

>>> NEWSLETTER <<<

CCHD GARDEN NEWS

Gardening Education 101



TOP NEWS OF THE MONTH

INTRODUCING CCHD GARDEN NEWS

By: Jo Polk

>>> READ MORE

Are you interested in gardening but you are confused where to start? Are you overwhelmed with all the conflicting information or afraid you cannot afford the right equipment and supplies? You are not alone because there are so many people who want to experience the joy of gardening but are confused on how to get started. Welcome to the CCHD Garden Newsletter. (Continued on page 1)

READ MORE <<<

We are incredibly fortunate to have three Purdue Extension Master gardening interns that are contributing to this project; Jo Polk, Marti Keith and Hannah Dickens. To learn more about our authors, please continuing reading on page 2.

MEET THE WRITERS

By: Jo Polk, Marti Keith and Hannah Dickens

INTRODUCING CCHD GARDEN NEWS

A NEWSLETTER TO MAKE GARDENING MORE ACCESSIBLE

By: Jo Polk

>>> OUR GOAL

The goal of offering this newsletter is to help the residents of Clark County gain knowledge with beginning gardening skills. It serves as a tool to help give beginner gardeners another resource to build with to enjoy the hobby of home gardening. Each month, we will offer different education tips for the gardening season, including reviews, recipes, interviews, and plant education.

TIMELINE AND ACCESSIBILITY

Each article will be published once a month online at the Clark County Health Department

Webpage

www.clarkhealth.net

and our social media accounts

Facebook: Clark County Health Department

Instagram: [clarkcountyinhealth](https://www.instagram.com/clarkcountyinhealth)

>>> THE PURPOSE

The Clark County Health Department has some gardening enthusiasts that are excited to share their love and education of gardening to everyone who wants to learn!

Our contributors are all Purdue Extension Master Gardening Interns and by sharing their knowledge with the public, they can get their Master Gardening Certification hours.



MEET THE WRITERS

By: Jo Polk, Marti Keith and Hannah Dickens

>>> JO POLK

My name is Jo (Johanna) Polk and I am the Emergency Preparedness Coordinator for the Clark County Health Department. I also have a love for gardening and for teaching so I am excited to be a part of this Newsletter! I was introduced to gardening at a very young age by my father. A core memory is being 3 years old and my father pulling a huge carrot from the soil, spraying it off with a water hose and giving it to me to chew on. It is one of my favorite memories and photos of my childhood.

Because I grew up gardening, I wanted to further my education and learn new gardening practices by becoming a Purdue Extension Master Gardener.

My favorite things to grow in my garden are herbs and medicinal plants, although I do have a nice variety of fruits and vegetables that I grow as well. Some other hobbies I enjoy are bike riding, swimming, pickleball, spending time with my husband, Robert, and our 4 adult children, plus our Son-in-law and daughter-in-law, and our 3 very large dogs.

Some advice that I want to give to new gardeners is to go with the flow. You may not always have success with something you want to grow. Don't give up and take the opportunity to learn more about the plant you want to grow.

I am very excited for this Newsletter and I hope our readers enjoy and look forward to our journey!



>>> MARTI KEITH

My name is Marti Keith and I am a retired NICU nurse of thirty years and a recent widow. I am the mother of 3 children and I have 8 grandchildren (soon to have 9)! I began volunteering at the health department during the Covid-19 pandemic and enjoyed it so much, I became a part-time employee. I began my gardening journey nearly 20 years ago with my husband doing landscaping and small gardening at our home. I enjoy growing vegetables and outdoor ornamental plants and when I travel I really enjoy checking out the flora and fauna in these new areas.

I wanted to get my Purdue Extension Master Gardening certification because I am trying to rediscover old joys since my husband has passed away. I am trying to reinvent myself by trying new things and reviving old hobbies. I also like to stay active playing pickleball, skiing and traveling and I really enjoy cooking. I look forward to sharing some of my recipes for using your garden bounty in this newsletter!

I want our readers to understand how easy having your own little garden can be. Some advice I can offer is keep it simple and don't overthink it. There will be failures but it is not the end of the world!



MEET THE WRITERS

By: Jo Polk, Marti Keith and Hannah Dickens

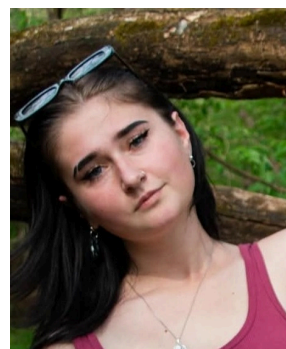
>>> HANNAH DICKENS

Hello! My name is Hannah, I am 23 years old and I love to garden! I have been gardening since I was a little girl and I have wonderful memories of being a toddler and following my pappaw around in the garden. I also love to sing, dance, hike, acting, play guitar and just taking long drives in my car.

I started to garden because my mom, Jo Polk, used to take me to my grandparents and they taught me about plants as far back as I can remember. My favorite type of gardening is vegetable gardening. I wanted to get my Master Gardening Certification to expand my knowledge in gardening and to learn better ways of growing my own food. In today's economy, I think it is important to know how to grow your own food to help take some burden off of the grocery bills and to be honest, food taste better when you grow it yourself! I want our readers to know that gardening is for everyone!

I hope to encourage people in my age group to start gardening and I look forward to sharing my experiences in my "Gen Z Gardener" segment. I'll talk more about my gardening journey and how it has helped my mental health journey in my articles and I hope my stories will help others discover joy being outside and in the garden.

Some advice I would like to share for a new gardener is to start small and expand it for your space. Also, experiment with the unique plants because you may discover a new food you love!



QUESTIONS?

SEND US YOUR GARDENING QUESTIONS

Do you have questions you would like us to answer? Each newsletter will have a section for readers to submit questions and let us try to answer those for you. Please submit our questions via email to: jpolk@clarkcounty.in.gov with Gardening 101 question in the subject line.