

Master Gardeners...
meet...

High Yech

(and it ain't gonna be pretty!)



“Gardening is not
leisure time. It’s an
essential investment
in our health.”

~Richard Louv, Nature Network





Today, the average American child spends an average 4-7 minutes in outdoor unstructured play each day...

And more than 7 hours in front of an electronic screen.

Gardening...

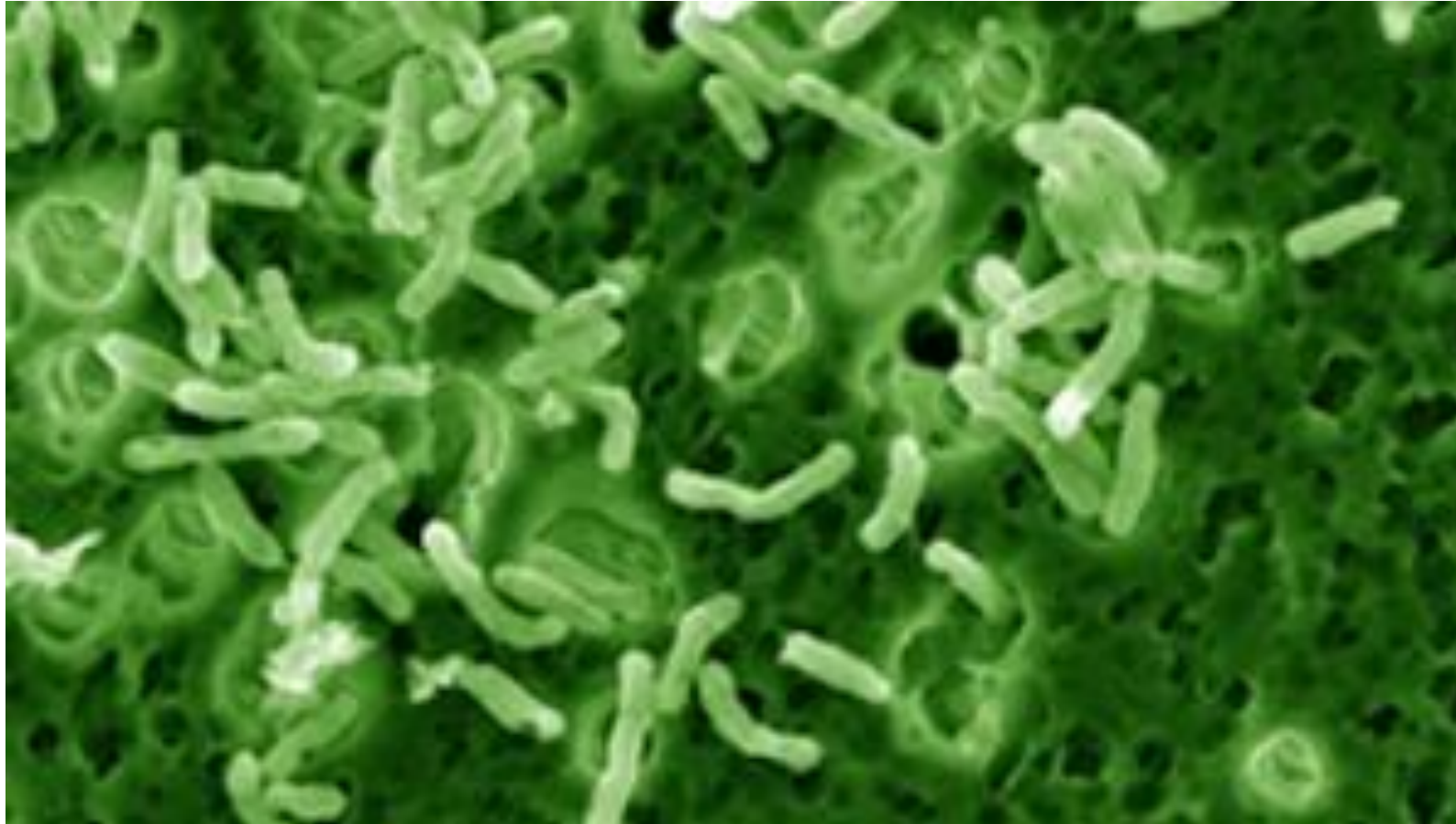
- Is an outdoor activity
- Creates a sense of accomplishment
- Improves self esteem
- Gives sense of ownership
- Delays gratification
- Increases serotonin



Benefits of Serotonin ...

- appetite
- sleep
- memory
- learning
- temperature
- mood
- behavior
- muscle contraction
- depression
- cardiovascular
- function endocrine regulation
- regulating aging
- bone
- metabolism
- wound healing
- function endocrine regulation

It is all thanks to...



