



# Harvest for Health

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## Master Gardener Notebook



# Harvest for Health

## Study Overview

People who grow and eat their own fruits and vegetables tend to have healthier diets and more active lifestyles. For cancer survivors, who are at higher risk for second cancers, other diseases, and functional decline, a home garden may be the way to better health and well-being.

We have pilot tested Harvest for Health, and the NIH-National Institute of Health is so excited about our results that they have funded this larger study among 426 cancer survivors throughout Alabama. This is the very first study that will actually test whether a successful home garden will improve cancer survivors':

- Diet quality
- Physical activity
- Physical functioning
- Quality of life and well-being

Because this is a formal clinical trial, it is important that you follow the procedures that are outlined in this workbook. Please review it before you start. In it, you will find:

- Contact information (for your participant, study staff and the research team)
- General Schedule
- Garden planning guide for three gardens: spring, summer, and fall.
- A schedule and checklist for your monthly home visits with your participants, and your between-visit calls or emails to your participant. Over the next year, we count on you to make 11 visits to your survivors' home and to either call or email them in between each of these visits.
- Expense tracking sheet (to record your mileage or any out-of-pocket costs)
- General Instructions
- Guide for Trouble Shooting

Note that you are not alone – we are there to support you every step of the way. Renée Thompson will debrief with you either via the phone or email after each of your home visits to join in celebrating your victories and help you brainstorm challenges. If you have any questions whatsoever, contact Renée: [thomprw@auburn.edu](mailto:thomprw@auburn.edu) or 334-826-1590

Thank you for taking part in this important trial – together, we will make history!

**Harvest for Health**  
**Participant Contact Information**

**Participant Name:** \_\_\_\_\_

**Best way to contact:**            Email / Cell Phone / Home Phone

**Best time to contact:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Cell phone:** \_\_\_\_\_

**Home phone:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

\_\_\_\_\_

**Directions:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Harvest for Health**  
**Participant Contact Information**

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**Home phone:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

\_\_\_\_\_

**Directions:** \_\_\_\_\_

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\_\_\_\_\_

## Harvest for Health Contact List

Name	Telephone	Email
<b>ACES contact information:</b>		
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Kerry Smith State Master Gardener Program Coordinator Alabama Cooperative Extension System at AU	334-844-3036	smithkp@auburn.edu
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Lucy Edwards, Regional Extension Agent	334-774-2329	lee0003@aces.edu
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Taylor Vandiver, Regional Extension Agent	256-766-6223	tav0001@aces.edu
David Koon, Regional Extension Pike County	334-687-5688	koondav@aces.edu

<b>UAB contact information:</b>		
Wendy Demark-Wahnefried, PhD, RD Study Principal Investigator, UAB	205-975-4022	demark@uab.edu
Harvest for Health Study contact number	1-844-GROW-GR8 1-844-476-9478 (toll-free)	harvest4health@uab.edu

### **ACES Extension Agents**

**Dan Porch, Blount County Extension Coordinator**

Frank J. Green Building  
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Email: [porchdw@aces.edu](mailto:porchdw@aces.edu)

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Cullman County Extension Office  
Cullman, AL 35055  
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Mobile: (256) 595-2478  
Email: [tcc0029@aces.edu](mailto:tcc0029@aces.edu)

**Danny Cain, Walker County Extension Coordinator**

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**Bethany O’Rear, Regional Extension Agent** (serving Jefferson, Blount, and St. Clair counties)

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Mobile: (205) 612-9524  
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**Eric Schavey, Regional Extension Agent** (serving Dekalb, Marshall, Etowah, Cherokee, and other counties)  
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**Neal Hargle, Tuscaloosa County Extension Agent**  
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**Nelson Wynn, Regional Extension Agent** (serving Shelby, Bibb, Chilton, and Pickens counties)  
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**Ellen Huckabay, Regional Extension Agent** (serving Mobile, Washington and Clarke counties)  
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**Mike McQueen, Regional Extension Agent** (serving Baldwin, Monroe, and other counties)  
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**Lucy Edwards, Regional Extension Agent** (serving Houston, Dale, Henry, Coffee and other counties)  
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**\*\*Mallory Kelley, Regional Extension Agent** (serving Autauga, Elmore, Montgomery, and other counties)

