

Name: _____

Garden Club

Aligned to the following standards: FFA.PL-A1; FFA.PL-A3; FFA.PL-A4; FFA.PL-C1; FFA.PL-C2; FFA.PL-D6; FFA.PL-E1; FFA.PL-F1; FFA.PL-F5; FFA.PG-I1; FFA.PG-J1; FFA.PG-J2; FFA.PG-J3; FFA.PG-K2; FFA.CS-N1; CCSS.ELA-RI.9-10.1; CCSS.ELA-RI.9-10.4; CCSS.ELA-RI.9-10.7; CCSS.ELA-W.9-10.1; CCSS.ELA-W.9-10.2; CCSS.ELA-W.9-10.4; CCSS.ELA-W.9-10.7; CCSS.ELA-W.9-10.8; CCSS.ELA-W.9-12.9; CRP.06; CRP.07; CRP.08

Part 1

Directions:

Answer the questions below as you watch the video "Garden Club SAE," available at <https://vimeo.com/showcase/11832322?video=1108190681>.

1. Describe Carson's service-learning SAE in two or three sentences.	2. What state is Carson from?
3. What type of garden is outside of the facility?	4. What does Carson do with the residents inside?
5. What is the safety priority when working with the residents?	6. What is the main lesson that Carson has learned from this project?
7. Who helps Carson with his project?	8. How did Carson start his SAE?
9. What is Carson's advice for an agriculture student who is still searching for the right SAE?	10. How will this project help Carson in the future?
11. Why do you think gardening is a good activity for nursing home residents?	12. How does Carson's SAE demonstrate leadership and service?

Name: _____

Part 2

Directions:

Learn more about how gardening can be used as a great therapy technique for people of all ages and abilities by reading an article from Virginia Cooperative Extension and filling in the chart below.

Article: https://www.pubs.ext.vt.edu/content/pubs_ext_vt_edu/en/HORT/HORT-66/hort-66.html

Introduction	
1. Describe the benefits of gardening physically and emotionally.	3. List the groups of people that therapeutic gardening can benefit. • • • • • •
2. What is another term used in place of therapeutic gardening?	
History	
4. What are the three notable times in history that horticulture therapy is referenced? • • •	5. Describe horticulture therapy today.
Challenges	Rewards
6. List four examples of challenges to gardening from the article. • • • •	7. List five examples of rewards from gardening that are found in the article. • • • • •

Name: _____

Adapting the Garden

8. What does the phrase “the garden needs to be adapted to the gardener” mean in your own words?

9. List three ways gardens can be adapted.

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Raised Beds

10. When are raised beds the best garden option to use?

11. Low Raised Beds

- Height:
- Used for:
- Can be combined with:

12. Draw a picture of a low raised bed:

13. Deep Raised Beds

- Height:
- May have what to sit on:
- Used for:

14. Draw a picture of a deep raised bed:

15. Elevated Beds

- Height:
- Especially good for:
- Depth:
- Used for:

16. Draw a picture of an elevated bed:

Containers

17. When are containers the best garden option to use?

18. Name two advantages of using containers:

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Name: _____

19. Planting Bags Two advantages of planting bags:	20. Draw a picture of a planting bag:
21. Hanging Baskets Two advantages of hanging baskets:	22. Draw a picture of a hanging basket:
23. Straw Bale Garden Two advantages of straw bale gardens:	24. Draw a picture of a straw bale garden:

25. Which type of garden did Carson use for his SAE? Why do you think he chose this?

26. Read the four profiles and determine which adapted garden would be best for each person.

<i>Mrs. Jenkins is 82 years old and uses a wheelchair full-time. She loves growing herbs to cook with. She has limited strength in her arms and tires easily when reaching.</i> Which type of garden would work best and why?	<i>Mr. Garcia is 76 years old and has arthritis in his knees and struggles to bend down. He enjoys growing tomatoes and peppers for homemade salsa and has a large sunny backyard.</i> Which type of garden would work best and why?
<i>Ms. Carter is 79 years old and recently moved into a retirement apartment with only a small balcony. She wants to grow colorful flowers, but she can't stand for long periods of time.</i> Which type of garden would work best and why?	<i>Mrs. Lee is 90 years old and is still active but tires when walking long distances. She enjoys caring for plants daily and likes growing new varieties. She needs something low-maintenance and close to her porch.</i> Which type of garden would work best and why?

Name: _____

Part 3

Directions:

Now that you have seen a great therapeutic gardening SAE and read more about horticulture therapy, let's brainstorm your own project idea. Think about a local retirement home, children's hospital, elderly neighbor or another location or person that could benefit from horticulture therapy. Design a simple garden plan for the facility or person. This could be your next service-learning SAE!

Step 1: Who Can You Help?

Write down and describe the local place or person that you can help with this project.

Step 2: Choose a Garden Type

Circle the type of garden(s) you will use:

Low Raised Bed	Deep Raised Bed	Elevated Bed
Planting Bag	Hanging Basket	Straw Bale Garden

Step 3: Explain Why

Why is this type of garden the best choice for your project? (Be sure to use details you collected from the article.)

Step 4: Connection to Health

How could this garden improve their physical health?

How could this garden support their mental or emotional health?

Name: _____

Step 5: Plan the Plants

What plants will be included in your garden? List at least three plants and explain why.

Reflect

1. The article mentioned adapting the gardener, the garden and the plant material. Which one of these is most important in your design? Why?
2. What challenges might come with your garden choice? How could you solve these challenges?
3. Do you think this project is realistic for you or your FFA chapter? Why or why not?