

# Resources for the "Get Out of That Hole" Chatbot

### Campus and Community Resources for Reducing Violence in Orem, Utah

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#### Purpose:

This handout is to inform students and community members about local resources dedicated to reducing violence. These resources include self-defense classes, student escort services, neighborhood watch programs, and shelters for domestic violence.

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### Self-Defense Classes

**\*\*Utah Valley Martial Arts\*\***

- **\*\*Description\*\***: Offers Krav Maga classes, focusing on practical self-defense techniques.
- **\*\*Contact\*\***: [Utah Valley Martial Arts](https://www.uvmartialarts.com) | uvmartialarts@gmail.com | 801-609-1280
- **\*\*Location\*\***: Serves Orem and surrounding areas.

**\*\*AMYS Martial Arts\*\***

- **\*\*Description\*\***: Provides Taekwondo classes for all ages, promoting confidence and discipline.
- **\*\*Contact\*\***: [AMYS Martial Arts](https://www.amysmartialarts.com)
- **\*\*Location\*\***: Orem, UT

**\*\*Orem Recreation Center\*\***

- **\*\*Description\*\***: Women's self-defense course, teaching techniques to escape danger and defend against larger attackers.
- **\*\*Contact\*\***: [Orem Recreation Center](https://www.oremrecreation.com/womens-self-defense/) | rec@orem.org | 801-229-7154
- **\*\*Location\*\***: 575 W. Center St., Orem, UT 84057

**\*\*Gracie Barra Brazilian Jiu-Jitsu\*\***

- **\*\*Description\*\***: Brazilian Jiu-Jitsu classes focusing on self-defense, discipline, and personal development.
- **\*\*Contact\*\***: [Gracie Barra Orem](https://www.gborem-utah.com) | 385-204-3366
- **\*\*Location\*\***: 64 State Street, Orem, UT 84058

**\*\*Bobby Lawrence Karate\*\***

- **\*\*Description\*\***: Offers karate and American Jiu-Jitsu classes focusing on self-discipline and personal development.
- **\*\*Contact\*\***: [Bobby Lawrence Karate](https://www.oremkarate.com) | 801-224-5000
- **\*\*Location\*\***: Orem, UT

**\*\*Premier Martial Arts\*\***

- **\*\*Description\*\***: Programs include kids and adult martial arts, and women's self-defense.
- **\*\*Contact\*\***: [Premier Martial Arts](https://premiermartialarts.com/utah-ore/) | 801-616-3322
- **\*\*Location\*\***: 1043 N 1200 W, Orem, UT 84057

**\*\*The Dojo - Perry's Martial Arts\*\***

- **\*\*Description\*\***: Offers kids and adult martial arts, and self-defense classes.
- **\*\*Contact\*\***: [The Dojo Martial Arts](https://www.thedojomartialarts.com/) | 801-224-7711
- **\*\*Location\*\***: 145 W University Pkwy, Orem, UT 84058

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**### Student Escort Services**

**\*\*Utah Valley University (UVU)\*\***

- **\*\*Description\*\***: Provides campus escort services for students to ensure safety while traveling across campus at night.
- **\*\*Contact\*\***: [UVU Safety Escorts](https://www.uvu.edu/police/safetYEScorts.html)
- **\*\*Location\*\***: Orem, UT

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**### Community Programs**

**\*\*Neighborhood Watch Programs\*\***

- **\*\*Description\*\***: Facilitated by the Orem Police Department. Residents interested in forming a Neighborhood Watch group can contact the Police Department's Neighborhood Watch Coordinator for guidance and support.
- **\*\*Contact\*\***: [Orem Police Department](https://orem.org/safety/) | 801-799-3367
- **\*\*Location\*\***: Orem, UT

#### **\*\*Neighborhood Improvement Team\*\***

- **Description**: Provides safety tips and guidelines to keep the community safe, especially during the holiday season. They encourage residents to look out for each other and participate in community service projects.

- **Contact**: [Orem City's Safety Page](https://orem.org/safety/)

- **Location**: Orem, UT

#### **\*\*Orem Neighborhood Commission\*\***

- **Description**: Comprises representatives from different districts who work on neighborhood plans and projects, and provide information to residents through various communication channels.

- **Contact**: [Orem Neighborhoods Page](https://orem.org/neighborhoods/)

- **Location**: Orem, UT

#### **\*\*Community Resources\*\***

- **Description**: Residents have access to various resources and assistance including physical and mental health services, food assistance, housing support, and more. For food insecurity, call 211 for resources.

- **Contact**: [Orem Resident Resources Page](https://orem.org/residentresources/)

- **Location**: Orem, UT

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#### **### Shelters for Domestic Violence**

##### **\*\*The Refuge Utah\*\***

- **Description**: Provides help for individuals dealing with domestic abuse, including emergency shelter and support services.

- **Contact**: [The Refuge Utah](https://www.domesticshelters.org/help/ut/provo/84604/the-refuge-utah) | 801-377-5500

- **Location**: Provo, UT

##### **\*\*Orem Victim Advocates\*\***

- **Description**: Offers support for victims of domestic violence, sexual assault, stalking, harassment, child abuse, suicide, and homicide.

- **Contact**: [Orem Victim Advocates](https://orem.org/victim-advocates/)

- **Location**: Orem, UT

##### **\*\*Other Shelters in Utah\*\***

- **Description**: Various shelters provide temporary emergency shelter and services such as counseling and case management. Notable shelters include YCC Family Crisis Center, Safe Harbor, South Valley Services, New Horizons Crisis Center, and The Refuge Utah.

