

Exploring Our Colonial Roots

A Children's Program developed by the
Master Gardeners of Mercer County, NJ



RUTGERS

New Jersey Agricultural
Experiment Station
COOPERATIVE EXTENSION



Oldest House in Our State Capitol



*Museums + Gardens
= Win-win for both!*

Every Town or County
has an 'Oldest'
Building

Plants + History +
People = DISCOVERY!

And FUN!





*Master Gardener
Award,
Awarded 2019
International
Youth Division !*

Urban Children's Summer Camps



- 3rd-5th graders
 - NJ curriculum tie-ins
 - Receptive age
- Group of ~40 campers
- 1:10 counselor : camper ratio
- Camp counselors handle first aid, lunch, restroom breaks, transportation
- MGs do what we do best: teach!



Our Past Programs

- Partnered with Children's Camps
- Were 'Full' Day (10-3pm)
- Experiential Activities
- Multisensory – smell, taste, touch as much as possible
- High Adult to Child ratio
- Plants and History were a hit!
- Held 2 or 3 times per summer



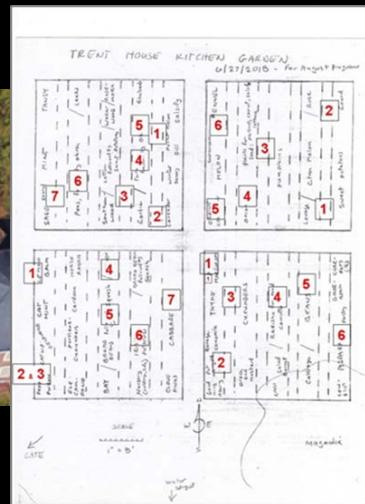
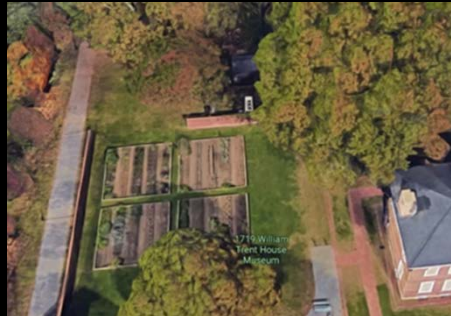
Many People Involved



- Initiated in 2013
- Ran the program 18 times (2013-2019), ~800 children experienced it, plus counselors and adults
- Over 60 MGs have been involved, ~25-30 per 5 hour session



Garden Tours



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Food Preservation



Our Insects are Important!



Pollination



On the hunt!



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Wrap-up Game of Jeopardy



'Broadside'

Exploring Our Colonial Roots

Thank you for visiting the Trent House today!

Trent's Camp Experience was created by the Rutgers Master Gardeners of Mercer County and the Trent House Association.

Master Gardeners: 609-982-0200 | http://www.rutgersnj.org | August 2018 • Trent House: 609-982-0207 | http://www.trenthouse.com | pg. 2

We visited the Olden House in Trenton today!

On our lesson tour we learned about life back in 1776, and about Mr. William Trent - Trenton is even named after him! We visited the garden where we collected and tasted lots of herbs and veggies - ask us about the brass bulbs we, known sweet (yum!), how the beans, potatoes, sweet potatoes and squashes grow & who has their egg on the house? (Hint: they do it & thank.)



As camp ends, we also learned about how apples grow, and the many things that apples were made into back in Colonial times. We even made "Apple" which is colonial "Cider". Ask us who children and adults in the 17th cels drink the water, but drink this instead! It's even making a come back now in modern times, and many consider it a health drink. It's made with apple cider vinegar - Here's the recipe:

FWYCHEL - COLONIAL GATORADE

- 1 gallon water
- 1 1/2 cups molasses
- 1/2 cup apple cider vinegar
- 1 tablespoon fresh ground ginger

We all ingredients together, and some called. You can vary the recipe to your taste - some like more vinegar to get a more tangy flavor. Some use 1 cup for 1 gallon of water. Try adding some other ingredients to it - like honey, single syrup, or lemon juice. Separate some berries, because as often that into it as well! You might even replace the regular water with club soda to make it feel light!

Yup! And don't forget that it's healthy...it's naturally loaded with antioxidants, so it will protect our skin when we're exercising and help maintain overall strength. The ginger helps prevent inflammation, and apple cider vinegar is said to boost immunity. All that, and it's way easier to make than a fancy hard expensive! orange drink.

Recipe from the website of The Old Farmer's Almanac

Pollination happens when pollen travels from the stamens to the ovary. Cross-pollination is when pollen from different flowers of the same species mix.




How can kids help Pollination?

- Be kind to pollinators.
- Look for bee-friendly.
- Buy our family size to see how they grow - these are made.
- Plant more flowers.
- Create water pollinators inside if you feel them in your house.
- Teach your friends and family about how important and interesting pollination is.

