

Junior Master Gardener Program



Program Brief

Extending Knowledge | Providing Solutions



About JMG

The Junior Master Gardener (JMG) program is a program of Texas A&M AgriLife Extension Service and Texas A&M University and operates nationwide through the support of community and programming partners and land-grant universities. The JMG program impacts children through school programs, after school programs, youth program partnerships and summer educational experiences. Through outreach and direct programming, the JMG program reaches approximately one million children per year.

Research conducted through Texas A&M University shows the following benefits to children participating in the JMG program:

- Increased academic achievement in science
- Increased knowledge in nutrition and plant science
- Increased preference and consumption of fruits and vegetables
- Increased physical activity
- Increased water consumption and reduced body mass index for children who are overweight or obese

Growing Good Kids

Children participating in JMG programs have shown increased engagement with their families, including children and families gardening together, cooking together and having more family meals.



+10%

Percent of participants who reported completing hard physical play for 30 minutes or longer after school. (pre- 65%, post- 75%)



+10%

Percent of participants that filled at least half their plate with fruits and vegetables for lunch and dinner. (pre- 29%, post 39%)



+22%

Percent of participants who reported enjoying gardening. (pre- 59%, post- 81%)



+28%

Percent of participants who reported gardening with others in a community or school garden in the last year. (pre- 32% post- 60%)

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Student Testimonials:

What is the most important thing you have learned in Learn, Grow, Eat & GO!?

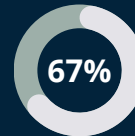
- "How to garden and eat healthier food."
- "Gardening is really fun and a place you can be yourself."
- "It is good to eat healthy, to work out, drink water, have more fruit or vegetables on you're plate."
- "That you can get better at math and science from gardening."
- "It helped me learn a lot on how to garden, cook, and teach my family members to plant stuff."

Program Highlights:

- Combines garden science, physical activity, food preparation and growing fresh vegetables to improve the health and wellness of children and their families
- Engages children in novel, "hands-on" group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment and cultivate the mind
- Inspires youth to be of service to others through service learning and leadership development projects, and rewarding them with certification and recognition
- Encourages children to explore their natural world through academically aligned lessons that enhance and integrate science, math, literature and social studies using the garden as a living laboratory
- Increases youth leadership development, instills personal pride and responsibility, and fosters youth community involvement



Students said that they think gardening had helped them become a better math and science student.



Students said that participation in the garden program made them want to come to school.



Lisa Whittlesey

Senior Extension Program Specialist &
International Junior Master Gardener
Program Coordinator
Texas A&M AgriLife Extension Service

Phone: 979-845-8565

Email: lisa.whittlesey@ag.tamu.edu