- **Contact**: [Domestic Shelters in Utah](https://ut.medicalhomeportal.org/services/category/277)

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#### ### Submission Guidelines:

- **Format**: Create the handout using Adobe Spark, Canva, Google Slides, or Powtoon.
- **Submission**: Upload the document as a PDF or JPEG to Canvas.

#### ### Grading Rubric:

##### 1. **Content** (5 points)

- Full Marks: Identified 4-5 local existing resources.
- Partial Marks: Identified 2-3 resources.

##### 2. **Use of Technology** (3 points)

- Full Marks: Utilized Spark, Canva, Slides, or Powtoon.

##### 3. **Creativity** (2 points)

- Full Marks: Presentation was very creative.
- Partial Marks: Presentation could have been more creative.

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#### ### Sources:

1. Utah Valley Martial Arts - [uvmartialarts.com](https://www.uvmartialarts.com)
2. AMYS Martial Arts - [amysmartialarts.com](https://www.amysmartialarts.com)
3. Orem Recreation Center - [oremrecreation.com](https://www.oremrecreation.com/womens-self-defense/)
4. Gracie Barra Brazilian Jiu-Jitsu - [gborem-utah.com](https://www.gborem-utah.com)
5. Bobby Lawrence Karate - [oremkarate.com](https://www.oremkarate.com)
6. Premier Martial Arts - [premiermartialarts.com](https://premiermartialarts.com/utah-orem/)
7. The Dojo - Perry's Martial Arts - [thedomartialarts.com](https://www.thedomartialarts.com/)
8. UVU Safety Escorts - [uvu.edu/police/safetyescorts.html](https://www.uvu.edu/police/safetyescorts.html)
9. Orem Police Department - [orem.org/safety](https://orem.org/safety/)
10. Orem City's Safety Page - [orem.org/safety](https://orem.org/safety/)

11. Orem Neighborhoods Page - [orem.org/neighborhoods](https://orem.org/neighborhoods/)
12. Orem Resident Resources Page - [orem.org/residentresources](https://orem.org/residentresources/)
13. The Refuge Utah - [domesticshelters.org](https://www.domesticshelters.org/help/ut/provo/84604/the-refuge-utah)
14. Orem Victim Advocates - [orem.org/victim-advocates](https://orem.org/victim-advocates/)
15. Domestic Shelters in Utah - [ut.medicalhomeportal.org](https://ut.medicalhomeportal.org/services/category/277)

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### ### Budget-Friendly Stores

#### **\*\*Deseret Industries\*\***

- Good deals on home appliances, dishware, furniture, etc.
- Address: 1415 North State Street, Provo, UT 84604
- Phone: (801) 373-7920
- [Website](https://www.deseretindustries.org)

#### **\*\*Savers\*\***

- Good deals on home appliances, dishware, furniture, etc.
- Nearest Location: 723 Center St, Orem, UT 84057
- Phone: (801) 225-7024
- [Website](https://stores.savers.com/ut/orem/thrift-store-1058.html)

#### **\*\*NPS\*\***

- Good deals on home appliances, dishware, furniture, etc.
- Address: 1600 Empire Rd, Salt Lake City, UT 84104
- Phone: (801) 972-4132
- [Website](https://npsstore.com)

#### **\*\*Compassionate Sheep Thrift Shop and Charity Center\*\***

- Address: 1620 S State St, Orem, UT 84097
- Phone: (801) 691-0166
- Description: This thrift shop offers affordable goods and provides community support such as a food pantry, free clothing, and showers for the homeless.

#### **\*\*Utah County Liquidators\*\***

- Address: 1355 W 465 S, Orem, UT 84058
- Phone: (801) 615-6586

- Description: Specializes in liquidation sales with deals on a wide range of items, ideal for bulk purchases or reselling.

#### **\*\*Kid To Kid\*\***

- Address: 390 E University Pkwy, Orem, UT 84058
- Phone: (385) 273-5073
- [Website](<https://kidtokid.com>)
- Description: Resale shop focusing on children's clothing and accessories, promoting sustainable shopping.

#### **\*\*Love At Work\*\***

- Address: 4005 Devonshire Dr, Provo, UT 84604
- Phone: (801) 372-1766
- Description: Local thrift store with a focus on community outreach and support.

#### **\*\*Wandering Wardrobe\*\***

- Address: 511 S Main St, Springville, UT 84663
- Phone: (801) 489-3893
- [Website](<https://thewanderingwardrobe.com>)
- Description: Thrift store with a boutique-like experience, offering unique and stylish finds.

#### **\*\*Get Thrifty\*\***

- Address: 1700 N State St, Provo, UT 84604
- Phone: (801) 691-0487
- Description: Offers a range of second-hand items at low prices, popular among students and budget-conscious shoppers.

### **### Charities in Utah that Donate Furniture to the Needy**

#### **\*\*Habitat for Humanity ReStore\*\***

- What they accept: New or gently used furniture, among other items.
- Pickup service: Most stores offer free pickup of large items.
- [Website](<https://www.habitat.org/restores>)

#### **\*\*Salt Lake City Mission\*\***

- What they accept: Gently used furniture and other household goods.
- Pickup service: Free pickup available Tuesdays and Thursdays from 11:00am to 2:00pm.
- [Website](<https://saltlakecitymission.org/donate/idonate/schedule-a-pick-up>)

### **\*\*Catholic Community Services of Utah\*\***

- What they accept: Furniture donations to support refugee families.
- Drop-off times: Tuesday and Thursday afternoons.
- Location: 440 South 400 West Suite D & E, Salt Lake City, UT
- Contact: (801) 977-9119
- [Website](https://ccsutah.org/get-involved/in-kind-donations)

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### **## Various Plants for Personal Consumption**

#### **### Grow Zone Legend**

- **\*\*Zone 4b:** -25 to -20°F, suitable for very cold-hardy plants.
- **\*\*Zone 5a:** -20 to -15°F, for elevated areas like the Wasatch Range.
- **\*\*Zone 5b:** -15 to -10°F, common in higher valleys and plateau areas.
- **\*\*Zone 6a:** -10 to -5°F, includes many valley regions.
- **\*\*Zone 6b:** -5 to 0°F, covers central Utah.
- **\*\*Zone 7a:** 0 to 5°F, found in lower valley areas.
- **\*\*Zone 7b:** 5 to 10°F, includes areas around Salt Lake City.
- **\*\*Zone 8a:** 10 to 15°F, in southernmost parts of the state.