**An amazing strain of bacterium in soil,
mycobacterium vaccae, that has been found
to trigger the release of serotonin!**

Organizing

- ▶ Web Sites
- ▶ Web Apps
- ▶ Mobile Apps
- ▶ Podcasts

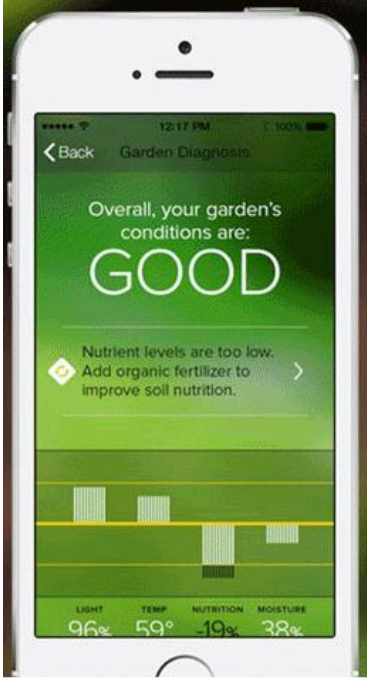
- ▶ Arboriculture
- ▶ Fruits & Vegetable Gardening
- ▶ Landscaping
- ▶ House Plants
- ▶ Specialty
- ▶ Horticulturist/Technical
 - ▶ Propagation/Seeds/Fertilization

- ▶ Instructional
- ▶ Educational/Games
- ▶ Informational /Reference
- ▶ Research
- ▶ Identification
- ▶ Design & Organization
- ▶ Diary & Logging
- ▶ Social Media
- ▶ Photography
- ▶ Special Interest
 - ▶ Roses
 - ▶ Orchids
 - ▶ Butterfly gardening
 - ▶ Cherry Trees
 - ▶ Hostas
 - ▶ Urban
 - ▶ Organic

Informational

- ▶ https://en.wikipedia.org/wiki/List_of_garden_types
- ▶ Cornell
 - ▶ <https://hort.cals.cornell.edu/>
 - ▶ <http://gardening.cals.cornell.edu/>
 - ▶ <http://www.greenhouse.cornell.edu/>
 - ▶ <http://cce.cornell.edu/>
- ▶ Texas A&M
 - ▶ <https://aggie-horticulture.tamu.edu/>
 - ▶ <https://hortsciences.tamu.edu/about/extension/>
 - ▶ <https://agrilifeextension.tamu.edu/browse/apps-bookstore-resources-tools/>
- ▶ MSU
 - ▶ <https://www.canr.msu.edu/outreach/>
 - ▶ https://www.canr.msu.edu/home_gardening/
 - ▶ <https://www.canr.msu.edu/hrt/>
 - ▶ https://www.canr.msu.edu/hrt/our_gardens/
 - ▶ <http://www.flor.hrt.msu.edu/>

Technology is an Aid... not “the Answer”