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E-mail: [jones57@aces.edu](mailto:jones57@aces.edu)

**\*\*Renee Thompson and Kerry Smith** are also available for Lee and Tallapoosa County MGs. Renee Thompson, 334-826-1590)

**Rhonda Britton, Regional Extension Agent** (serving Madison, Jackson, Morgan and other counties)

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Office: (256) 532-1578

Mobile: (256) 382-1554

Email: [rcb0003@aces.edu](mailto:rcb0003@aces.edu)

**Dani Carroll, Regional Extension Agent** (Serving Calhoun, Tallapoosa, Randolph and other counties)

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Anniston, AL 36201

Office: (256) 237-1621

Mobile: (256) 458-6043

Email: [carrodl@aces.edu](mailto:carrodl@aces.edu)

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Mobile: (256) 284-3024

Fax: (256) 718-2049

Email: [tav0001@aces.edu](mailto:tav0001@aces.edu)

**David Koon, Regional Extension Pike County**

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Eufaula, AL 36027

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Mobile: (334) 619-1319

Email: [koondav@aces.edu](mailto:koondav@aces.edu)



# Cohort Schedule

Cohort 1: Jefferson, Calhoun, St. Clair, Blount, Tuscaloosa, Cullman, and Walker

Feb. 15, 2017-Feb. 2018 (1<sup>st</sup> year)

Feb. 15, 2018- Feb. 2019 (2<sup>nd</sup> year)

Cohort 2: Montgomery-North, Chilton, Shelby, and Autauga

Apr. 15, 2017-Apr 2018 (1<sup>st</sup> year)

Apr 15, 2018-Apr 2019 (2<sup>nd</sup> year)

Cohort 3: Mobile, Baldwin

Aug 15, 2017-Aug 2018 (1<sup>st</sup> year)

Aug 15, 2018-Aug 2019(2<sup>nd</sup> year)

Cohort 4: Marshall, Limestone, Morgan, Lauderdale, Marshall, Jackson, DeKalb, Cherokee, and Etowah

Feb 15, 2018-Feb 2019 (1<sup>st</sup> year)

Feb 15, 2019-Feb 2020 (2<sup>nd</sup> year)

Cohort 5: Montgomery-East, Elmore, Lee, Tallapoosa, and Randolph

Apr 15, 2018-Apr 2019 (1<sup>st</sup> year)

Apr 15, 2019-Apr 2020 (2<sup>nd</sup> year)

Cohort 6: Montgomery-South, Houston, Pike, Dale, and Coffee

Aug 15, 2018-Aug 2019(1<sup>st</sup> year)

Aug 15, 2019-2020 (2<sup>nd</sup> year)

Cohort 7: Jefferson, Calhoun, St. Clair, Blount, Tuscaloosa, Cullman, and Walker

Feb 15, 2019-Feb 2020 (1<sup>st</sup> year)

Feb 15, 2020-Feb 2021(2<sup>nd</sup> year)

Cohort 8: Yet to be decided

## Harvest for Health

### General Instructions

**Have Fun:** While this is a clinical trial and it is VERY IMPORTANT that you make all 11 visits and all 11 contacts in between, allow yourself the opportunity to enjoy being with your participant and teaching them how to maintain a successful garden. Below are just two quotes from master gardeners who participated in our previous studies.

*"In my 14 years as a master gardener, this has been the most exciting and rewarding project I have participated in."*

*"I believe I have gotten far more from this program than I ever gave. This experience has filled me with joy."*

**Working with Cancer Survivors:** Sun safety is also important. Encourage survivors to wear their hat and cover-up, or wear sunscreen. The participants enrolled in this program have been carefully screened and should be able to do all the tasks needed to plant a successful garden. In fact, bending, stooping, and shoveling will help build strength and improve physical functioning. Therefore, elevating the raised bed or garden boxes to waist level or taking over the gardening for your survivor is not allowed (except for special circumstances, such as sickness and vacation). A goal of this program is to increase physical activity. Heavy lifting, however, should not be done by some survivors, such as breast cancer survivors who have had radiation treatments or had their lymph nodes removed - if you are paired with one of these survivors, encourage them to make more trips with smaller loads.



