

Grow Appalachia at Lend-A-Hand

The Lend-A-Hand Center has become a partner site for Grow Appalachia. Grow Appalachia is a program administered by Berea College that partners with community organizations throughout the region to promote food security and access to healthy, local food. Grow Appalachia believes, "When food grows, communities and families grow too."

The Lend-A-Hand Center Grow Appalachia project is designed to break down barriers to gardening and build community, addressing food security issues in Knox County through providing resources and technical assistance for home and community gardens.

The program addresses a number of areas including:

- Food Security
- Health and Nutrition
- Promoting Self-Sufficiency
- Agricultural Education
- Skill Building
- Local Foods Economy
- Marketing Opportunities
- Building Relationships
- Fostering Community



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The Lend-A-Hand Center Grow Appalachia Gardening Program



Lend-A-HandCenter



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The Lend-A-Hand Center



The Lend-A-Hand Center is a 55-year-old 501c3 nonprofit community service provider located in Walker, Kentucky. Begun by nurse midwife Peggy Kemner and farmer and teacher Irma Gall the Center has worked diligently for

decades to fulfill its mission to “lend a hand” in the Stinking Creek community.

Providing a wide range of services including nurse midwifery, home healthcare, 4H, children’s programs, and agricultural programs, the Center has a rich history of service and collaboration.

Lend-A-Hand is excited to announce a new gardening program in Knox County. **The Lend-A-Hand Center Grow Appalachia project is designed to break down barriers to gardening and build community, addressing food security issues in Knox County through providing resources and technical assistance for home and community gardens.**

The program works with families in the Stinking Creek area, community gardeners, and partner organizations in the county to expand gardening possibilities, learn through the process, and have fun.

Utilizing organic gardening techniques the program aims to grow as much food for as many people as possible. The program welcomes people of all levels of experience and ability. Through collaboration, sharing, and collecting stories, the program hopes to build community and relationships. Updates on the program will be posted on the Grow Appalachia blog www.berea.edu/grow-appalachia/blog/



Home Gardens

The Grow Appalachia program is working with 20 home gardeners in the Stinking Creek area of the county.

Home gardeners involved in the program attend meetings, share insights, are provided assistance with resources and technical advice, complete harvest reports, give updates on their gardens, donate part of their harvest, and volunteer at the Dewitt community garden. Participants are encouraged to take ownership and provide visions for the direction and future of the program. Home gardening participants get to know each other, learn from each other, and shape and guide the program through meeting and working together. Through mentorship and cooperation generations of families and neighbors are able to come together to work in the garden, harvest, prepare, and eat healthy food together, building community and relationships.



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Community Gardens

The LAHC Grow Appalachia program is sponsoring 3 community gardens in Knox County. Community gardens are spaces for individuals and families to garden together. Shared garden space and allotted plots are available at the at the community gardens. Community gardens are located at:

- Dewitt Elementary School
- Union College (100 Judge St.)
- Knox County Jail



Workshops/Participant Meetings

The LAHC GA program hosts workshops and meetings for participants to learn skills, visit, foster community, and share ideas. Workshops are open for anyone to attend. The program will also hold other special events throughout the year.



2014 LAHC Grow Appalachia Workshop Dates

Maintenance workshop- Tuesday May 27, 6:00 pm at the Lend-A-Hand Center

Cooking workshop- Tuesday June 17, 6:00 pm at the Knox County Extension Office

Preservation workshop- Tuesday July 1, 5:00 pm at the Knox County Extension Office

Water Bath Canning workshop- Saturday July 12, 10:00 am at the Knox County Extension Office

Pressure Canning workshop- Monday July 14, 10:00 am at the Knox County Extension Office

Season extension workshop- Tuesday August 19, 6:00 pm at the Lend-A-Hand Center

2014 Grow Appalachia Participant Meeting Dates

Meeting- Monday April 21, 6:00 pm at the Lend-A-Hand Center (Organic Pest Control and Fertilizer)

Meeting- Tuesday May 13, 6:00 pm at the Lend-A-Hand Center

Meeting- Tuesday June 3, 6:00 pm at the Lend-A-Hand Center

Meeting- Tuesday August 5, 6:00 pm at the Lend-A-Hand Center

Volunteer/Intern Opportunities

Volunteer and internship opportunities are available for students and community members who are interested in becoming more involved with Grow Appalachia at the LAHC. Volunteers and interns will be able to build a variety of skills and gain hands-on gardening experience through the program.

Partnerships

The LAHC Grow Appalachia program is partnering with a number of organizations in the county. Contact Kathryn Engle 859 893-0947 to find out more about how your business or organization can become a partner .