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(COOPERATIVE EXTENSION)
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NEW COOPERATIVE EXTENSION COMMUNITY OUTREACH PROGRAM

Jefferson City, MO- **Lincoln University Cooperative Extension (LUCE)** has a new program called **Sprouts and Roots: Let's Grow Together**. Starting in mid-April, **Sprouts and Roots** workshops and events will be held on a number of topics. All topics will raise awareness about eating fresh and local produce, and the basic value of gardening. Mr. Bob Channer, **Sprouts and Roots** educator for Sustainable Agriculture says, "The program will show how simple it is to enjoy the outdoors and get some exercise while gardening." LUCE staff will educate you on ways to market any of your extra harvest. **Sprouts and Roots** will benefit the underserved citizens of Missouri by helping to build community gardens that are user-friendly and include Missouri native plants. Gardens will be developed at schools, churches and just about any other place where older adults, youth and their families can grow their food. Gardening advice and training, as well as materials; including seeds, pots and potting soil will be provided free of charge but amounts are limited. Workshops on food preparation, preservation and value-added production will be taught at the certified kitchen (under construction) by Lincoln University specialists and community partners, again, free of charge. A farmers market and the certified kitchen will also be available for participants to use.

LUCE encourages people from all walks of life, ages, and ethnicities to join us to help improve the well being and way of life in Jefferson City and surrounding communities. This an intergenerational activity among community members, family and friends. Participation is open and free to the public. All events and workshops will take place on Lincoln University's main campus in Jefferson City, Missouri. Funding for this program is provided through a grant awarded by the United States Department of Agriculture's (USDA) National Institute for Food and Agriculture (NIFA). NIFA's mission is to advance knowledge of agriculture, the environment, human health and well-being in communities by supporting [research](#), [education](#) and [extension](#) programs in the Land-Grant University System and other partner organizations.

If you would like to participate in **Sprouts and Roots**, please contact Mr. Bob Channer by phone at (573) 681-5385 or email ChannerR@LincolnU.edu, or Dr. Nadia Navarrete-Tindall at (573) 681-5392 or email Navarrete-TindallN@LincolnU.edu.

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