# Harvest for Health

## General Schedule

Month 1:	Meet N' Greet ( <b>Meet your participant at the local extension office</b> )	
	First Home Visit ( <b>within 2 weeks of Meet &amp; Greet – contact Renée afterwards</b> )	
	Assemble Raised Bed or Garden boxes – Plant First Garden!	} <b>1<sup>st</sup> Garden</b>
	First follow-up phone call or email ( <b>2 weeks after planting garden</b> )	
Month 2:	Second Home Visit ( <b>1 month after planting, contact Renée</b> )	
	Second follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 3:	Third Home Visit ( <b>contact Renée</b> )	
	Third follow-up phone call or email ( <b>2 weeks after home visit</b> )	} <b>2<sup>nd</sup> Garden</b>
Month 4:	Fourth Home Visit ( <b>contact Renée</b> )	
	Fourth follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 5:	Fifth Home Visit ( <b>contact Renée</b> )	
	Fifth follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 6:	Sixth Home Visit ( <b>contact Renée</b> )	} <b>3<sup>rd</sup> Garden</b>
	Sixth follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 7:	Seventh Home Visit ( <b>contact Renée</b> )	
	Seventh follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 8:	Eighth Home Visit ( <b>contact Renée</b> )	
	Eighth follow-up phone call or email ( <b>2 weeks after home visit</b> )	} <b>3<sup>rd</sup> Garden</b>
Month 9:	Ninth Home Visit ( <b>contact Renée</b> )	
	Ninth follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 10:	Tenth Home Visit ( <b>contact Renée</b> )	
	Tenth follow-up phone call or email ( <b>2 weeks after home visit</b> )	
Month 11:	Eleventh Home Visit ( <b>contact Renée</b> )	} <b>3<sup>rd</sup> Garden</b>
	Eleventh follow-up phone call or email ( <b>2 weeks after home visit</b> )	
<b>Month 12:</b>	<b>Celebration- Graduation at Local Extension Office</b>	



Supplies for Gardens
Plants and Seeds for each garden
Potting Mix for the garden boxes
Soil mix for raised beds
Pine Mulch-nuggets
Fertilizer
Tomato Cages
Safer's Insecticidal Soap Spray
Soaker hose or 50' hose
Water Can
Nozzle for hose
Hand Cultivator
Hand Trowel
Gloves
4 Garden Boxes or 1-4 x 8 Raised Bed
Row cover/frames/Wire for winter protection



## **Spring Garden dates**

Approx. February 15-29

## **Summer Garden dates or Good Friday**

South Alabama-approx. April 1

Central Alabama-approx. April 15

North Alabama-approx. April 25

## **Fall Garden dates**

North Alabama-approx. August 22

Central Alabama-approx. September 5

South Alabama-approx. September 15

## **Spring Garden (Seeds & Transplants)**

**Approx. February 15-29**

Beets

Broccoli

Cabbage

Carrots

Cauliflower

Collards

Kale

Lettuces

Mustard Greens

Onions (Bulb & Green)

Peas (Garden & Sugar Snap)

Radishes

Spinach

Turnips



## **Summer Garden (Seeds & Transplants)**

South Alabama-approx. April 1

Central Alabama-approx. April 15

North Alabama-approx. April 25

## **Or Good Friday**

Beans (Lima, Pole, & Snap)

Cucumbers

Eggplant

Herbs

Melons

Peppers

Southern Peas

Summer Squash

Tomatoes

Winter Squash

Zucchini

## **Fall Garden (Seeds & Transplants)**

**If you are growing from seed, planting dates are fairly specific.**

North Alabama-approx. August 22

Central Alabama-approx. September 5

South Alabama-approx. September 15

Beets

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Collards

Garlic

Kale

Lettuces

Mustard Greens

Onions (Bulb & Green) Peas

(Garden & Sugar Snap)

Radishes

Spinach

Swiss chard

Turnips

**Harvest for Health  
Garden Plans**

<b>Spring Garden</b>	
<i>Crops Selected</i>	<i>Date and Notes</i>
Contact Renée at <a href="mailto:thomprw@auburn.edu">thomprw@auburn.edu</a> or 334-826-1590 when garden is planted.	
<b>Summer Garden</b>	
<i>Crops Selected</i>	<i>Date and Notes</i>





**Harvest for Health  
Garden Plans**

<b>Spring Garden</b>	
<i>Crops Selected</i>	<i>Date and Notes</i>
<b>Contact Renée at <a href="mailto:thomprw@auburn.edu">thomprw@auburn.edu</a> or 334-826-1590 when garden is planted.</b>	
<b>Summer Garden</b>	
<i>Crops Selected</i>	<i>Date and Notes</i>


Contact Renée at [thomprw@auburn.edu](mailto:thomprw@auburn.edu) or 334-826-1590 when garden is planted.

