksu.edu/bookstore/pubs/s51.pdf](http://www.ksre.ksu.edu/bookstore/pubs/s51.pdf)

“Quick Composting”:  
[www.ksre.ksu.edu/bookstore/pubs/EP6.pdf](http://www.ksre.ksu.edu/bookstore/pubs/EP6.pdf)

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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# Garden to Plate: Food Safety for School and Community Gardens

Leader's Guide

**Lisa Martin**

**Shawnee County Family and Consumer Sciences Agent**

## Introduction

Kids and families who grow their own produce are more likely to eat the fruits (and vegetables) of their labor.

Because gardening is an effective strategy for healthier food consumption, the number of school and community gardens is increasing across the state of Kansas. However, fresh produce has also been linked to outbreaks of foodborne illness in commercial food production.

Fruits and vegetables can be contaminated any time from planting to eating. Most pathogens are killed by cooking, but they are difficult to wash off produce that will be eaten raw. To minimize contamination risks, this lesson outlines good practices for growing produce that school and community volunteers can take to keep their produce safe. These prevention strategies include:

- site and soil selection,
- personal hygiene,
- sanitation and tool safety,
- water and irrigation,
- compost and fertilizers,
- pest and animal management, and
- food safety in harvest and storing produce.



## Objectives

Participants will learn the importance of good practices for keeping produce safe from garden to plate.

- How to select and maintain safe soil.
- How to practice personal hygiene in regards to gardening.
- How to select and maintain safe water.
- How to practice food safety procedures.

## Intended Audience

- Kansans
- School and community volunteers
- Educators and teachers

## Before the Lesson

1. Review this leader's guide and the fact sheet (MF3152), including the websites referenced.
2. Preview suggested videos in the fact sheet.
3. Visit with a horticulture agent. Consider team teaching with a horticulture agent or Master Gardener.
4. Visit a community/school garden site and interview community/school garden volunteers.
5. Take pictures of local gardens to show various sites and garden designs during programs.

## Preparing for the Lesson

Before the lesson:

- Make copies of fact sheet and evaluations.
- Make copies of any optional supporting information.
- Select websites and videos to show.

Lesson props:

- Basket of fresh fruits and vegetables
- Non-scented chlorine bleach
- Disposable gloves
- Food grade and nonfood grade containers
- Vegetable brush

- Refrigerator thermometer
- Examples of suitable materials for composting/sample of compost
- Compost thermometer — optional
- Fruit and vegetable recipe samples — optional

## Presentation

1. Provide pens or pencils.
2. Provide contact information
3. Have participants introduce themselves and tell why they are attending.
4. Review and discuss each section:
  - a. Site and Soil Selection
  - b. Personal Hygiene
  - c. Sanitation and Tool Safety
  - d. Water and Irrigation
  - e. Compost and Fertilizers
  - f. Pest and Animal Management
  - g. Food Safety in Harvesting and Storing Produce
5. Distribute evaluations.
6. Answer questions.
7. Thank audience for attendance and adjourn.

## Resources

For more information, visit these online resources:

### Websites:

Aquaponics: [afsic.nal.usda.gov/aquaculture-and-soilless-farming/aquaponics](http://afsic.nal.usda.gov/aquaculture-and-soilless-farming/aquaponics)

Food Safety Diseases: [www.cdc.gov/foodsafety/diseases/index.html](http://www.cdc.gov/foodsafety/diseases/index.html)

K-State Research and Extension Food Preservation: [www.rrc.ksu.edu/p.aspx?tabid=18](http://www.rrc.ksu.edu/p.aspx?tabid=18)

K-State Research and Extension Food Safety: [www.ksre.ksu.edu/foodsafety/](http://www.ksre.ksu.edu/foodsafety/)

Kansas Community Gardens: [www.kansascommunitygardens.org/](http://www.kansascommunitygardens.org/)

K-State Research and Extension—Lawn and Garden:  
[ksre.ksu.edu/p.aspx?tabid=24](http://ksre.ksu.edu/p.aspx?tabid=24)

Topeka Common Ground: [topekagardens.com](http://topekagardens.com)

Water Testing Information: [www.kdheks.gov/envmicro/testing\\_of\\_private\\_wells.htm](http://www.kdheks.gov/envmicro/testing_of_private_wells.htm)

## Videos:

Composting:

[www.kansasgreenyards.org/p.aspx?tabid=37](http://www.kansasgreenyards.org/p.aspx?tabid=37)

How to Test Your Soil for Nutrients:

[www.kansasgreenyards.org/p.aspx?tabid=37&ItemID=36](http://www.kansasgreenyards.org/p.aspx?tabid=37&ItemID=36)

Kansas Community Gardens, Video Series:

[ksre.ksu.edu/p.aspx?tabid=24](http://ksre.ksu.edu/p.aspx?tabid=24)

- Why Start One?
- Choosing a Site
- Common Features
- Different Types
- Planning Ahead
- Preparing the Site
- Typical Costs
- Funding
- Getting Gardeners Involved
- Becoming a Community

## Publications:

*Cleaning and Sanitizing the Kitchen: Using Inexpensive Household Food-Safe Products.* University of Florida Extension. [edis.ifas.ufl.edu/pdffiles/FY/FY128000.pdf](http://edis.ifas.ufl.edu/pdffiles/FY/FY128000.pdf)

