**Action Project ~ Planning & Planting an Herb Garden**

TO DO LIST:

* **Project Proposal:** Due December 8 (handed out on November 3rd)- if you plan to work with a partner or group, you will know this at this point. DONE
* **Steps 1 & 2**: Due on or before December 15, 2018: assignments on pg 2 of this worksheet (handed out on November 3rd) DONE

***Subsequent pages of this worksheet and 2019 assignment details will be handed out at the December 8th class:***

* **Steps 3 & 4**: ***OVERDUE* January 19 2019**
* **Step 5**: Due February 9, 2019 Done 1/29/19
* **Step 6**: Due March 16
* **Step 7**: Due Presentations of projects on either March 23 or April 6, 2019
* **Step 8**: Due April 13, 2019

**Steps One & Two**

**Students: Sharna Berzin Nicholson & John DiCerbo**

**Date: December 8, 2018 (revised January 14, 2019)**

**1. Assess Needs**

* Who is the audience, what are their characteristics and what are their needs?

**The day residents (and possibly rehabilitation in-patients) of San Simeon are the audience for this Action Project.**

* What tools will you use to assess the audience’s needs?

**John & I will be meeting with the Recreation Director and she will have gathered information from the Kitchen Staff regarding which herbs are most desirable for their meal preparation. We also plan to meet and have a group session with the residents to share their memories of herbs/flowers from their home. We will use this information, along with classwork regarding plants good for pollinators and beneficial insects (where possible)**

* What makes this audience unique?

**There Is a lovely sunny sitting area outside where cutting flowers and herbs can be grown in raised planters. The residents were at one time planting vegetables, but the person that coordinated this program Is no longer there. It would be a more welcoming place to visit, plus would provide an easy Physical/Mental activity for those able to participate.**

* What is your timeline?

**In January, John and I went to San Simeon to get soil samples, evaluate the planters and take measurements of the raised best.**

**John & I plan to meet with the San Simeon in early February to begin planning and taking measurements of the area. We also want to determine whether they have any funds for these seeds/plants. Since Sharna volunteers at the Sound Avenue Research Facility, we may be able to obtain small seedlings which they will be growing for their Summer Open House sale.**

* What is the focus of your action project?

**To provide a beautification of the San Simeon outdoor seating area, while growing cutting flowers and herbs for use by the facility.**

**2. Design Objectives**

**“Action Project” Moodle Assignment due by December 15th:**

*Post and reply to your classmates in the online Discussion Forum to brainstorm and discuss the questions below, and if you have not done so already, consider project partnerships.*

* What are the learning objectives (what will the audience be expected to learn)?

**The audience at San Simeon will learn how to plant bulbs and seeds and care for their garden, with the assistance of the Cornell Master Gardener student(s).**

* Are they consistent with community needs?

**The San Simeon Retirement/Rehabilitation community has fewer and fewer volunteers and staff that are knowledgeable or physically able to conduct projects with the residents that entertain, provide exercise, or stimulate the brain. We feel this activity will do all three.**

* Are they consistent with your local plan of work? How?

**In the Master Gardener Class, I want to be able to educate/train others about the benefits of sustainable gardening, toxin free herb growing and benefits. I feel that I can adapt this Information to be as simple as a child would understand, or as complex as an adult with sophisticated gardening experiences. Should there be adults that are already experienced gardeners, I will be able to utilize them as 'leaders' or helpers with the others - or to plan the scope and types of plants we utilize.**

**3. Develop Delivery Strategies**

**Due by: January 12, 2019**

* In what ways will you deliver the information? What ways are most effective for your audience?

**John & I will be using a variety of methods to deliver the information to our audience. For the San Simeon residents & staff, we will have round circle group discussions using paper handouts, photographs and some tasty treats (we hope). Additionally, for those residents that chose to participate in planting and harvesting, we will use hands on and demonstration showing them methods to use the garden tools, and disposable gloves.**

**For the Cornell Master Gardener students, we will use a combination of Powerpoint, Verbal presentation and possible handouts.**

**For the staff and family members of the San Simeon residents, we will use the company Website to publish an article and photos of the project.**

What challenges do you face?

**No all Residents will have the same mental capacity to participate in discussions and/or physical activity, so we hope to make the project pleasurable to all by having recipes, food, discussions, and simply enjoyment sitting in the garden area.**

* What delivery methods have you used in the past? What worked well and what didn’t? What new methods are you curious to try?

**Sharna has extensively used Powerpoint for presentations, but has not previously given presentations to groups of elderly residents. For most adult learners, she has found that keeping the slides to a minimum and to the point works best. She is, however, looking forward to the circle talks, as they believe it will be enjoyable to many.**

**John has delivered extensively to youth groups (Scouting) but has not previously given presentations to elderly residents. For youth groups, he found that the most effective learning method involved keeping the talking points brief and to the point, using direct involvement and “hands on” activities to improve interest and memory.**

**Demonstrating and showing the various techniques would be the most effective in keeping the residents engaged while helping them to learn and enjoy the presentations. John also believes that circle talks and one on one interaction would be the most effective way to deliver the information.**

* What are the resources you need and plan to use to complete your project? (This might be people resources, software, etc.)