**Fall Garden**

<i>Crops Selected</i>	<i>Date and Notes</i>

Contact Renée at [thomprw@auburn.edu](mailto:thomprw@auburn.edu) or 334-826-1590 when garden is planted.

# Spring Planting

Sketch your garden below

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## Choices...

Almost any Fall crop	Lettuces
Beets	Mustard Greens
Broccoli	Onions (Bulbs & Green)
Cabbage	Radishes
Carrots	Spinach
Cauliflower	Sugar Snap Peas
Collards	Turnips
Garden Peas	
Kale	

# Summer Planting

Sketch your garden below

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## Choices...

Beans (Lima, Pole, & Snap)
Cucumbers
Eggplant
Herbs
Melons
Peppers
Southern Peas
Summer Squash
Tomatoes
Winter Squash
Zucchini

# Fall Planting

Sketch your garden below

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## Choices...

Beets	Lettuces
Broccoli	Mustard Greens
Brussel Sprouts	Onions (Bulbs & Green)
Cabbage	Peas (Garden & Sugar Snap)
Carrots	Radishes
Cauliflower	Spinach
Collards	Swiss Chard
Cucumbers	Turnips
Garlic	
Kale	

# Spring Planting

Sketch your garden below

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## Choices...

Almost any Fall crop	Lettuces
Beets	Mustard Greens
Broccoli	Onions (Bulbs & Green)
Cabbage	Radishes
Carrots	Spinach
Cauliflower	Sugar Snap Peas
Collards	Turnips
Garden Peas	
Kale	

# Summer Planting

Sketch your garden below

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## Choices...

Beans (Lima, Pole, & Snap)
Cucumbers
Eggplant
Herbs
Melons
Peppers
Southern Peas
Summer Squash
Tomatoes
Winter Squash
Zucchini

# Fall Planting

Sketch your garden below

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## Choices...

Beets	Lettuces
Broccoli	Mustard Greens
Brussel Sprouts	Onions (Bulbs & Green)
Cabbage	Peas (Garden & Sugar Snap)
Carrots	Radishes
Cauliflower	Spinach
Collards	Swiss Chard
Cucumbers	Turnips
Garlic	
Kale	



## Important Dates Checklist

	Date	Comments
<b>Meeting with UAB Staff</b>		
<b>Meet N' Greet Group Meeting</b>		
Exchange contact information with participant		
Plan crops with participant		
Schedule date to plant garden		
<b>Month 1</b>		
<b>First Home Visit (within 2 weeks)</b>		
Plant garden with participant		
Provide instructions for plant care		
Schedule follow-up phone call		
Set next home visit		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>1st Phone call/email Renée</b>		
<b>1st Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems:		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Confirm next home visit date		
<b>Month 2</b>		
<b>Second Home Visit</b>		
Home visit & work in garden with ptt		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests/Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		

### Important Dates Checklist

<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>2<sup>nd</sup> Phone call/email Renée</b>		

## Important Dates Checklist

	Date	Comments
<b>2nd Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 3</b>		
<b>Third Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>3<sup>rd</sup> Phone call/email Renée</b>		
<b>3rd Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		

### Important Dates Checklist

<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		

## Important Dates Checklist

	Date	Comments
<b>Month 4</b>		
<b>Fourth Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>4<sup>th</sup> Phone call/email Renée</b>		
<b>4th Follow-up Phone Call/Email</b>		
Able to reach		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 5</b>		
<b>Fifth Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		

### Important Dates Checklist

<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>5<sup>th</sup> Phone call/email Renée</b>		

## Important Dates Checklist

	Date	Comments
<b>5th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 6</b>		
<b>Sixth Home Visit</b>		
Work in garden with participant		
Talked about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>6<sup>th</sup> Phone call/email Renée</b>		
<b>6th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		

