

BACKYARD GARDENS

Backyard gardening allows for the integration of food plants with ornamental plants for an aesthetic setting. By incorporating both types of plants, a garden becomes productive as well as beautiful; leading to added health benefits, stress reduction, and personal financial stability. With the incorporation of fruits, vegetables, herbs and beautiful perennials and annuals, your space is sure to have practical and flavorful results.

There are numerous types of gardening that can be used at any scale from the backyard to city streets. Gardening is a great way to introduce healthy, fresh plants into family lifestyle at home as well as grow food for those in need.

Public Input Session:

- Lack of awareness: how/ where to get food- when it is grown- how much it takes to grow and purchase. How to create different perceptions: new habits: built access to local food that is both affordable and nearby
- Promote lasagna gardening
- Washington/ Northend neighborhood: help train and support food insecure residents in growing and preparing food
- 1000 block of Victoria Street: Have 30'x50' with 7' fence- willing to share
- Local communities: look at ways to eliminate unintentional policy barriers to backyard gardening

Interviews with topic

WADING POOL GARDENS

- Citywide, at participating residences
- Jerelyn O'Connor at 563-589-4326
- Sponsored by St. Luke's United Methodist Church, with funding from the Community Foundation of Greater Dubuque and The Virgil and Norma Denlinger Family Foundation

Includes:

- Garden materials
- Garden guide to monitor garden

Eligibility and price:

- Priority given to low and moderate income neighborhoods and childcare, educational, group and nursing institutions
- Free
 - Participants receive pool, soil mixture, and seeds free

Economy: Individual savings, potential for increased home value

Education: Master Gardener programs available

PRESERVATION SISTERS- COOKING CLASSES

Audience	Topic: Personal food production (Gardening)	Topic: Cooking & nutrition	Future Opportunities
<p>Consumer - Adult</p>	<p>Dubuque County ISU Extension: Master Gardener Training Monthly Lunch & Learn the first Wednesday of the month (time) at the Multicultural Family Center - for free to everyone</p> <p>The Dubuque Rescue Mission</p> <p>Convivium Urban Farmstead</p> <p>Dubuque Community Garden Coalition convenes to coordinate gardening efforts.</p>	<p>Hy-Vee: nutrition, cooking, weight management, and meal planning classes and workshops. Fee based, some are free.</p> <p>Mercy Medical Center: Nutrition</p> <ul style="list-style-type: none"> • Just for You consultations \$125 – includes resting metabolic rate calculation and dietary consultation • Individual consultations with Registered/Licensed Dietitian – Fee depends on amount of time and number of sessions • Free community education classes are also provided throughout the year • Weight Management • 12 –week Weight Loss Program - \$249 • Individual consultations with Registered/Licensed Dietitian – Fee depends on amount of time and number of sessions • Free community education classes are also provided throughout the year • Mercy events can be found on Facebook , YouTube, Twitter, Instagram, and Pinterest. • Mercy’s cafeteria is open to the community, includes heart-healthy frozen foods called Healthy Variety <p>Clarke University: speakers on food and nutrition issues.</p> <p>Crescent Community Health Center: nutrition/weight management/goal setting classes monthly at their Wellness Center Provide individualized health education and disease management</p> <p>Dubuque County Extension:</p> <ul style="list-style-type: none"> • Canning workshops, food preservation classes, and local food cooking classes • Summer Farmers’ Market Demos with Chef Ryan Boughtan are held at the Dubuque Farmers’ Market the first Saturday of each month. <p>The Rescue Mission: Rooted Chef Program</p>	<p>Convivium Urban Farmstead - Commercial Kitchen & Event Space (Leslie)</p> <p>Sinsinawa Mound - new program director for ecological education hired in 2015 (Eric)</p> <p>Dream Center</p> <p>NICC Student Garden, Health & Wellness Coaching Certificate Program</p> <p>Loras College Student Garden</p> <p>Clarke University Student Garden, Food Science program</p>

Equity: opportunity to have better access to food

LOCAL ADVOCACY: COMMUNITY GREEN DUBUQUE

Health: safe food, exercise, gardens are shown to assist with stress reduction; children who eat homegrown fruits and vegetables eat twice the amount of these foods than kids who seldom get fresh fruits and vegetables

Dubuque County Community Health Improvement Plan:

PROMOTE HEALTHY BEHAVIORS:

By 2016 the obesity rate in Dubuque County will decrease from 28% to 24%.

27% of the county is obese

80% do not eat adequate fruits/vegetables

Need for increased education on healthy lifestyle behaviors (including regular exercise and healthy diet/nutrition habits) among young children

Natural Systems: improved environment