*Fertilizing Gardens in Kansas.* K-State Research and Extension. [www.ksre.ksu.edu/bookstore/pubs/MF2320.pdf](http://www.ksre.ksu.edu/bookstore/pubs/MF2320.pdf)

*Food Facts, Raw Produce: Selecting and Serving it Safely.* U.S. Food and Drug Administration. [www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299)

*Food Safety Tips for Your Edible Home Garden.* University of California, Davis. [ucfoodsafety.ucdavis.edu/files/26392.pdf](http://ucfoodsafety.ucdavis.edu/files/26392.pdf)

*Food Safety for School and Community Gardens.* North Carolina State University and North Carolina Cooperative Extension. [growingsafergardens.files.wordpress.com/2012/10/foodsafetywebcurriculum-10-24-12.pdf](http://growingsafergardens.files.wordpress.com/2012/10/foodsafetywebcurriculum-10-24-12.pdf)

*Food Safety Tips for School Gardens.* USDA Food and Nutrition Service. [nfsmi.org/documentlibraryfiles/PDF/20110822025700.pdf](http://nfsmi.org/documentlibraryfiles/PDF/20110822025700.pdf)

*Garden to Table: Five Steps to Food Safe Fruits and Vegetables Home Gardening.* University of New Hampshire Cooperative Extension. [extension.unh.edu/resources/files/Resource001094\\_Rep1367.pdf](http://extension.unh.edu/resources/files/Resource001094_Rep1367.pdf)

*Grow It Eat It.* University of Maryland Cooperative Extension. [chapmanfoodsafety.files.wordpress.com/2011/08/foodsafety.pdf](http://chapmanfoodsafety.files.wordpress.com/2011/08/foodsafety.pdf)

*Home Gardening Food Safety: Washing the Fruits (and Vegetables) of Your Labor Properly.* University of Florida Extension. [edis.ifas.ufl.edu/pdffiles/FY/FY140100.pdf](http://edis.ifas.ufl.edu/pdffiles/FY/FY140100.pdf)

*Kansas Garden Guide.* K-State Research and Extension. [www.ksre.ksu.edu/bookstore/pubs/s51.pdf](http://www.ksre.ksu.edu/bookstore/pubs/s51.pdf)

*Preventing E. coli: From Garden to Plate.* Colorado State University Extension. [www.ext.colostate.edu/pubs/foodnut/09369.html](http://www.ext.colostate.edu/pubs/foodnut/09369.html)

*Storing Fresh Fruits and Vegetables for Better Taste.* University of California, Davis. [ucce.ucdavis.edu/files/datastore/234-1920.pdf](http://ucce.ucdavis.edu/files/datastore/234-1920.pdf)

*Quick Composting.* K-State Research and Extension. [www.ksre.ksu.edu/bookstore/pubs/EP6.pdf](http://www.ksre.ksu.edu/bookstore/pubs/EP6.pdf)

## Author

Lisa Martin, Shawnee County family and consumer sciences agent

## Reviewers

Cary Rivard, assistant professor of horticulture

Karen Blakeslee, extension associate and Rapid Response Center coordinator

Londa Nwadike, extension food safety specialist



# Garden to Plate: Food Safety for School and Community Gardens Evaluation

Before Presentation		After Presentation		Knowledge of Food Safety for School and Community Gardens
Y	N	Y	N	1. I know why food safety is important.
Y	N	Y	N	2. I know how to handle food safely.
Y	N	Y	N	3. I know why washing my hands is important.
Y	N	Y	N	4. I know what causes foodborne illness.
Y	N	Y	N	5. I know how to prevent foodborne illness.
Y	N	Y	N	6. I know how to select safe garden sites and soil.
Y	N	Y	N	7. I know how to keep my garden area and tools safe and sanitized.
Y	N	Y	N	8. I know how to identify safe water sources for my garden.
Y	N	Y	N	9. I know how to keep a safe compost pile.
Y	N	Y	N	10. I think this lesson was useful and will help me prevent foodborne illness.

Comments and Suggestions: \_\_\_\_\_

Please send completed evaluation to:

Lisa Martin, MPH, R.D., L.D.

Shawnee County Extension Agent, EFNEP

1740 SW Western

Topeka, KS 66604

785-232-0062, ext. 119

ljmartin@ksu.edu

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# Program Priorities for Shawnee County

## K-State Research and Extension

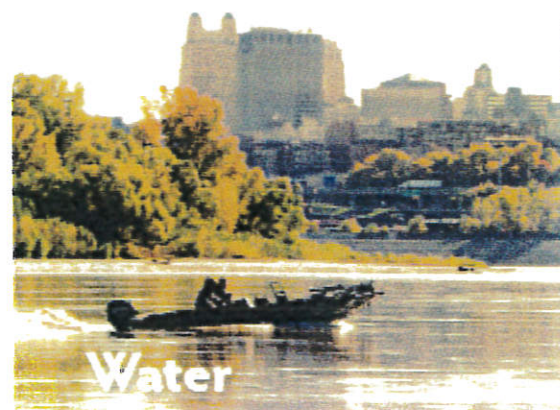
### Global and Local Food Systems

- In school agriculture education about food production, especially for middle and high school youth
- Gardening education including:
  - Best gardening practices for our area, bee friendly crops
  - Encouragement and support needed for community gardens
  - Suggestions for utilizing freshly grown produce
  - Establish partnerships with local organizations to promote community gardens, i.e., early learning centers, Big Brothers Big Sisters, Boys & Girls Clubs, Rescue Mission, community centers, retirement homes.
- Education about Genetically Modified Foods (GMO)s
- Utilizing technology in agriculture
- Trusted information resource for federal and state legislation, i.e. Farm Bill, SNAP-Ed, WIC, etc.
- “Buy Local” campaign for local business to buy produce (restaurants, school districts )
- Encourage/Promote CSAs (Communities Supported Agriculture) and develop a CSA directory
- Farmer’s market food safety certification program