#### **### Fruit Trees**

##### **#### Cold Hardy Citrus Trees**

- **\*\*Varieties:** Lemons ('Meyer'), Oranges ('Washington Navel'), Kumquats, Tangerines ('Satsuma')
- **\*\*Preferred Conditions:** Full sun, well-draining soil, winter protection
- **\*\*Growth Zones:** 9-11 (container-grown in colder zones)
- **\*\*Care:** Regular watering, winter protection, citrus-specific fertilizer.

##### **#### Irwin Mango**

- **\*\*Preferred Conditions:** Full sun, well-draining soil, warm protected location
- **\*\*Growth Zones:** 10-11 (use a greenhouse in colder zones)
- **\*\*Care:** Consistent moisture, frost protection, mango-specific fertilizer.

##### **#### Apple Trees**

- **Varieties:** 'Fuji', 'Honeycrisp', 'Gala'
- **Preferred Conditions:** Full sun, well-draining soil
- **Growth Zones:** 4-8
- **Care:** Regular watering, pruning, annual fertilization.

#### #### Pear Trees

- **Varieties:** 'Bartlett', 'D'Anjou'
- **Preferred Conditions:** Full sun, well-draining soil
- **Growth Zones:** 5-7
- **Care:** Regular watering, pruning.

#### #### Pomegranate Shrubs

- **Varieties:** 'Wonderful'
- **Preferred Conditions:** Full sun, drought-tolerant once established
- **Growth Zones:** 8-10
- **Care:** Minimal once established, pruning.

#### #### Peaches and Apricots

- **Preferred Conditions:** Full sun, well-draining soil
- **Growth Zones:** 5-9
- **Care:** Frost protection, regular watering, annual pruning.

#### #### Cherry Trees

- **Varieties:** 'Bing', 'Montmorency'
- **Preferred Conditions:** Full sun, well-draining soil
- **Growth Zones:** 4-7
- **Care:** Consistent watering, pruning.

#### ### Berries

##### #### Wild Blueberries

- **Preferred Conditions:** Acidic, moist soil, partial to full sun
- **Growth Zones:** 2-6
- **Care:** Regular watering, pruning.

##### #### Cold Hardy Bananas, Plantains



- **Variety:** 'Ice Cream' banana (Blue Java Banana)
- **Preferred Conditions:** Full sun, well-draining soil
- **Growth Zones:** Zone 8 with protection; otherwise, Zone 10-11 or greenhouse
- **Care:** Ample watering, frost protection.

#### #### Utah Serviceberry

- **Varieties:** 'Autumn Brilliance'
- **Preferred Conditions:** Full sun to partial shade, adaptable soil types
- **Growth Zones:** 4-9
- **Care:** Drought-tolerant, minimal care.

#### #### Raspberries and Blackberries

- **Preferred Conditions:** Full sun, rich well-draining soil
- **Growth Zones:** 3-8
- **Care:** Regular pruning, watering, mulch.

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### ## Supplements and Medicine

#### ### Aloe Barbadosensis Miller (Aloe Vera)

- **Preferred Conditions:** Well-draining sandy or rocky soil, full sun to partial shade
- **Uses:** Healing properties, contains amino acids and vitamins
- **Care:** Water deeply but infrequently, move indoors or protect during frost.

#### ### Bitterbrush (Purshia tridentata and Purshia stansburiana)

- **Preferred Conditions:** Dry, well-drained soils, full sun
- **Uses:** Antiseptic properties
- **Care:** Drought-tolerant, minimal water required.

#### ### Stinging Nettles (Urtica dioica)

- **Preferred Conditions:** Moist, rich soil in partial shade
- **Uses:** Herbal remedies, nutritious addition to foods
- **Care:** Regular watering, mulching.

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## ## Tea Plants Suitable for Outdoor Cultivation in Utah

### ### Lemon Balm (*Melissa officinalis*)

- \*\*Grow Zones:\*\* 4-9
- \*\*Preferred Conditions:\*\* Full sun to partial shade, moist soil
- \*\*Care:\*\* Control spread, prune to encourage fresh growth.

### ### Peppermint (*Mentha piperita*)

- \*\*Grow Zones:\*\* 3-11
- \*\*Preferred Conditions:\*\* Moist, rich soil in shaded areas
- \*\*Care:\*\* Grow in containers, water frequently.

### ### Spearmint (*Mentha spicata*)

- \*\*Grow Zones:\*\* 3-11
- \*\*Preferred Conditions:\*\* Partial shade, moist soil
- \*\*Care:\*\* Use containers or raised beds, regular watering.

### ### Bee Balm (*Monarda didyma*)

- \*\*Grow Zones:\*\* 4-9
- \*\*Preferred Conditions:\*\* Full sun to partial shade, moist soil
- \*\*Care:\*\* Space adequately, deadhead to promote blooming.

### ### Fennel (*Foeniculum vulgare*)

- \*\*Grow Zones:\*\* 4-9
- \*\*Preferred Conditions:\*\* Full sun, fertile soil
- \*\*Care:\*\* Water regularly, may require staking.

