The Seed to Supper Online Program and Its Effect on Motivation to Consume Fruit and Vegetables Among Beginning Gardeners in New Mexico

Sally M. Cassady
Ideas for Cooking and Nutrition, New Mexico State University

**OBJECTIVE**

To assess whether Seed to Supper Online, an online, self-paced, beginning vegetable gardening program designed for adults gardening on a budget, impacts participants’ motivation to consume more fruits and vegetables.

**DESCRIPTION**

- A self-paced online version of Seed to Supper was developed using the Canvas course management system.
- The course consists of seven modules that each contain: lecture videos, hands on activities, quizzes, and self-reflection.
- Participants can optionally join a private Facebook group and bi-monthly live virtual Q&A sessions.
- Topics covered include planning, soil, planting, garden care, and harvesting.

**EVALUATION**

- Participants completed an electronic pre and post intervention survey.
- Surveys collected information on participants:
  - gardening experience
  - learning goals
  - fruit and vegetable consumption
- Qualitative data about participants’ course experience was also collected on the post course survey.

**RESULTS**

- Thirty-three adults completed pre and post surveys.
- After completing the Seed to Supper series:
  - 90% of participants reported they had more motivation to eat fruits and vegetables.

**CONCLUSIONS**

Findings from this pilot test suggest participating in the Seed to Supper Online course increases participants’ motivation to eat fruits and vegetables, which may lead to increased fruit and vegetable consumption.

**FUTURE PLANS**

- For 2021, ICAN will continue offering the self-paced course and also offer live virtual series with an instructor.
- A Spanish version of the course will be offered in 2021.

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