

Healthy Garden Series

Your Guide to Youth and Adult Programs at **The People's Garden**



**THE PEOPLE'S
GARDEN**

September • October
Fall 2010



WE'RE GROWING HEALTHY FOOD, PEOPLE AND COMMUNITIES!



Photo: USDA

VISIT US ONLINE

You can follow us on Twitter at www.twitter.com/peoplesgarden, visit our Website at www.usda.gov/peoplesgarden, check out our section on the USDA Facebook page at www.facebook.com/USDA, or search for People's Garden photos on flickr at www.flickr.com/photos/usdagov.

DIRECTIONS TO THE PEOPLE'S GARDEN

Public transportation is the easiest way to reach us. Take the Metro orange or blue line to the Smithsonian Metro Station. Take the Mall exit. When you reach the top of the escalator, USDA Headquarters, the Jamie L. Whitten Building, will be on your right.

We also are accessible by car from several major routes; however, there is limited street parking.

EXPERIENCE THE LANDSCAPE

The People's Garden at USDA Headquarters is a living exhibit of what USDA does every day. Like all People's Gardens around the world, this garden incorporates sustainable practices, is a collaborative effort and benefits the community. It is open to the public year-round and free for all to enjoy. Visit us on the National Mall at 12th Street and Jefferson Drive, SW, in Washington, DC 20250.

All programs and activities listed in this guide are free of charge and open to the public.

Self-Guided Tours



Bring your cell phone to The People's Garden and explore the unique features of each garden area and hear what green practices are being implemented to ensure that this landscape is a healthy place for food to grow, animals to dwell and people to experience.

The cell phone audio tour has no cost, except your minutes. And it's easy to use. Look for numbered signs in the landscape, dial (202) 595-1185 on your cell phone and enter the item number displayed followed by the # key.

Guided Group Tours

Contact us at (202) 708-0082 for more details or to arrange a visit for your group. You'll see things you'd miss on your own. The tour highlights how our maintenance practices, plant selections, garden features, and overall design are rooted in USDA's mission of sustainability.

YOUTH PROGRAMS

Growing Healthy Kids

Bring your class to The People's Garden for hands-on, garden-based learning programs based on the Junior Master Gardener curriculum this fall. Call (202) 708-0082 to learn more about our programs and youth tours.



*Kids visiting the garden learn to identify which part of the plant they like to eat.
Photo: DC Central Kitchen*

ADULT PROGRAMS

Healthy Gardens Workshop Series

Workshops take place in the garden or under a tent on the north lawn of the Whitten Building. Workshops are open to 50 people, and pre-registration is required. Please call (202) 690-3898 to register between the hours of 9 a.m. and 4 p.m. Adult Programs are not canceled if it rains.

SEPTEMBER

Friday, September 10 from 12 noon to 1 p.m.

GLEANNING RESOURCES: FINDING INFORMATION, MATERIALS, AND HELPING HANDS FOR YOUR GARDEN

Save money, help improve the environment and gain valuable knowledge by tapping into the many obvious and not-so-obvious resources which can be found in your community. Learn how to think creatively by turning trash into garden treasure, rally an army of volunteers, take advantage of government services, and get the help and advice you need when you need it.

Instructor: Katie Rehwaldt is the Program Director of America the Beautiful Fund's Seeds That Grow Hope program and the Co-Coordinator of the annual Rooting DC Urban Gardening Forum.

Friday, September 17 from 12 noon to 1 p.m.

FOOD PRESERVATION

Gardens are overflowing with fruits and vegetables. Farmers markets are piled high with fresh produce. Canning, freezing, and drying are methods of preserving food for winter and emergency preparedness. Participants will learn the basics of food preservation. A demonstration of hot water bath canning, pressure canning, and dehydrating will be conducted with fruits and vegetables. Learn which foods must be canned by the pressure canner method to safely preserve them. Preparation of foods for freezing also will be discussed. Research-based information will be available on preserving food safely.

