

# Nourish



## Experience a school garden workshop focused on what nourishes your plants, your students, *and* you.

### 12:15-12:30p—Sign-in

- Please arrive before 12:30p so you have time to sign-in and be comfortable.
- Please wear comfortable clothing and bring a refillable bottle for water. Some activities will be outside.
- Light snacks and beverages provided during the tasting demonstration.

### 12:30-12:50p—Beginning Activities

- Introductions, agenda, housekeeping
- Activity

### 12:50-2:10p—Rotations: Sun, Soil, Water and More

- Explore what plants need to grow with interactive activities both in and out of the garden.

### 2:10-2:25p—Break

- Restroom, networking, and visiting resource tables

### 2:25-3:00p—Sweet Sensations, Part 1

- Enjoy a tasting demo while gleaning ideas on ways to celebrate your harvests with students.

### 3-3:30p—Creating Connections

- A garden isn't a garden without a gardener. But you need not garden alone. We'll share resources, curriculum, grant information, with time for Q&A to help answer your questions.

### 3:30-3:50p—A “Study” in Sunflowers

- A pictorial journey of sunflowers while having fun with good bug/bad bug.

### 3:50-4:10p—Sweet Sensations, Part 2

- Explore elements that make gardens great for stimulating and soothing the senses while also talking about garden seasons and selecting crops.

### 4:10-4:30p—Closing Activities

- Recap, Reflection, Workshop Evaluation, Certificate of Attendance

Distribution of seedlings and seeds, for eligible sites. Available as workshop finishes, at 4:30p.

*An Equal Opportunity Institution. The University of Florida is committed to providing universal access to all of our events. For disability accommodations, such as sign language interpreters and listening devices, please contact 941-861-5000 or [sarasota@ifas.ufl.edu](mailto:sarasota@ifas.ufl.edu) at least two weeks in advance. Advance notice is necessary to arrange for some accessibility needs. Learn more at [ada.ufl.edu](http://ada.ufl.edu) and [scgov.net/ada](http://scgov.net/ada).*