### Water

- Water conservation/recycling for youth, homeowners, business owners, etc
  - Homes - toilets, showers,
  - Lawns/Landscapes - irrigation systems, rain barrels, use of mulch, watering
  - Stay up to date on new technology
  - Right plant, right place for homeowners, farmers, gardens stores, landscape businesses
  - Irrigation systems - subsurface irrigation for agriculture and home use, drip irrigation,
- Water quality
  - Proper use of fertilizers/herbicides for farmers, homeowners, community gardens and businesses to reduce runoff
  - Water quality for lakes/ponds, blue-green algae, buffer zones, stream bank stabilization
  - Soil testing
- Industrial/recreational water use such as golf courses - waste water quality
- Utilize school enrichment programs and bring to the schools instead of field trips.
- Education for K and pre K on water conservation when washing hands, brushing teeth.



### Health

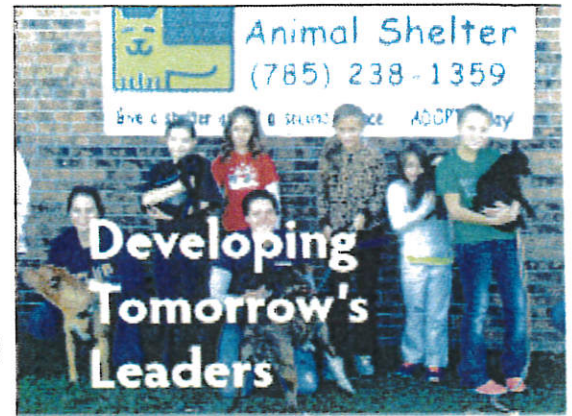
- Teach adults and youth how to cook nutritious meals on a budget
- Teach how to set up community gardens, include Junior Master Gardener program
- Food safety education for consumers
- Preventive health education - exercise, nutrition
- Options for insurance - medication (pharmacy), deductibles, doctors





## Growing Tomorrow's Leaders

- Educating parents to teach leadership at home (culture shift)
- Civics leadership learning for youth
- Career readiness - job sampling, hands-on learning where education and real life skills collide.
- Programs for older/younger kids, different leadership needs
- Youth involved with adult mentors or older youth teaching skills
- Resource directory/clearinghouse that connects trained leaders with opportunities
- Coordinating with service organizations to involve youth
- Partner to require board education in community (county commissioners, etc)
- Partner with extension program/event delivery in other organizations
- Real life internships and situations to practice or get mentors. Partner with other agencies to get practice. Provide safe learning opportunities, training and mentoring.



## Community Vitality

- Expand educational programs in Basic Living, Health and Financial Management
- Informal Parent's University (parenting programs)
- Financial education for young families, low-income families, including student loans
- Community leadership for youth and adults including board training
- VITA
- Medicare/Family Finance
- Civic engagement/quality of life for adults and youth
- Helping aging parent - multi-generational
- Add newspaper column or blog on family finance
- Identify opportunities for collaboration (Neighborhood Improvement Associations, Safe Streets, Downtown, NOTO, Walk-n-Talks, community dinners
- Provide education about public policy issues and facilitate community conversations



# **Community Garden section of the Zoning-Matrix Ordinance adopted by the Topeka Governing Body on September 3, 2014**

## **DEFINITION:**

"Garden, community" means an area of land managed and maintained by an individual or group of individuals for growing and harvesting, farming, community gardening, or any other use, which contributes to the production of agricultural, floricultural, or horticultural products for beautification, education, recreation, consumption, community or personal use, sale, or donation. This definition includes community gardens, private gardens, and community supported agriculture (CSA) uses under the blanket term "community garden."

Gardens, community (type I) are typically no greater than two acres of cultivated area and only permit sales of a temporary nature. If the area of cultivated land exceeds one-acre, a 50' setback is required between properties with existing dwelling units and any cultivated area or accessory structures. Temporary sales of produce grown on-site are permitted during the stated hours of operation (8 AM – 8 PM) provided that all stands and displays are removed after hours of operation.

Gardens, community (type II) means a community garden with permanent produce sales structures or larger accessory structures than permitted in Type I Gardens.

## **LICENSE REQUIRED:**

- (1) All community gardens shall be allowed only after the owner or applicant has registered the community garden with the planning department and has paid a fee of \$50 (one-time registration fee per garden). The planning director shall adopt administrative procedures necessary to govern the registration requirements and ensure compliance with the requirements.