### ### Echinacea (*Echinacea* spp.)

- \*\*Grow Zones:\*\* 3-9
- \*\*Preferred Conditions:\*\* Full sun, well-drained soil
- \*\*Care:\*\* Low maintenance, drought-tolerant.

### ### Sage (*Salvia officinalis*)

- \*\*Grow Zones:\*\* 5-9
- \*\*Preferred Conditions:\*\* Full sun, sandy soil

- \*\*Care:\*\* Trim after flowering.

#### ### Dandelion (*Taraxacum officinale*)

- \*\*Grow Zones:\*\* 3-9

- \*\*Preferred Conditions:\*\* Adaptable

- \*\*Care:\*\* Minimal, occasional watering.

#### ### Anise Hyssop (*Agastache foeniculum*)

- \*\*Grow Zones:\*\* 4-8

- \*\*Preferred Conditions:\*\* Full sun, well-drained soil

- \*\*Care:\*\* Drought-tolerant, deadhead to promote blooms.

#### ### Licorice Mint (*Agastache rugosa*)

- \*\*Grow Zones:\*\* 4-10

- \*\*Preferred Conditions:\*\* Full sun, well-drained soil

- \*\*Care:\*\* Like Anise Hyssop.

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#### ## Need Greenhouse or Special Protection in Utah

#### ### Lemongrass (*Cymbopogon citratus*)

- \*\*Grow Zones:\*\* 9-11

- \*\*Preferred Conditions:\*\* Full sun, well-drained soil

- \*\*Care:\*\* Mulch to retain moisture, protect from cold.

#### ### Stevia (*Stevia rebaudiana*)

- \*\*Grow Zones:\*\* 9-11

- \*\*Preferred Conditions:\*\* Full sun, well-drained soil

- \*\*Care:\*\* Water regularly, sensitive to cold.

#### ### Rosemary (*Rosmarinus officinalis*)

- \*\*Grow Zones:\*\* 7-10

- \*\*Preferred Conditions:\*\* Full sun, sandy soil

- \*\*Care:\*\* Drought-tolerant, may need winter protection.

### Jasmine (*Jasminum* spp.)

- \*\*Grow Zones:\*\* 9-10
- \*\*Preferred Conditions:\*\* Full sun to partial shade
- \*\*Care:\*\* Support with a trellis, needs frost protection.

### Hibiscus (*Hibiscus sabdariffa*)

- \*\*Grow Zones:\*\* 8-11
- \*\*Preferred Conditions:\*\* Full sun, moist soil
- \*\*Care:\*\* Regular watering and feeding, frost protection.

### Rooibos (*Aspalathus linearis*)

- \*\*Grow Zones:\*\* 9-11
- \*\*Preferred Conditions:\*\* Full sun, sandy soil
- \*\*Care:\*\* Greenhouse recommended, sensitive to overwatering and cold.

### Yerba Mate (*Ilex paraguariensis*)

- \*\*Grow Zones:\*\* 7-11
- \*\*Preferred Conditions:\*\* Partial shade, moist soil
- \*\*Care:\*\* Constant moisture, annual mulching.

### Ginger (*Zingiber officinale*)

- \*\*Grow Zones:\*\* 9-12
- \*\*Preferred Conditions:\*\* Warm, humid, partial shade
- \*\*Care:\*\* Keep soil moist, high humidity.

### Tulsi or Holy Basil (*Ocimum sanctum*)

- \*\*Grow Zones:\*\* 10-11
- \*\*Preferred Conditions:\*\* Full sun to partial shade
- \*\*Care:\*\* Requires warmth, mulch to retain moisture.

### Lemon Verbena (*Aloysia citrodora*)

- \*\*Grow Zones:\*\* 8-11
- \*\*Preferred Conditions:\*\* Full sun, well-drained soil
- \*\*Care:\*\* Winter protection, prune to prevent woodiness.

### Camellia Sinensis (True Tea Plant)

- **Grow Zones:** 7-9
- **Preferred Conditions:** Partial shade, acidic soil
- **Care:** Needs shelter from harsh winds, greenhouse conditions in winter.

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## ## Shelter and Companion Plants for Garden

### ### Trees

#### **Quaking Aspen (*Populus tremuloides*)**

- Cultivar: No specific cultivar recommended
- Benefits: Provides quick shade and wind protection, adapts well to higher altitudes.

#### **Freeman Maple (*Acer x freemanii*)**

- Cultivar: 'Autumn Blaze'
- Benefits: Rapid growth, drought-resistant, vibrant fall color.

#### **Lombardy Poplar (*Populus nigra* 'Italica')**

- Cultivar: 'Italica'
- Benefits: Extremely fast-growing, provides quick screening and windbreaks.

#### **Dawn Redwood (*Metasequoia glyptostroboides*)**

- Cultivar: No specific cultivars recommended
- Benefits: Cold-resistant, hardy, needles make great mulch for acid-loving berries.

### ### Shrubs

#### **Forsythia (*Forsythia x intermedia*)**

- Cultivar: 'Lynwood Gold'
- Benefits: Fast-growing, early spring blooms, provides quick screening.

#### **Lilac (*Syringa vulgaris*)**

- Cultivar: 'Miss Kim'
- Benefits: Rapid growth, good for hedges, attracts pollinators, provides scent and privacy.

**\*\*Red Twig Dogwood (Cornus sericea)\*\***

- Cultivar: 'Bailey'
- Benefits: Fast-growing, provides year-round interest, stabilizes soil.

**### Hedges**

**\*\*Boxwood (Buxus spp.)\*\***

- Cultivar: 'Winter Gem'
- Benefits: Evergreen, dense foliage for continuous screening, shapes well.