These veggies are actually all FRUIT!



Why? Because to scientists and gardeners, a fruit is the part of a plant that grows after a flower is pollinated, and contains the seeds!



A view of the Kitchen Garden - here's one of its three sections of veggies, herbs and flowers

Back in 1773, farmers needed to raise and save their own seed so they would have crops the following year - they couldn't just buy them at a store. To do this, they had to plan ahead & be sure not to eat everything they grew. Many of our plants make seeds in one season - they are called "annuals". Examples we see today in the garden are peas, beans, radishes and cucumbers. But several of our garden plants need two years to make seeds and are called "biennials". Carrots are an example of biennials that we see today. Farmers can probably improve their crops by saving seeds from their best produce - and this is still practiced today! But don't try to save seeds from cross-bred plants (like hybrid "F1" or "Hybrid") - they will not breed true.

Chorus: Yankee Doodle, keep it up, Yankee Doodle, don't stop, Mind the music and the step, And with the girls be happy!

Chorus

And there we see a little boy, It's hands were made of wood, They knock'd on it with little sticks, To call the folks together.

Chorus

And there was Captain Washington Upon a straggling station, A group orders to his men, There's not here but a million.

Chorus

Yankee Doodle is the tune, An American delight, It's pretty good for marching, And it's just the tune to light us.

Chorus




We can visit the Trent House together!

Address: 13 Market Street, Trenton, NJ

Hours: Wednesdays-Sundays 12:30-4 pm.

Closed on major holidays

Admission: \$7 adults, \$4 children & Seniors.

We also learned about the amazing ways that butterflies grow and change and how they help pollinate flowers. And we got to see some real monarch caterpillars today and learn how they and other types of caterpillars both from herbs and other areas that might try to eat them! Here's a photo of what our monarch caterpillars look like after they complete the 4 stages of their life cycle: a beautiful monarch butterfly!



Illustration of a monarch butterfly life cycle: Egg, Larva, Pupa, Adult.

We give these to the head Counselors to distribute to backpacks back at the Camp

Keys to success

- 1. Partner!** This allows MGs to do what we do best: *educate! (& garden)*
- 2. Divide and conquer:** organize into small groups. Optimally, only up to 5 children should be around a plant at once. Assign 'Garden Pals' to escort each small group to activities.
- 3. Keep it Experiential!** Make sure to include many, many opportunities to touch, smell, taste, and make close-up observations.

- 4. Assess** – *don't be afraid of a little friendly competition.* The children love their end of day Jeopardy game, and the results allow us to improve our program.
- 5. Communicate.** Send home a 'newsletter' of the day – It also offers an additional avenue for education: the families!
- 6. Photograph!** Happy memories are great, but pictures are worth a thousand words....

BUT....COVID hit....

...and the Trent House Program has evolved



At first, beauty and solitude....

*The Garden would no longer
display only Mr. Trent's Garden:*

- 2 Quads would remain Mr. Trent's English colonial kitchen garden,
- 1 Quad is now a Lenape cultivated and wild-collected plant garden,
and
- 1 Quad now represents an African diaspora kitchen and market garden

English Gardens



Two quadrants from the original four were kept to demonstrate traditional English gardening ca. 1719 in Trenton.

Crops: cucumbers, fava beans, citron melon, peas, cabbage, asparagus, orach, radishes (for pods to pickle), currants, gooseberries, herbs, & more.



Starting the Lenape Garden



Making hills for corn and
pumpkin planting.



Lenape Garden Progression



Lenape Garden at harvest



African Garden



People of African descent are documented in 1700s to have grown market gardens in Burlington NJ, where they could sell their harvest in the markets.

Pehr Kalm, sent by the Royal Swedish Botanical Society, reported ca. 1750 that people of African descent in Delaware Valley grew okra and chili peppers – most likely for their own use.



Partnering with the 4H allowed us to:

- Concentrate on creating and maintaining the garden,
- Research new plantings for the African diaspora and Lenape gardens,
- Donate more produce to our local pantry,

and

- Have 4H and SNAP-Ed present the formal lessons so MGs can concentrate on experiential learning **IN** the gardens

Eating the Rainbow!



Some Scenes from the 4-H Camps



More Fun with 4-H



Corn Grinding



MGs work at the Trent House



Abundant Harvest



The Harvest!

Total Food donations between July and October
2021, to Arm in Arm Food Pantry:

Chili Peppers – 10.25 lbs

Cucumbers – 41 lbs

Green Beans – 48.5 lbs

Okra – 10 lbs

Patty Pan Squash – 4 lbs

Potatoes – 3 lbs

Turnips – 36 lbs

And also herbs!



***For a total
of 146 lbs!!***

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Thank you very much!



Thank you!



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