## **GENERAL STANDARDS:**

- (2) Fences are allowed subject to a fence permit and compliance with TMC 18.210.040. In R and M Districts, the minimum front yard setback for the district shall act as the front face of the principal structure.
- (3) Sales and operation of mechanical equipment shall occur only between 8:00 AM and 8:00 PM. For Type 1 gardens, sales of produce grown on-site are permissible provided that all stands and displays are removed on or before 8:00 PM.
- (4) Cultivation equipment shall not exceed the size of a compact utility tractor and its accessories.
- (5) The cultivated area shall have a minimum setback of 3 feet from all property lines. Crops planted in any minimum front yard setback are limited to those that will grow to a height of 4 feet or less (e.g., 4 feet maximum in the front 30 feet).

## **Community Garden section of the Zoning-Matrix Ordinance adopted by the Topeka Governing Body on September 3, 2014**

- (6)** Dead garden plants shall be removed regularly and no later than November 30<sup>th</sup> of each year.
- (7)** Weeds, grass, undergrowth and uncultivated plants shall not exceed a height of 12 inches.
- (8)** Compost bins shall be set back at least 10 feet from all side and rear property lines and 25 feet from the front property line. Compost bins shall be screened and maintained in such a manner as to not attract insects, vermin, reptiles and other animals. Appropriate best management practices shall be used to minimize odor.
- (9)** The site shall be designed and maintained so that no water, fertilizers, or pesticides drain onto adjacent property.
- (10)** The entire site shall be maintained in a manner, including noise and odors, so that it does not become a nuisance in any way, as described in Chapter 8.60 TMC.
- (11)** Signage is limited to one permanent identification sign per property frontage consisting of up to 10 square feet per sign face and temporary signs are allowed in accordance with TMC 18.25.230(a).
- (12)** Orchards and tree farms shall meet the front yard setback for their zoning district and shall be setback at least 15 feet from all other property lines, with the measurements based on nearest part of the trees' canopies.
- (13)** Accessory structures for Type I Community Gardens are limited to the following standards.
  - (i)** Accessory structures may include storage buildings, green houses, high tunnels and hoop houses maintained in good condition.
  - (ii)** Maximum height of 12.5 feet.
  - (iii)** Maximum lot coverage for structures shall be calculated based on the cultivated area for the community garden, including pathways. Maximum lot coverage for structures shall be 10% or less than 150 square feet, whichever is greater.
  - (iv)** Storage buildings are limited to less than 150 square feet and may only be used for storing garden equipment and materials used on-site.
  - (v)** Each structure shall meet the required setbacks from property lines as outlined in TMC 18.210.030(a)(2). If the area of cultivated land exceeds one-acre, a 50' setback is required between properties with existing dwelling units and any cultivated area or accessory structures.
- (14)** Accessory structures for Type II Community Gardens are limited to the following standards.
  - (i)** In addition to Type I standards, Type II permitted accessory structures include: garden sales stands, other buildings for storage, structures for cold storage and processing of garden products, and buildings for aquaculture, aquaponics, and hydroponics.
  - (ii)** Maximum lot coverage for structures is 30% of the site area designated for the Community Garden (cultivated area and pathways).



**Community Garden section of the Zoning-Matrix Ordinance  
adopted by the Topeka Governing Body on September 3, 2014**

(iii) Accessory structures 150 square feet or greater are permitted, subject to required building permits.

**(15)** If one or more of the requirements cannot be met, a person may apply for a conditional use permit pursuant to Chapter 8.215 TMC.

## Family Nutrition Program Nutrition Educator—Access to Healthy Affordable Food

1. Delivers nutrition education to food assistance eligible adult clients.
  - a. Provides cooking and food preservation classes at community agencies, Farmers Markets and Community Gardens
  - b. Serves as a nutrition resource for community partners including food banks and emergency sites.
  - c. Assists County Agents, Master Gardeners and community volunteers to provide community garden training and organization.
  - d. Writes nutrition/garden articles, newsletters and social media posts.
  - e. Assists County Agents, Master Gardeners and community volunteers with the Community Garden Network to share resources and connect volunteers with community garden projects.
2. Participates in local coalitions/collaborations that would benefit from the nutrition education of limited resource clients and to work on nutrition and physical activity policies, systems and environments.
3. Reports to County/District agent or other personnel in charge of County/District Family Nutrition Program (FNP).
4. Prepares County/District FNP reports, records and accomplishments to present to the County/District Extension board and to the state FNP office in cooperation with the County/District FNP agent.
5. Attends FNP and other training as needed to obtain information about programs and how to deliver them to this audience.
6. Serve as a public relations representative for the FNP program and K-State Research and Extension in the County/District.

(This position has not posted yet. For more information, contact Lisa Martin at 785-232-0062, ext 119, or [ljmartin@ksu.edu](mailto:ljmartin@ksu.edu))

## FNP Budget Sheet

Note: \* Indicates that the field is not added into the Grand Total.