# Important Dates Checklist

Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		



## Important Dates Checklist

	Date	Comments
<b>Month 7</b>		
<b>Seventh Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>7<sup>th</sup> Phone call/email Renée</b>		
<b>7th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 8</b>		
<b>Eighth Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		

## Important Dates Checklist

Take picture, email or mail to Renée		
<b>8<sup>th</sup> Phone call/email Renée</b>		

## Important Dates Checklist

	Date	Comments
<b>8th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 9</b>		
<b>Ninth Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Follow-up phone call scheduled		
Take picture, email or mail to Renée		
<b>9th Phone call/email Renée</b>		
<b>9th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		

## Important Dates Checklist

	Date	Comments
<b>Month 10</b>		
<b>Tenth Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>10<sup>th</sup> Phone call/email Renée</b>		
<b>10th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Set next home visit date		
<b>Month 11</b>		
<b>Eleventh Home Visit</b>		
Work in garden with participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pest management</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		

## Important Dates Checklist

<b>11<sup>th</sup> Phone call/email Renée</b>		
	<b>Date</b>	<b>Comments</b>
<b>11th Follow-up Phone Call/Email</b>		
Able to reach participant		
Talk about progress/problems		
<i>Crops harvested</i>		
<i>Insects/Pests</i>		
<i>Weeds</i>		
<i>Too much/too little water</i>		
Review care of garden		
<i>Care of soil</i>		
<i>Pest management</i>		
<i>Watering crops</i>		
Schedule follow-up phone call/email		
Take picture, email or mail to Renée		
<b>Unplanned Visits/Contacts</b>		
<b>Crops Planted:</b>	<b>Date</b>	

**Harvest for Health:  
Optional Expense Sheet**

**(For tax deductible donation record)**

**Note: You can track this on the MG online Service Report.**

<b>Date and Times</b>	<b>Mileage</b>	<b>Date</b>	<b>Telephone (minutes)</b>

## H4H Publications List

Disease Identification and Pest Management	
ANR-1045	Garden Bugs
ANR-898	Control of Mammals and Birds in the Vegetable Garden
IPM-1306	Home Garden Vegetable-Disease and Nematode Control Recommendations
ANR-1059	Blossom-End Rot in Tomatoes: causes and Prevention
ANR-2031	Pest and Beneficial Insects
ANR-1428	Insecticides for Organic Commercial and Backyard Vegetable Production
Garden Prep	
ANR-0638	Backyard Composting
ANR-1061	Soil Temperature Conditions for Vegetable Seed Germination
Planting and Growing	
ANR-1092	Growing Lettuce in Spring or Fall
ANR-1345	Raised Bed Gardening
ANR-0302	Backyard Tomato Production
ANR-1085	Growing Onions
ANR-0479	The Alabama Vegetable Gardener
ANR-1422	Basics of Fall Vegetable Gardening
ANR-1060	Pruning Fresh Market Tomatoes
ANR-1093	Add Garlic to Your Garden
ANR-1037	Growing Herbs in Containers
ANR-0063	Planting Guide for Home Gardening in Alabama
Produce Storage	
HE-16a	Summer the Year Round with Frozen Vegetables

**We're here to support you:** After each home visit, call or email Renée [thomprw@auburn.edu](mailto:thomprw@auburn.edu) or 334-826-1590 and make sure you get all your questions answered. If something pops up in-between, she is there to help.

## Harvest for Health

### Trouble Shooting

**Personality Conflicts/Problems with your Survivor:** You and your survivor don't have to be best friends forever, but you must be able to work together and communicate. If this is impossible, then we need to know. Call or email Renée at 334-826-1590 or [thomprw@auburn.edu](mailto:thomprw@auburn.edu).

**Extended Vacation or Extended Illness:** Most events can be planned around. However, if either you or your survivor plan on taking an extended vacation or face an extended illness, then we need to know. Call or email Renée at 334-826-1590 or [thomprw@auburn.edu](mailto:thomprw@auburn.edu)

**Unable to contact your survivor:** If you are having trouble reaching your survivor after several attempts, please call or email Renée at 334-826-1590 or [thomprw@auburn.edu](mailto:thomprw@auburn.edu).

**Supplies:** If you are in need of any supplies, plants or seeds, please call or email Renée at 334-826-1590 or [thomprw@auburn.edu](mailto:thomprw@auburn.edu).