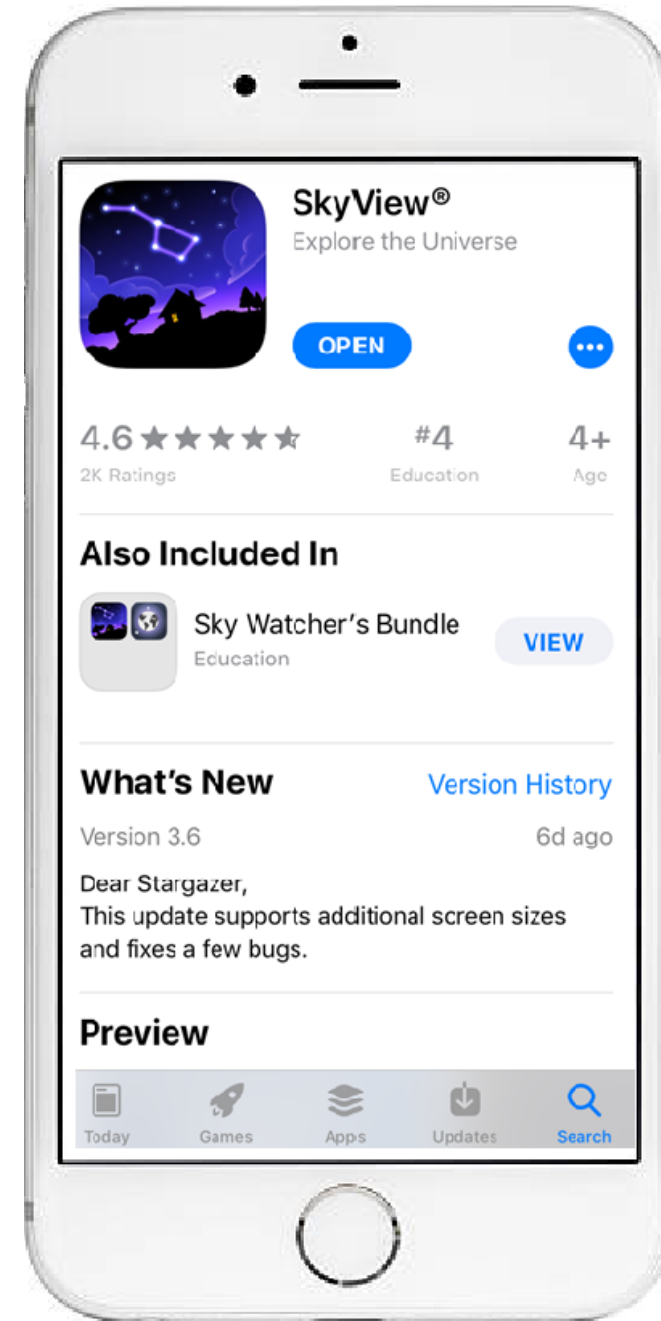


 **BITPONICS**



How to Pick an App

- ▶ How natural is it for me to use?
- ▶ What have other people had to say about it?
- ▶ How many other people have reviewed it?
- ▶ What do people I know say?
- ▶ Does it do what I need it to do?
- ▶ How much does it cost?
- ▶ Is there a free version that I can try out?

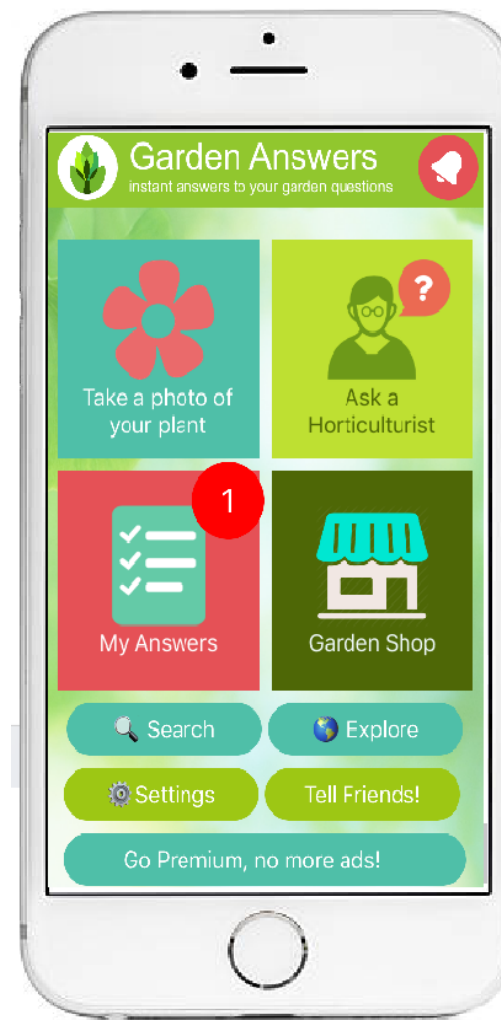


A Few of My Favs



Plant Diary

PRO
Landscape
Companion



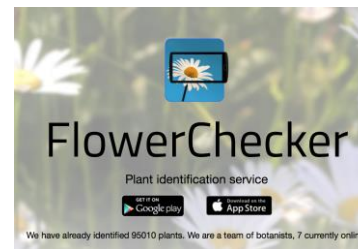
Gardening Manager



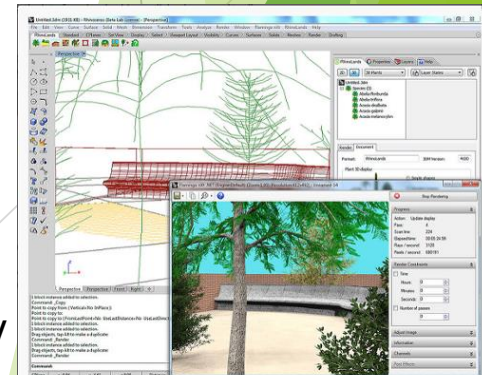
LeafSnap



Garden Manager



www.lands-design.com/



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Computer Hygiene

- ▶ Keep your computers & mobile devices up to date
- ▶ Anti-malware
- ▶ Passwords
- ▶ If you sign up and give personal information...
- ▶ Practice “Safe Nets”
 - ▶ Don’t click on anything if you don’t know where it came from
 - ▶ Caution clicking on anything even if you DO know where it came from

Resources

- ▶ <https://learn.g2crowd.com/free-landscape-design-software>
- ▶ <https://www.countryliving.com/uk/homes-interiors/gardens/a20728042/best-gardening-apps-download-garden/>
- ▶ <https://learn.compactappliance.com/apps-for-gardeners/>
- ▶ <https://www.digitalcare.org/smart-gardening-tech/>
- ▶ <https://www.projectnoah.org/>
- ▶ <https://www.news-leader.com/story/life/home-garden/2016/04/21/ask-master-gardener-there-app-identifying-weeds/83179200/>
- ▶ <https://www.capterra.com/arborist-software/>