### FNP Budget Sheet for "Shawnee County"

Project Year 2016 – 2017

#### Salaries & Benefits

Brenda Jarboe	\$42,419.52
Salaries & Benefits Total:	\$42,419.52

#### Contractual Services

Advertising for Hire	\$0.00
Consultant	\$0.00
Duplicating and Printing	\$1,726.00
Interpreter / Translator	\$0.00
Phone	\$0.00
Postage	\$50.00
Priority Support for Food Processor (Continuing Service)	\$0.00
Space	\$0.00
Contractual Services Total:	\$1,776.00

#### In-State Travel

In-State Travel	\$1,553.00
In-State Total:	\$1,553.00

#### Supplies

Food Demonstration Supplies	\$2,400.00
Nutrition Education Supplies	\$500.00
Office Supplies	\$300.00
Supplies Total:	\$3,200.00

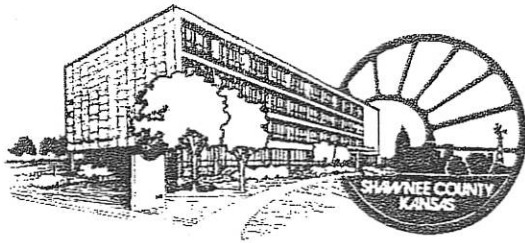
#### Small Equipment & Software

Large Electric skillet	\$45.00
Blender	\$20.00
Butane stove	\$20.00
Garden Tool Set with Caddy	\$15.00
Portable Slow Cooker	\$28.00
Small Equipment & Software Total:	\$128.00

**Grand Total: \$49,076.52**

#### \*Cash Donations

No entries in this section.



Shawnee County  
Department of Corrections

501 S.E. 8th Street - Topeka, Kansas 66607

Brian W. Cole, Director

Adult Detention Facility - 501 SE 8th - Topeka, Kansas 66607 - (785) 291-5000 - FAX (785) 291-4924  
Youth Detention Facility - 401 SE 8th - Topeka, Kansas 66607 - (785) 233-6459 - FAX (785) 291-4963  
Corrections Annex - 818 SE Adams - Topeka, Kansas 66607 - (785) 291-5000 - FAX (785) 291-4930

## MEDIA RELEASE

Monday, September 14, 2015

FROM: Maj. Timothy Phelps, PIO

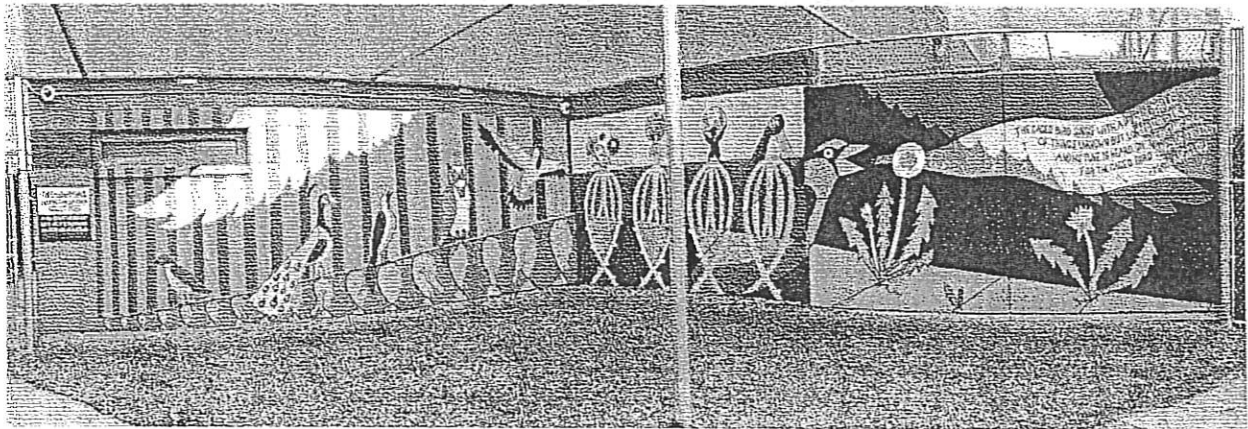
DISTRIBUTION: Local Media Outlets

SUBJECT: Presentation and Dedication of JDC Garden and Mural Project

The Shawnee County Department of Corrections, Juvenile Detention Center (JDC) will be holding a presentation and dedication of an original collaboration garden and mural project - *"The Caged Bird Sings, I am More Than Just a Weed"* -- developed and implemented as a program for the detained youth. The project, paid for through with state grant funds, began nearly a year earlier and has involved more than 30 of the JDC juvenile residents. Lawrence artist Dave Loewenstein worked with JDC staff and residents to design and paint the mural.

The presentation and dedication will take place on **Wednesday, September 16, 2015, at 2:00 p.m.**, on the Southwest corner of the JDC secure perimeter. Media may park in the JDC staff parking (just South of the facility, at the intersection of 9<sup>th</sup> and Madison Streets), where they can be escorted to the presentation site.

Additional information about the project is set forth below.





**Title:**

"The Caged Bird Sings, I am More Than Just a Weed"

**Participants:**

This project was collaboration between JDC youth, Officers and artist Dave Loewenstein. Overall, more than 30 participated.

**Background:**

Over the course of six weeks this spring, artist Dave Loewenstein met with JDC youth to research and design the mural for a wall adjacent to the new garden at the facility. The group talked about the cultivation and care of the garden, including plants that are thought of as beneficial and ones that are not - namely weeds. Led by Loewenstein, youth also read the poems below that inspired their work. Painting began in May, with more than 30 youth and four officers participating.