**\*\*Privet (Ligustrum x ibolium)\*\***

- Cultivar: 'Cheyenne'
- Benefits: Forms dense hedge quickly, excellent for privacy and wind protection.

**\*\*Western Arborvitae (Thuja plicata)\*\***

- Cultivar: 'Green Giant'
- Benefits: Very fast growth, evergreen foliage, excellent for tall hedges and windbreaks.

**### Other Vegetation**

**\*\*Tall Grasses\*\***

- Species and Cultivar: Switchgrass (Panicum virgatum 'Heavy Metal')
- Benefits: Fast-growing, provides movement, buffers wind, catches snow in winter.

**\*\*Groundcovers\*\***

- Species and Cultivar: Creeping Juniper (Juniperus horizontalis 'Blue Chip')
- Benefits: Quick to establish, controls erosion, offers ground shade, reduces soil moisture loss.

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**## Perennial Crops for Zone 7 in Orem, Utah**

**### Herbs**

**\*\*Oregano\*\***

- Variety: Mediterranean

- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Occasional pruning, drought-tolerant once established.

#### **\*\*Sage\*\***

- Variety: Common Sage (*Salvia officinalis*)
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 4-8
- Care: Regular pruning, tolerates cooler climates.

#### **\*\*Mint (Peppermint/Spearmint)\*\***

- Variety: Peppermint, Spearmint
- Preferred Conditions: Partial sun/shade, consistently moist soil
- Growth Zones: 3-11
- Care: Water regularly, grow in containers to prevent overgrowth.

#### **\*\*Thyme\*\***

- Variety: Common Thyme (*Thymus vulgaris*)
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Little maintenance, prune back after flowering.

#### **\*\*Lavender\*\***

- Variety: English Lavender
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Minimal watering, ideal for containers.

#### **\*\*Garlic\*\***

- Variety: Hardneck or Softneck
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 3-8
- Care: Regular watering, mulch during colder months.

#### **\*\*Chives\*\***

- Variety: Common Chives, Garlic Chives

- Preferred Conditions: Full sun, moist soil
- Growth Zones: 3-9
- Care: Suitable for containers, divide clumps every few years.

#### **\*\*Lemon Balm\*\***

- Variety: Lemon Balm (*Melissa officinalis*)
- Preferred Conditions: Partial sun/shade, well-draining soil
- Growth Zones: 4-9
- Care: Prune back regularly, contain in pots to prevent spreading.

#### **\*\*Rosemary\*\***

- Variety: Upright Rosemary
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 8-10 (use a greenhouse or container in colder zones)
- Care: Consistent moisture, protect from frost.

#### **\*\*Horseradish\*\***

- Variety: Common Horseradish (*Armoracia rusticana*)
- Preferred Conditions: Full sun, moist soil
- Growth Zones: 3-9
- Care: Harvest parts of the root, allow regrowth.

#### **\*\*Parsley\*\***

- Variety: Flat-leaf or Curly-leaf
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Grow in pockets or containers, prune regularly.

### **### Vegetables**

#### **\*\*Asparagus\*\***

- Variety: Mary Washington, Purple Passion
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 3-8
- Care: Fertilize annually, harvest spears in spring.



**\*\*Globe Artichoke\*\***

- Variety: Green Globe, Imperial Star
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 7-10 (mulch in colder zones)
- Care: Mulch heavily during winter, divide every few years.

**\*\*Rhubarb\*\***

- Variety: Victoria, Canada Red
- Preferred Conditions: Partial shade, well-draining soil
- Growth Zones: 4-8
- Care: Remove flower stalks to encourage leaf growth.

**### Berries & Brambles**

**\*\*Strawberries\*\***

- Variety: June-bearing, Everbearing
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 3-10
- Care: Fertilize during blooming, mulch during winter.

**\*\*Blueberries\*\***

- Variety: Highbush, Rabbiteye
- Preferred Conditions: Full sun, acidic soil
- Growth Zones: 3-8
- Care: Plant multiple varieties for pollination, fertilize with acidic fertilizer twice a year.

**\*\*Blackberries\*\***

- Variety: Thornless Clumping, Erect
- Preferred Conditions: Full sun, well-draining

soil

- Growth Zones: 5-9
- Care: Plant in sunny locations, prune canes after fruiting, divide every few years.

**\*\*Muscadines\*\***

- Variety: Noble, Carlos

- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 7-10
- Care: Plant in rows, provide trellis support, prune heavily in spring.

#### **\*\*Grapes\*\***

- Variety: Concord, Seedless
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 4-9
- Care: Train vines to trellises, prune heavily in spring, fertilize annually.

#### **\*\*Currants\*\***

- Variety: Red, White, Black
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 3-8
- Care: Plant in rows, prune annually to maintain size.

#### **\*\*Goji Berries\*\***

- Variety: Lycium barbarum
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Plant in raised beds, avoid pooling water, prune to maintain shape.

#### **\*\*Raspberries\*\***

- Variety: Black, Red
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 3-9
- Care: Plant second-year canes, train on trellises, prune dead canes, divide every few years.

### **### Fruit & Nut Trees**

#### **\*\*Apple Trees\*\***

- Variety: Granny Smith, Fuji
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 4-8
- Care: Plant dwarf or semi-dwarf varieties to save space, prune the canopy for airflow.

### **\*\*Nectarines\*\***

- Variety: Flavortop, Goldmine
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Plant semi-dwarf varieties, prune branches for strength.

### **\*\*Peaches\*\***

- Variety: Redhaven, Elberta
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-8
- Care: Space trees 8-12 feet apart, prune to open the canopy.

