



News from the Delta Garden Study

Addressing Childhood Obesity in the Central and Delta Regions of Arkansas

Headquartered in Little Rock, Arkansas

Aug/Sept 2010



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Classes begin at Mabelvale! The Delta Garden Study kicked off the beginning of the program on September 20th, 2010. Sixth, seventh and eighth grade science classes began their twice weekly visits to the garden this week. Their first lesson, Meet Your Garden, introduced them to their new outdoor learning spaces, promoted garden routines and rituals, and culminated with a pesto demonstration and taste test using fresh basil from the garden. The second lesson, Let's Get Moving, taught the kids about proper handling of tools and the myriad physical activities that will take place throughout the year as they create their new garden spaces and maintain the one that Chris developed over the summer. Each week approximately 300 students will complete 90 minutes of Delta Garden Study curriculum and activities as they journey

through the seasons. Visit the [website](#) regularly for weekly updates and pictures!

Volunteers needed at Mabelvale

Now that classes have started at Mabelvale, Chris is busier than ever. Teaching 300

students twice a week leaves little time for gardening so we are actively recruiting volunteers interested in helping out in the Mabelvale garden. Opportunities exist for anyone interested in garden-based education and/or the nuts and bolts of organic gardening. Internship and independent study credits are available.

Classes meet at Mabelvale Monday-Thursday, 9a-3:45p, and gardening takes place all the time! If you are interested, please contact Emily English at 501-364-3390 or by email at esenglish@uams.edu. Many thanks to those who've been coming out: Wayne and Rosemary from Winthrop Rockefeller Institute, Lauren and Case from San Francisco, and Susan and Liz from Little Rock.



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DGS hosts "Dinner in the Garden"

During the Delta Obesity Prevention Research Unit's Annual meeting, held August 4-6th, Dr. Weber and her team hosted "Dinner in the Garden" at the Mabelvale Magnet Middle School Garden. Forty guests from across the nation, including First Lady Ginger Beebe, The Biggest Loser's Jaron Tate, Deb Eschmeyer

from the National Farm to School Network, Mabelvale Middle School administrators and officials from the USDA National Program office, gathered to feast on a seasonal meal prepared with fresh, local ingredients sourced from the Mabelvale garden and the [Dunbar Garden Project](#). The meal was prepared by the staff of Forty Two, from the Clinton Presidential Center.



Halfway there...Data Collection Update

Baseline measurements were collected from over 200 students at Mabelvale last week. Students were surveyed about childhood obesity risk factors such as fruit and vegetable intake, physical activity, and their connection to their school. This information will be compiled and compared to the same data collected from the

pilot year control school which is being collected in the next two weeks at Henderson Middle School. We are all looking forward to spending time at Henderson next week and many thanks go out to the students and staff of Mabelvale for their hospitality and flexibility last week. We also want to express big thanks to our UCA Dietetic Interns who are helping us...we couldn't have done it without them!



School Recruitment Visits to Resume in October

The Delta Garden Study school recruitment team will resume visits beginning in October. All schools interested in partnering with the Delta Garden Study should visit the [School Recruitment page](#) of our website and contact Rachel

Schichtl at 501-364-3360 or by email at rlschichtl@uams.edu. Schools that were visited last spring will be contacted soon to set up follow up visits. All interested schools are strongly encouraged to contact us!

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Thank you for your interest in the Delta Garden Study.

