



## HIGH ROCKS GROW APPALACHIA PROGRAM 2016

### Productive Gardens

“I can now grow my own vegetables. This year's crop was better than last year's and I didn't have to struggle as much. I recommend the program to anyone who wants to grow their own food.”

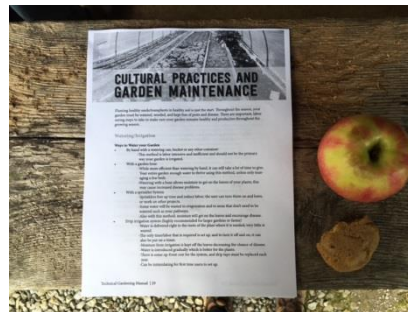
“The program has been really great in keeping me motivated and excited about gardening.”

“The Grow Appalachia program has provided us not only with knowledge, but hands-on experience and supplies to help us with our garden. “



### Workshops

We copied and distributed sections of the Technical Gardening Manual along with our workshop handouts. It was particularly helpful for the Garden Maintenance workshops. The canning workshop, taught by extension agent Shirley Wilkinson, gave our gardeners confidence and walked them through the details involved in making sure their products will be completely safe and delicious. In our Season Extension workshops, we covered planting dates for winter and spring harvests, susceptibility of different crops to frost and freezing, and construction and management of crop protection structures.



### Tools and Supplies

“We learned about tools we had never used, which have made gardening easier.”

At the workshops, we demonstrated ergonomic use of efficient hand tools, and the gardeners got to try them out and choose the ones that worked best for them. Digging forks, seeders, and different types of hoes were a novelty for many.

Toward the end of the season, we distributed cover crop seed, season extension supplies, and straw to mulch the gardens in for the winter.



**“THANKS TO ALL THE EFFORT PUT FORTH BY THESE  
WONDERFUL LADIES.”**

**“THANK YOU FOR YOUR PATIENCE, HANDS ON TEACHING, AND  
GENEROSITY.”**

**“EVERYONE I MET WAS KNOWLEDGEABLE AND VERY GENEROUS  
WITH THAT KNOWLEDGE.”**



IN 2016, HIGH ROCKS DISTRIBUTED OVER \$4000 WORTH OF TOOLS, \$3000 WORTH OF SEEDS AND PLANTS, \$500 WORTH OF CANNING SUPPLIES, \$2000 WORTH OF FENCING AND IRRIGATION SUPPLIES, \$1000 WORTH OF ORGANIC FERTILIZER, PEST CONTROL PRODUCTS AND MULCH, AND \$700 WORTH OF SEASON EXTENSION SUPPLIES TO 30 GARDENS IN POCAHONTAS COUNTY.

In 2016, over 20,000 pounds of produce were grown and harvested in our 30 gardens.

140 students and volunteers cared for the gardens at High Rocks and the Marlinton Middle School.

Grow Appalachia is an outreach education and service project of Berea College. It is funded by the generosity of John Paul DeJoria, co-founder and CEO of John Paul Mitchell Systems, Inc.”