### **\*\*Plums\*\***

- Variety: Santa Rosa, Satsuma
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 5-9
- Care: Prune inner branches to improve airflow, inspect regularly for pests.

### **\*\*Cherry Trees\*\***

- Variety: Bing, Montmorency
- Preferred Conditions: Full sun, well-draining soil
- Growth Zones: 4-7
- Care: Plant dwarf varieties to manage height, protect from birds.

### **\*\*Pears\*\***

- Variety: Bartlett, Bosc
- Preferred Conditions: Full sun, well-draining soil

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### **# Propagating Lavender from Cuttings**

#### **## Overview**

- Best done in spring or fall when the wood is semi-hard.
- Can be propagated year-round in a greenhouse.

- Hardwood cuttings are more disease and pest-resistant than seeds.

## ## Propagation Methods

### ### Direct Ground Planting

- **Cutting Preparation:** Take a cutting from semi-hardwood, remove lower leaves, ensure green base.
- **Planting:** Insert the cutting into well-draining soil, water weekly.
- **Advantages:** Greater growth due to soil nutrients.
- **Disadvantages:** Requires weeding, cannot be moved until fall.

### ### Pot Planting

- **Cutting Preparation:** Trim to fit starter tray, optionally use rooting hormone.
- **Planting:** Fill trays with peat moss and perlite or sand, insert the cutting, maintain humidity.
- **Advantages:** Can transplant to larger pots later.
- **Disadvantages:** Requires frequent watering.

## ## Growth and Care Tips

- Monitor cuttings for root development in 4-6 weeks.
- Use weed mat for ground plantings to minimize weeds and retain moisture.
- Maintain humidity for pot plantings, avoid waterlogging.

## ## Final Recommendations

- Prune lavender in spring and fall.
- Avoid using seeds if uniformity is desired.
- Care for the plants but enjoy the process.

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## # Comprehensive Guide to Community Garden Programs in Utah

### ### 1. Wasatch Community Gardens (Salt Lake City, Utah)

- **About:** Offers education, workshops, garden tours, and activities for kids.
- **Services:** Rent a community garden plot, organize a new garden, find an existing one, or share a yard.
- **Special Programs:** Youth and school garden programs, farm-based job training, events, workshops.
- **Website:** [Wasatch Community Gardens](https://www.wasatchgardens.org)

### ### 2. New Roots Community Gardens

- **Overview:** Managed by the International Rescue Committee, securing plots for refugees and developing new gardens in high-need areas.
- **Collaborations:** Works with partners like Wasatch Community Gardens, Dry Creek Charity, and others.
- **Services:** Provides seeds, seedlings, and gardening instructions to refugees.
- **Locations:** Over 13 garden sites across the Salt Lake Valley.
- **Website:** [New Roots Community Gardens](https://www.newrootssl.org)

### ### 3. Community Action Services and Food Bank (Provo, Utah)

- **Offerings:** Rents small garden plots to families with limited yard space.
- **Locations:** Four community gardens in Provo.
- **Cost:** \$20 to rent a plot for the entire season.
- **Volunteering:** Opportunities available.
- **Contact:** gardens@communityactionuc.org or 801-691-5207.
- **Website:** [Community Action Provo - Community Gardens](https://www.communityactionprovo.org/community-gardens/)

### ### 4. Utah State University Extension

- **Resources:** Tips for growing vegetables and herbs, caring for soil, and controlling pests.
- **Educational Programs:** Gardening basics, apps, and seasonal classes.
- **Website:** [Utah State University Extension](https://extension.usu.edu)

### ### 5. Backyard GardenShare Program

- **Concept:** Connects surplus produce from home gardens to those in need.
- **More Information:** [Backyard GardenShare](https://www.wastelessolutions.org)

### ### 6. Vineyard Community Garden (Vineyard, UT)

- **Description:** New community garden across from Sunset Beach Park with 20 garden boxes.
- **Focus:** Square foot gardening and mentorship.
- **Volunteer Opportunities:** Available.
- **Contacts:**
  - Community Garden Director: brittnee@voorheis.info
  - Volunteer Coordinator: Wendypurrrington@gmail.com
- **Social Media:** @vineyardcity on Instagram, Vineyard City Government on Facebook.
- **Source:** [Vineyard Community Garden](https://www.vineyardutah.org/communitygarden)

### ### 7. Utah State University Extension Master Gardener Program

- **Training:** College-level lectures and hands-on training.

- **Volunteer Requirement:** Minimum of 40 hours of community service.
- **Areas of Training:** Basic botany, fruits, vegetables, irrigation, etc.
- **Volunteer Activities:** Assisting in USU public gardens, clinics, public outreach.
- **Contact:** Local USU Extension Office.
- **Source:** [USU Extension Master Gardener Program](https://extension.usu.edu/mastergardener/)

#### ### 8. Utah Associated Garden Clubs

- **Activities:** Hosts events like Utah Rose Society meetings, Utah Dahlia Society tuber sales.
- **Mission:** Promote gardening, floral design, civic and environmental responsibility.
- **Events:** Society meetings, service projects, sales.
- **Source:** [Utah Associated Garden Clubs](https://utahagc.org)

#### ### 9. Utah Conservation Corps Urban Community Farm (UCC UCF) - Logan, Utah

- **Aim:** Improve food security and provide education in crop production.
- **Donations:** Crop yields donated to local food-insecure community.
- **Educational Opportunities:** Youth and adults in urban agriculture.
- **Volunteering:** Central to the program, with training provided.
- **Source:** [Utah Conservation Corps Urban Community Farm](https://extension.usu.edu/uccucf/)

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#### Benefits and Assistance Programs for College Students in Utah.