***Sympathy***

By Paul Laurence Dunbar

I know what the caged bird feels, alas!  
When the sun is bright on the upland slopes;  
When the wind stirs soft through the springing grass,  
And the river flows like a stream of glass;  
When the first bird sings and the first bud opes,  
And the faint perfume from its chalice steals—  
I know what the caged bird feels!

I know why the caged bird beats his wing  
Till its blood is red on the cruel bars;  
For he must fly back to his perch and cling  
When he fain would be on the bough a-swing;  
And a pain still throbs in the old, old scars  
And they pulse again with a keener sting—  
I know why he beats his wing!

I know why the caged bird sings, ah me,  
When his wing is bruised and his bosom sore,—  
When he beats his bars and he would be free;  
It is not a carol of joy or glee,  
But a prayer that he sends from his heart's deep core,  
But a plea, that upward to Heaven he flings—  
I know why the caged bird sings!

***Caged Bird***

By Maya Angelou

A free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wing  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn bright lawn  
and he names the sky his own

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill

for the caged bird  
sings of freedom.

**The Rose That Grew From Concrete**  
**by Tupac Shakur**

Did you hear about the rose that grew from a crack  
in the concrete  
Proving nature's laws wrong it learned 2 walk  
without having feet  
Funny it seems, but by keeping its dreams  
it learned 2 breathe fresh air  
Long live the rose that grew from concrete  
when no one else even cared!



# Outdoor space adds life to juvenile detention center

## Gardening, arts programs shown to have positive effect

**Posted:** September 16, 2015 - 7:53pm

[Back](#) | [Next](#)



CHRIS NEAL/THE CAPITAL-JOURNAL

The Shawnee County Juvenile Detention Center unveiled a mural, Wednesday afternoon that was painted by inmates alongside artist Dave Loewenstein in the garden area along the exterior of the building.

[katie.moore@cjonline.com](mailto:katie.moore@cjonline.com)

Though the perimeter of the Shawnee County Juvenile Detention Center is lined with barbed wire and padlocks, staff are hoping incarcerated youths will find inspiration and activity in a recently completed outdoor garden and mural space unveiled Wednesday afternoon.

Department of Corrections director Brian Cole said that he had been aware of similar projects for a while, but wanted to do research before digging in. Studies, he later found, have shown gardening and arts programs to be overwhelmingly positive in helping troubled youth with self-esteem, teamwork, problem solving and communication skills.

About a year ago, the project began to gain steam. Officers at the center approached artist Dave Loewenstein, of Lawrence, whose work they had seen on the Great Mural Wall of Topeka at 20th and S.W. Western.

He quickly signed on to the collaboration and initially met with four of the juveniles to talk about a theme and concept for the mural. They took inspiration from poems by Maya Angelou and hip-hop artist Tupac, and looked at metaphors that a garden can have such as growth. Loewenstein also encouraged them to reflect deeply on their hopes and goals.

Loewenstein projected the completed design onto the walls of the building and the youth participants in May began painting the colorful mural that spans two walls.

"The results are remarkable," Loewenstein said of the completed project, entitled 'The Caged Bird Sings, I am More Than Just a Weed'.

"I'm in their gratitude," he added.

Two of the youths involved with the project were present during the unveiling.

"This brightens up the space and brings life to it," said Angela McHardie, director of the juvenile center.

This spring, about 30 juveniles were involved with the nearby garden, learning about plants and their care. Staff volunteered to build the plant beds, and Washburn Tech donated two batches of plants.

Throughout the summer they have harvested tomatoes, kale and cabbage that was used in salads.

McHardie said that some of the youths had never heard of or tried kale or some types of the peppers they planted, so it was a positive experience to be exposed to new food.

She hopes that next year there will be more to harvest, so that some of it can be donated to local food banks.

Cole emphasized the amount of effort that had gone into completing the outdoor space and said it has instilled a sense of pride in the participants.

"It's a beautiful place that can be utilized," he said.

Katie Moore can be reached at (785) 295-5612 or [katie.moore@cjonline.com](mailto:katie.moore@cjonline.com).

Follow Katie on Twitter [@katertott](https://twitter.com/katertott).

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Crossroads Community Garden

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## Crossroads Community Garden

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**Crossroads Community Garden**

1 hr · Topeka ·

Today we have watermelon, acorn squash, zucchini, okra and cherry tomatoes

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**Crossroads Community Garden**

August 27 at 8:49am · Topeka ·

Today we started harvesting watermelons! We also have pumpkins, zucchini, cherry tomatoes, peppers, and okra!



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2



Write a comment...

**Crossroads Community Garden**

August 25 at 9:21am · Topeka ·

The rain didn't stop us....we have cherry tomatoes, zucchini and squash, okra and peppers!

YOUR GAMES

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RECOMMENDED GAMES

MORE



Larry Rice and Mandy Daniels are now friends.