Instructors: Beverly C. Samuel, Senior Extension Agent; Stephanie Diehl, Kimberly Elkins, Jill Garth, and Tracy Nedza, Extension Agents, Virginia Cooperative Extension.

Friday, September 24 from 12 noon to 1 p.m.

WOOD INHABITANTS: DESTROYERS OR DECOMPOSERS?

This hands-on session will teach participants how to distinguish the signs and symptoms of termites, carpenter bees, carpenter ants, and powderpost beetles. Low-risk integrated pest management strategies for management also will be provided. The hands-on session includes use of field scopes and a microscope and some basic biology about these beneficial and, at times, destructive organisms.

Instructor: Carol DiSalvo has been employed with the National Park Service and involved in integrated pest management issues since 1982. Her experience includes addressing pest issues which affect natural and cultural resources as well as public health.

OCTOBER

Friday, October 8 from 12 noon to 1 p.m.

GETTING DOWN AND DIRTY - TREE PLANTING 101 WITH CASEY TREES

Most folks don't realize it, but autumn is the ideal time to plant trees. Learn the Do's and Don'ts of basic tree planting, including different approaches for various plant stock sizes and types, and which special tools, materials, and techniques can be helpful.

Instructor: Jim Woodworth, Director of Tree Planting, has overseen tree planting programs and operations and trained Citizen Forester volunteers at Casey Trees since 2003. He is a graduate of the Yale School of Forestry and Environmental Studies and a Certified Arborist with the International Society of Arboriculture.

Friday, October 15 from 12 noon to 1 p.m.

GARDEN COVER CROPS: PUTTING PLANTS TO WORK IN YOUR IDLE GROUND

Cover crops are valuable tools farmers use in managing their land, but they also can be used by gardeners. This presentation will give an overview of regional cover crops and will discuss their benefits and limitations. You will learn about selection, management, and how to integrate them into your home garden.

Instructor: Chris Rasmann is a former organic farmer and has worked in organic and sustainable farming systems research with the University of Florida and the USDA-Agricultural Research Service in Beltsville, Maryland.

Friday, October 22 from 12 noon to 1 p.m.

IMPLEMENTING A HOOP HOUSE: FROM HOMEOWNERS TO PRODUCTION GROWERS

Hoop Houses are a great way to extend the growing season and potentially increase the yields of certain produce. Experts will discuss the construction of the different types of hoop houses as well as modifications that can be made to maximize the efficiency of a hoop house.

Instructor: Ron Cordsiemon is the manager at the USDA-Natural Resources Conservation Service Plant Materials Center in Elsberry, Missouri. He primarily works on developing native conservation plants to address specific conservation needs.

Friday, October 29 from 10 a.m. to 2 p.m.

Harvest Festival

Gather with us to celebrate the end of the harvest with music, food, games, and other merriment.

OTHER SITES TO SEE AT USDA HEADQUARTERS

USDA Farmers Market takes place every Friday starting June 4 and ending October 29 from 10 a.m. to 2 p.m. It is located in USDA's parking lot, corner of 12th Street & Independence Avenue, SW. Please stop by and meet your local producers from Pennsylvania, Maryland, and Virginia and purchase locally grown fresh fruits, vegetables, herbs, maple products, baked goods, and much more.



Photo: Janet Connelly

USDA Visitor's Center, located inside the Jamie L. Whitten Building, is open Monday through Friday from 9 a.m. to 3 p.m. and closed on Federal holidays. Enter the Visitor's Center from Jefferson Drive. Browse through publications on display and use technology to learn what we do.

The South Building Cafeteria is open to the public Monday through Friday from 7 a.m. to 2 p.m. You can enter the USDA South Building at Wing 2 near the corner of 12th and C Street, SW. To access the cafeteria, you will need to present a picture ID to building security. The mix of fresh vegetables, protein, nuts, fruit, and cheese available on the menu make for a well-balanced and healthy meal.



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