##### ### 1. Supplemental Nutrition Assistance Program (SNAP)

- **Eligibility:** Exemptions for students include participating in work-study, having an Expected Family Contribution (EFC) of \$0, or meeting criteria like working 20 hours a week or caring for young children.
- **Income Requirements:** Varies by household size; a single person's gross monthly income must be \$1,396 or less.
- **Application:** Apply online via [Department of Workforce Services](https://jobs.utah.gov).
- **Usage:** Benefits for buying food and seeds/plants to grow food.

##### ### 2. Utah Home Energy Assistance Target (HEAT) Program

- **Purpose:** Assists low-income households with heating utility bills in winter.
- **Eligibility:** Based on income and vulnerability, such as the lowest-income households.
- **Application:** Access through local community action programs or directly via the [HEAT Program website](https://jobs.utah.gov).

##### ### 3. Emergency Rental Assistance

- **For:** Those struggling to pay rent and utilities, particularly due to COVID-19 impacts.

- **Application:** Apply at [rentrelief.utah.gov](https://rentrelief.utah.gov) with necessary documentation like income proof.

#### ### 4. Utah Community Action

- Offers rental assistance and landlord-tenant mediation.
- **Contact:** 801-214-3109 or 877-697-7175.

#### ### 5. On-Campus Food Pantries

- Many Utah colleges provide food pantries for students. Examples include the University of Utah, Utah State University, and others.

#### ### 6. Other Financial Assistance

- Community Action Services and Food Bank in Provo and Utah County help with rent, energy bills, and other emergencies.
- Contact Community Action Services at 801-373-8200 for more information.

#### ### 7. Utah Family Employment Program

- Aimed at unemployed or underemployed single and two-parent families.
- Provides opportunities to increase family income through employment and child support.

#### ### 8. Other Resources

- Utah Legal Services offers free legal help for housing matters (801-477-6975).
- Rocky Mountain Power provides bill payment assistance (1-888-221-7070).
- Utahns Against Hunger offers a comprehensive list of food assistance resources.

#### ### 9. Utah Department of Workforce Services

- Offers a range of assistance including food, financial, Medicaid/medical, and child care.
- Visit [Utah Department of Workforce Services](https://jobs.utah.gov) for applications and program details.

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### ## UVU Psychological Health Support Services

#### ### 1. UVU Mental Health Center

- **Summary:** Offers individual, group, and couples therapy for various mental health issues including anxiety, depression, eating disorders, trauma, grief, substance abuse, and relationship issues. Individual and couples therapy sessions cost \$10 each, while group therapy sessions are free for students.
- **Location:** Sorensen Center (SC) 221, UVU Campus
- **Phone:** 801-863-8876

- **\*\*Service Cost:\*\*** Individual and couples therapy at \$10 per session; group therapy is free.
- **\*\*Access:\*\*** Sign up for counseling via the MHC's website or walk in if experiencing an emotional crisis.
- **\*\*Source:\*\*** [UVU Review](https://www.uvureview.com/health-wellness/uvu-mental-health-center-confidential-affordable-and-accessible/)

### ### 2. Student Health Services - Mental Health Services

- **\*\*Summary:\*\*** Provides individual and group therapy covering issues like anxiety, depression, eating disorders, trauma, grief, and relationship problems. Therapy sessions cost \$10 each for students enrolled in at least 9 credit hours during Fall and Spring semesters, or 6 credit hours during the summer.
- **\*\*Location:\*\*** Sorensen Center (SC) 221, UVU Campus
- **\*\*Phone:\*\*** 801-863-8876
- **\*\*Service Cost:\*\*** \$10 per therapy session for eligible students.
- **\*\*Access:\*\*** Appointments can be scheduled through the Student Health Services website or by calling their office.
- **\*\*Source:\*\*** [UVU Student Health](https://www.uvu.edu/studenthealth/psych/)

### ### 3. UVU Thrive

- **\*\*Summary:\*\*** A holistic mental health support service that includes health coaching, scheduled counseling, and chatline support through the TimelyCare virtual platform. Services are free and do not require insurance.
- **\*\*Location:\*\*** Student Life (SL) 201, UVU Campus
- **\*\*Phone:\*\*** 801-863-8311
- **\*\*Service Cost:\*\*** Free
- **\*\*Access:\*\*** Get started by emailing your UVID number to UVU Thrive to receive a license for TimelyCare.
- **\*\*Source:\*\*** [UVU Student Success](https://www.uvu.edu/studenthealth/psych/)

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## ## UVU Food Resources for Students

### ### 1. UVU Food Pantry

The UVU Food Pantry is available to UVU students, faculty, and staff experiencing food insecurity. It provides canned and boxed food items, basic hygiene products, and occasionally baby products.

- **\*\*Eligibility:\*\*** Students need to be enrolled in at least 6 credits during the Fall/Spring semesters; however, enrollment is not required during the Summer terms. The pantry can be accessed once per week per student.
- **\*\*Access:\*\*** Fill an online order form or visit in person. A UVU ID is required for pantry use.
- **\*\*Donations:\*\*** Donations can be made to the Community Action Services and Food Bank.
- **\*\*Location:\*\*** Center for Social Impact, SL 101, located under the SLWC bridge.

### ### 2. UVU Community Garden (GRIT Garden)



The GRIT Garden provides fresh produce that supports the Food Pantry. Located east of the Utah County Academy of Sciences (UCAS), it serves as a space for community education and social engagement.

### ### 3. Fresh Food Fridays

This program offers fresh produce to students every Friday in collaboration with the UVU GRIT Garden and Community Action Services. Participation requires a UVU ID and a reusable bag.