**We will need to have garden hand tools and seeds/plants to complete our project. We are hoping we will be able to obtain donations for any plant materials that we do not already have, especially if there is no budget for spending.**

**We will also need to have access to maintenance staff at San Simeon to correct for the lack of drainage in the current planters. We think we will have access to social workers, cooking staff and San Simeon aides to assist us when we are working with the residents, but will need to firm this up when we meet in February with the staff coordinator, JoAnn.**

* Create a project timeline and organize your action steps to be completed by these dates.
  + - 1. January
         1. Take soil samples of each planting area
         2. Take measurements of each planting area
         3. Meet with San Simeon staff director to get approval for project
      2. February
         1. Meet with San Simeon staff to discuss logistics, support and planning dates (nutritionist, budget options, maintenance work)
         2. Develop handout for Residents for Group Discussion
         3. Hold meeting with Residents regarding memories and possible plants
      3. March
         1. Visit local nurseries to request donations
         2. Obtain seeds for planting (Donations from Chick’s Agway Southold)
         3. Contact Cornell Research director (Mark Bridgen) regarding herbs, alstroemeria, dahlia tubers for planters
      4. April
         1. Present to Cornell Gardeners Class on April 6
         2. Plant early seeds (peas, etc)
         3. Attend Spring Garden School for plants
      5. May
         1. Plant vegetable seeds, plants and herb plants
         2. Maintain gardens throughout the growing phase until the yield is harvested
      6. June
         1. Early Harvesting – Flowers?

Examples: List activities, events, venues that will best engage priority audiences to meet the learning objectives

**4. Implement Design**

* What will you need to do to be well prepared?

What are your resources and materials?

1. **Soil Samples and Diagnostic Information**
2. **San Simeon Staff Contact prime**
3. **Identify Desired Herbs from Sharna's Herb Book**
4. **Edible Flower Book**
5. **Internet Resources (recipes, history, etc)**

* How will you make the information relevant to your audience and how will you keep them engaged and ready to learn?

1. **Write & have article published in San Simeon Newsletter**
2. **Take photos and display on Poster board during stages of project**
3. **Poster for display on Staff Bulletin / Resident Hall (where JoAnn?)**
4. **Create simple handout with herb photos and pictures (recipes?)**

Examples: Consider logistics prior to presenting to ensure your success.

**5. Evaluate**

**Due by: February 9, 2019**

* What does evaluation look like for you?

**~ Observing the San Simeon Resident participants**

**~ Ask questions that determine the residents' understanding of Information shared**

**~ Obtain feedback from staff and other residents at San Simeon**

**~ Following planting, observe and note how our gardens grew**

* What basic evaluation tool will work best?

**~ Observing the participants, group discussions, feedback from all**

* Will your evaluation be immediately following the program or delayed?

**~ Delayed and ongoing as our project proceeds thru the different stages**

* After receiving and interpreting results, will you alter your strategy?

**~ Yes, we will adjust plantings and future work based upon results and feedback obtained.**

* Where could you learn more about evaluation?

**We suspect that should we need additional evaluation tools or feedback we can solicit information from both the Cornell Cooperative Extension Master Gardener assistants, Donna, as well as the San Simeon director working with us.**

Examples: Surveys (pre/post), group or individual interviews, observations.

**6. Project Draft**

* Prepare to share your presentation draft with peers.

This step was removed, however we have met together several times to adjust, and review our Project Plan.

**7. Project Showcase**

**Due April 6, 2019**

* Facilitate your action project in front of a small group of peers during the action project showcase. Ask them to provide you with constructive feedback.
* For your sharing time, be sure to:
  + State who your target audience is.
  + Model how you would engage this target audience with your presentation, demo, brochure, plan, etc…
  + You may also wish to include information such as your motivation for selecting the topic, why it is relevant to you or others, challenges you faced, ah ha moments…
* **Note the time you told us you needed.** We suggest you do a test run at home or with friends; we will be strict about time.

**8. Self-Review**

**Due by: April 13, 2019**

* Perform a self-review based on your showcase session and the overall project.
* Throughout the action project process, what was your greatest area of growth? Do you feel you have room for continued growth?
* What surprised you most about the Action Project process?
* Is there anything you would do differently? A different approach you might take?
* What could be adapted in order to finalize your project showcase materials (to have them ready to present to the public).

**Follow-Up Activity- Action Project**

Share your action project materials with your MGV County Coordinator. Discuss how the materials might be adapted for a future community engagement opportunity.