

## Seed-to-Supper from p. 7

Landing, a low-to-moderate income apartment complex in Dryden. Al had stood out then as someone with some existing gardening experience and a lot of enthusiasm for helping others. In 2018, Gardener invited Al to be a Seed-to-Supper facilitator and lead the series of classes at the Southworth Public Library in Dryden, and he excelled in his new role. In addition to leading the classes at the library, Al invited participants to the Poet's Landing garden to learn hands-on skills. He also became a leader at the Poet's Landing garden site, helping other residents learn how to plant their raised beds and providing them with his extra plants. Although Al had no experience in grantwriting, he applied for and received a mini-grant from our Tompkins Families! program that provided funds to build additional raised beds at the Poet's Landing garden site.

"The Seed-to-Supper program is flexible enough to adapt to a variety of different sites, says Gardener, "and can easily accommodate special needs of hosts and participants." She offers the following example of how Seed-to-Supper was adapted to meet the needs of FoodNet recipients.

. In May 2018, Gardener was contacted by Linda Tallman of FoodNet, an organization that provides free meals for seniors with limited incomes. Linda had heard about the Seed-to-Supper classes and wanted to know if CCE could offer the series at four senior meal sites. At that time, all S2S facilitators were committed to teach at other sites so the FoodNet sites were placed on a waiting list. Because most of the potential participants at the FoodNet sites were apartment dwellers with reduced mobility and little access to garden space, Gardener designed a two-hour workshop on growing different types of salad greens in containers. Facilitators taught the container gardening workshops at Titus Towers and the YMCA in Ithaca, and at Center Court Apartments in Groton. Participants were given free pots, soil, seeds and care instructions and planted mini-salad gardens to grow on their windowsills this winter.

In 2018, Gardener also collaborated with Cornell University's Seed-to-Supper (S2S) Engaged Learning class to involve students in improving the train-the-trainer portion the manual. "We had an opportunity to bring four of our seasoned facilitators to a day-long regional training led by the students in Geneva, and we involved those facilitators in developing a new training for Tompkins County S2S volunteers using some of the tools and techniques created by the students," Gardener reports. They also added a module specifically on hunger and food insecurity in Tompkins County, and rounded out the day of training with hands-on gardening activities to accompany each chapter in the S2S manual. "Other New York Extension offices are interested in offering Seed-to-Supper," Gardener says. "These new updates should make it more user-friendly and easier for them to implement in their counties."

Seed-to-Supper will be offered again in Spring 2019. For more information, please contact Jennie Cramer, Horticulture Program Educator at CCE-Tompkins at [jrd10@cornell.edu](mailto:jrd10@cornell.edu) or (607) 272-2292. ☼