Mary McAferty shared Friends of the Kaw - Kansas Riverkeeper's event to the group: Lost Somewhere In Kansas. <https://www.facebook.com/>



Laura Thiesen



Ed Kalas



Valentina Remig



Pamela Jett



Charlotte Benaka 15h



Sherry Hassler Lundry



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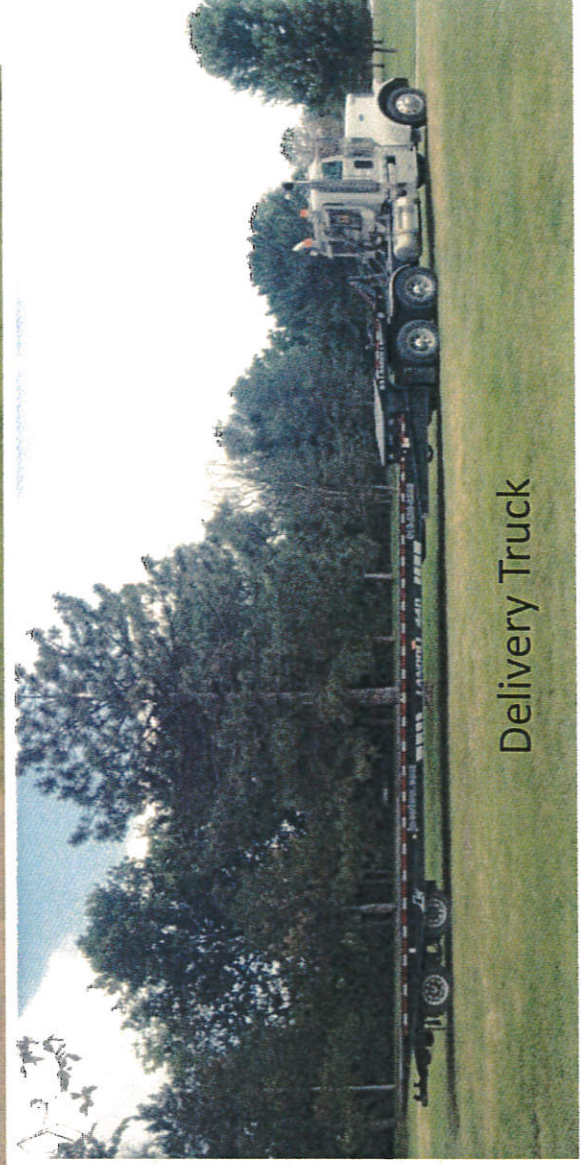
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New storage  
container  
arrived  
6/13/2016



Jamie in container



Delivery Truck





Ground preparation



Road stone gravel

Smoothing the gravel



Waiting for the gravel





## Fw: UCC/UU Garden Report

Brenda Jarboe

Thu 8/18/2016 9:28 AM

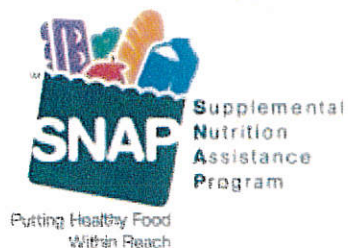
To: Lisa Martin <ljmartin@ksu.edu>;

Lisa, here's another produce report. This one from UCC/UU-- see email below pix.

Thank you!

Brenda Jarboe  
Snap-Ed Nutrition Educator/  
Community Garden Network Coordinator  
K-State Research and Extension  
Shawnee County  
[1740 SW Western](#)  
[Topeka, KS 66604](#)  
785-232-0062 ext. 113  
Fax: 785-232-0093  
[brendajarboe@ksu.edu](mailto:brendajarboe@ksu.edu)

[Shawnee County Community Garden Webpage](#)



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**From:** Stan Voth <stanvoth@cox.net>

**Sent:** Monday, August 15, 2016 1:47 PM

**To:** cchmidling@yahoo.com

**Cc:** Diana Hershberger; Rj Menninger; John & Lila Bartel; Judi Salyer; Consti Garay; Brenda Jarboe; Maria Martinez; Lavina Wall; Lindsey Fincham

**Subject:** Re: UCC/UU Garden Report









Addendum to UCC garden report. The last two photos are of the UCC garden. This a beautiful garden!! -seems to be very well cared for and according to the report very productive. They have been great stewards of our "new garden" donation. And could serve as a model for raised bed garden startups.

The first picture is a composition of a variety of produce from HiCrest garden. The blackberries do well and make for a vibrant distraction to the monotony of just tomatoes, cucumbers, and squash!!

Thanks, Stan Voth

On Aug 15, 2016, at 12:31 PM, C Chmidling <[cchmidling@yahoo.com](mailto:cchmidling@yahoo.com)> wrote:

[Sent from Yahoo Mail on Android](#)

On Sat, Aug 13, 2016 at 10:46 AM, Judi Salyer  
<[judisalyer@sbcglobal.net](mailto:judisalyer@sbcglobal.net)> wrote:

Garden produce from the UCC/UU garden has been taken to I Care since May 16. Weights were not recorded early on, but from May 16-June 14

these numbers of bags were taken:

Radishes--2 plastic grocery bags

Turnips/turnip greens--5 bags

Kale--4 bags

Lettuce--4 bags

Some Chinese cabbage, beets and a few peas

From June 20-August 10:

85.5 lbs of veggies were taken which includes cucumbers, tomatoes, squash, kale, peas, basil, cilantro, parsley, turnips, onions, lettuce, jalapeños, beets, okra and green beans.