### ### 4. Mobile Food Pantry

Extends food assistance to satellite campuses including West, Wasatch, Provo Airport, Thanksgiving Point, and the Wee Care Center, providing both perishable and non-perishable items.

### ### 5. Additional Programs and Supports

- **\*\*Food Recovery Initiatives:\*\*** Partnerships with local grocery stores to reduce food waste.
- **\*\*Educational and Cooking Programs:\*\*** Organizes cooking classes using produce from the GRIT Garden.

### ### 6. Community Collaborations

UVU collaborates with local organizations to enhance support for students. This includes partnerships with United Way and Community Action Services.

For more information, contact the UVU Food Pantry at [care@uvu.edu](mailto:care@uvu.edu) or visit [UVU Food Pantry Information]([https://www.uvu.edu/studentcare/food\\_resources/pantry.html](https://www.uvu.edu/studentcare/food_resources/pantry.html)).

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## ## Action Plan for Improving the Mental Well-being of Your Cat

### ### Understanding Stress in Cats

Cats may exhibit stress through behaviors like inappropriate elimination, chewing non-food items, and self-harm. These behaviors can stem from environmental stressors, lack of stimulation, or health issues.

### ### Comprehensive Environmental Modification Plan

#### #### 1. Litter Box Optimization

- **\*\*Variety and Placement:\*\*** Increase the number of litter boxes, ensuring at least one more box than the number of cats. Place them in quiet, accessible areas.
- **\*\*Cleaning Schedule:\*\*** Commit to daily cleaning to maintain hygiene and encourage use.

#### #### 2. Flooring

- **Removing Carpets:** Replace carpets with easy-to-clean flooring like laminate, tile, or hardwood to reduce inappropriate elimination and make cleaning easier.

#### ### 3. Vertical Spaces and Stimulation

- **Vertical Exploration:** Enhance vertical space with cat trees, shelves, and window perches.
- **Interactive Play Areas:** Incorporate interactive toys and puzzles to engage hunting instincts and provide mental stimulation.

#### ### 4. Safe Outdoor Access

- **Geodesic Greenhouse and Catio:** Build a geodesic greenhouse and safe outdoor pathways for controlled outdoor access.
- **Outdoor Fence System:** Implement a cat-safe outdoor fence system for supervised exploration.

#### ### 5. Water Access

- **Filtered Water Fountains:** Install motion-activated filtered water fountains to encourage hydration.

#### ### 6. Behavioral Enrichment

- **Routine and Predictability:** Establish a consistent daily routine including feeding, play, and rest times.
- **Scent Enrichment:** Introduce scent games using cat-safe herbs like catnip or silver vine, and rotate toys for novelty.

#### ### 7. Social Needs

- **Social Interactions:** Monitor interactions with other pets to ensure positivity. Provide separate resources to reduce competition and stress.

#### ### 8. Professional Guidance

- **Behavioral Consultation:** Consult a feline behaviorist for personalized strategies.
- **Veterinary Check-Ups:** Regular veterinary check-ups to rule out health issues contributing to stress-related behaviors.

### ## Simplified and Budget-Conscious Weekly Meal Plan

#### ### Daily Breakfast

- **Oatmeal:** Vary toppings throughout the week:

- **Monday:** Banana slices and a sprinkle of cinnamon.
- **Tuesday:** A handful of frozen berries (thawed overnight).
- **Wednesday:** Chopped apple with a dash of nutmeg.
- **Thursday:** A tablespoon of peanut butter and a drizzle of honey.
- **Friday:** A few slices of peach with a pinch of ground ginger.
- **Saturday:** Mixed nuts and seeds for added texture.
- **Sunday:** Yogurt and granola.

- **Eggs:** Prepare differently each day:

- Scrambled,

fried, poached, or boiled; add available veggies like spinach or tomatoes when possible.

### ### Daily Lunch

- **Sandwiches:** Rotate ingredients:
  - **Meat choices:** Turkey, chicken, or canned tuna.
  - **Vegetables:** Lettuce, tomato, cucumbers, or bell peppers.
  - **Cheese:** Add a slice for extra flavor and calcium if budget allows.
- **Leftovers:** Plan dinners that make enough for lunch the next day to reduce food waste and cooking time.

### ### General Tips

- **Buy in Bulk:** Purchase staples like oatmeal, eggs, bread, and frozen vegetables in bulk for savings.
- **Seasonal Purchases:** Opt for seasonal produce to reduce costs and increase freshness.
- **Cooking Methods:** Utilize versatile cooking methods for variety.
- **Meal Preparation:** Prep meals in batches to save time during the week.

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### ## Previous Plan

### ### Breakfast

- **Oatmeal Base:** Affordable, nutritious, and filling; buy in bulk.
- **Nuts and Seeds:** Purchase in bulk for better deals.
- **Berries:** opt for frozen or grow your own.
- **Eggs:** Buy from a local farm if possible.
- **Smoothie Maker:** Invest in a good quality blender for nutritious smoothies.

### ### Lunch

- \*\*Sandwich Meat and Cheese:\*\* Buy in larger, unprocessed blocks and slice yourself.
- \*\*Bread:\*\* Make your own bread with a bread machine.
- \*\*Salads:\*\* Grow your own vegetables and herbs.

### ### Dinner

- \*\*Meat and Bones:\*\* Buy in bulk and freeze, consider less popular cuts for savings.
- \*\*Roots and Vegetables:\*\* Grow your own, buy in season, freeze or can for off-season use.
- \*\*Thickening Agents:\*\* Bulk purchasing and proper storage.
- \*\*Pressure Cooker:\*\* Reduces cooking time and energy usage.
- \*\*Crock Pot:\*\* Set and forget until it's time to eat.