Submitted by Judi Salyer

Sent from my iPhone



8/29/2016

Fw: Garden produce question

## Fw: Garden produce question

Brenda Jarboe

Thu 8/18/2016 1:05 PM

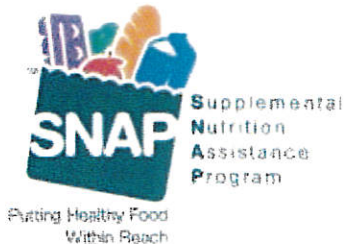
To: Lisa Martin <ljmartin@ksu.edu>;

Lisa, here's a report from Crossroads Community Garden, 225 Laurent

Thank you!

Brenda Jarboe  
Snap-Ed Nutrition Educator/  
Community Garden Network Coordinator  
K-State Research and Extension  
Shawnee County  
[1740 SW Western](#)  
[Topeka, KS 66604](#)  
785-232-0062 ext. 113  
Fax: 785-232-0093  
[brendajarboe@ksu.edu](mailto:brendajarboe@ksu.edu)

[Shawnee County Community Garden Webpage](#)



**From:** darra1960 <darra1960@yahoo.com>

**Sent:** Thursday, August 18, 2016 11:36 AM

**To:** Brenda Jarboe

**Subject:** RE: Garden produce question

Brenda, I don't know the number in pounds of food but we have been keeping track of what we give away by sandwich bags and number of vegetables. Here's a current list:

As of August 17

Lettuce - 117 sandwich bags  
Radishes - 201  
Green onion - 32 sandwich bags  
Regular onions - 35

<https://docs.google.com/spreadsheets/d/1AAMkACGinY6GT-4UW54QDUND-4Y64MTC-4TRX6M1M5-7ZD1MABQ1>

Carrots - 58  
Okra - 101  
Green beans - 15 sandwich bags  
Peas - 8 sandwich bags  
Kale - 12 sandwich bags  
Spinach - 5 sandwich bags  
Beets - 140  
Corn - 12 dozen  
Potatoes - 10 pounds (roughly)  
Zucchini - 101  
Squash - 46  
Cucumbers - 7  
Cherry tomatoes - 387  
Regular tomatoes - 26  
Pumpkins - 4  
Watermelons - 4  
Peppers - 47  
Cabbage - 2  
Eggplant - 4  
Chives - 16 sandwich bags  
Dill, parsley and basil - 1 sandwich bag each

Most of this produce has been taken by the community but some was donated to the rescue mission. As we have gone along this year, we have realized that the community is in much greater need than we anticipated. A lot of our big tomatoes are picked off the vine before we could harvest them, therefore they were not included in our count. Also, our cucumber plants were destroyed by some bad luck (storm came along and knocked the pallets down on them. We had put the pallets in place for them to climb up) and our watermelons and pumpkins have not yet matured. We also just planted a fall radish crop (so we expect that number to go up as well). Peppers usually get picked off the vine too, so that's why our numbers look a little low there. We definitely didn't plant enough green beans or peas. But, these are issues we plan on taking care of next year. Our garden is already being planned better, due to this year's results.

I can give you another count at the end of the year, if you would like. We have enjoyed our experience with the garden this year and would like to thank you guys for all your help!

Darra Taylor Studebaker

Sent from my T-Mobile 4G LTE Device

----- Original message -----

From: Brenda Jarboe <brendajarboe@ksu.edu>

Date: 8/18/16 9:34 AM (GMT-06:00)

To: Darra Taylor <darra1960@yahoo.com>

Subject: Garden produce question

Darra, do you have any idea how much produce you have given away this summer?

8/29/2016

Fw: Garden produce question

Thank you!

Brenda Jarboe  
Snap-Ed Nutrition Educator/  
Community Garden Network Coordinator  
K-State Research and Extension  
Shawnee County  
[1740 SW Western](#)  
[Topeka, KS 66604](#)  
785-232-0062 ext. 113  
Fax: 785-232-0093  
[brendajarboe@ksu.edu](mailto:brendajarboe@ksu.edu)

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# MAKING A DIFFERENCE



## Grand Challenges

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785 232-0062  
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## Grand Challenges: Global Food Systems

Title: Extension Addresses Community Garden needs.

### Why is this issue important?

Food deserts in rural and urban communities and the desire to grow healthful, chemical-free foods is a growing concern across the nation. In addition, young families want to teach their children where food comes from and engage the children in the family building, healthful activity of gardening.

### How did Extension address this issue?

For years the Extension office has supported the grassroots efforts of Topeka Common Ground and other community garden endeavors in Shawnee County. Zoning regulations have been changed with the help of Extension. A networking system has been developed to disseminate information, share resources, find grant money, and help the public find a community garden near them. The Extension office offers hands-on training and educational programs on gardening basics and food safety. Presentations are made to corporations looking to make a difference in their community, to churches supporting missions and soup lines, and to schools and youth wanting to learn how to make a difference in their environments. Through a Family Nutrition Program grant, a full-time employee has been assigned the duties of community garden coordination and nutrition education to meet the growing needs of Shawnee County.



### What was the impact?

Greater numbers of people in Shawnee County have become aware of the growing need for local foods, safe foods, and the availability of community gardens. These gardens provide access to fresh, nutritionally rich foods in low income neighborhoods. Developing and maintaining garden space is less expensive than maintaining parkland, and gardens are often better maintained than vacant lots, all at little or no cost to the city or county. Community gardens have been shown to raise the property value in the immediate vicinity where they are located.

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