



The View from LU Cooperative Extension

Small Ruminant Section at the Missouri Organic Association Conference

On February 8, 2014, Dr. Jodie Pennington, Lincoln University Cooperative Extension (LUCE) Regional Educator-Small Ruminants; Susan Jaster, LUCE Farm Outreach Worker (FOW) for Ray and Lafayette counties; and Janet Hurst, LUCE FOW for Franklin and Warren counties, presented at the Missouri Organic Association Conference. They were joined by Patrick Davis, University of Missouri Extension (UME) Livestock Specialist, and Jeff Yearington (Drumm Institute Farm Manager and former LUCE FOW), to conduct the workshop, “Sheep and Goat Production 101.” The one-day workshop included educational talks, a trade show and producer discussion. Hands-on training was also provided for the 31 attendees. Many topics were covered, including getting started with goats and sheep and how to select replacements. Attendees learned about body condition scoring, nutrition and health management with vaccinations. They were trained in FAMACHA© scoring for parasite control. Due to the cold weather, animals for the hands-on training were brought inside on tarps. The afternoon session ended with presentations and a panel discussion about “Developing Small Ruminant Markets for Meat and Milk.” A tri-fold display showed LUCE educational programs.

Over 250 people took part in the conference. Producer surveys showed that all learned from the program. One

attendee commented, “Great hands-on learning opportunities, great speakers and good handouts.” Another stated that this was “a really well-run afternoon!” ■
Charlotte Clifford-Rathert, Small Ruminants

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Native Plants and Sprouts and Roots Program Volunteer in Mid-Missouri

AmeriCorps VISTA volunteer Emily Young completed her one-year appointment at Lincoln University Cooperative Extension (LUCE) at the end of February. She was instrumental in helping to build attendance for the Native Plants and Sprouts and Roots programs. To celebrate Martin Luther King, Jr.’s legacy, she organized a food drive. Jefferson City’s Samaritan Center received 135 pounds of nonperishable food from LUCE personnel. Young also presented “My Experience as an AmeriCorps VISTA Volunteer at LUCE” to personnel.

Jeff Hargrove, Extension Technician - Community Garden Manager; Amy Hempen, Native Plants Technician; and Maggie Hopper, Farmers’ Market and Commercial Kitchen Manager; took part in a question and answer session, “Where Our Food Comes From,” at Thomas Jefferson Middle School in Jefferson City. About 250 students from 12 classes posed the questions.

On Thursday, February 13, Veronica Taylor, Sprouts and Roots staff member, showed participants ways to make healthy Valentine snacks. These were given to students in the Afterschool Program, part of LUCE’s Central Missouri Youth Development program and 4-H. The same day, the Native Plants Program (NPP) celebrated

an appreciation day for volunteers and shared information about upcoming activities for 2014. ■ *Nadia Navarrete-Tindall, Native Plants*



Maggie Hopper giving a tour of LUCE’s Commercial Kitchen to NPP and Sprouts and Roots participants.

Innovative Small Farmers' Outreach Program (ISFOP) Presents a Session at the 2013 Professional Agricultural Workers Conference

Katie Nixon, Small Farm Specialist - West Central Region, and Miranda Duschack, Small Farm Specialist - East Central Region, presented at the 71st Professional Agricultural Workers Conference (PAWC). It was held at Tuskegee University from December 8-10, 2013. They represented the Innovative Small Farmers' Outreach Program (ISFOP). Several other 1890 institutions and the Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS) club chapters took part in the three-day event. Nixon and Duschack coauthored and presented a poster at the conference. The poster was entitled "Women Small Farmers in Missouri: Making It Work." It profiled four diverse female sole proprietor farmers who took divergent paths. Nixon and Duschack also made a joint oral presentation. It highlighted the joys and challenges of urban farming. They cited real world examples from ISFOP urban farmer clients. Twenty individuals attended their session. The discussion that followed was lively and educational. ■ *Miranda Duschack and Katie Nixon, ISFOP*



Nixon - center and Duschack, 2nd from left, with presenters from the same session. On the left is James Theuri of University of Illinois Extension.

A group of women in agriculture from all walks of life.



Innovative Small Farmer's Outreach Program (ISFOP) Attends the Great Plains Growers Conference

The Great Plains Growers Conference (GPGC) is held annually in St. Joseph, Missouri. The venue is the campus of Northwest Missouri State University. The conference was organized by a group of six land-grant universities from five states: Missouri, Kansas, Iowa, Nebraska and South Dakota. Over 500 attended the event this year. Most are vegetable and small fruits growers, educators and service providers. They come from all over the US. In recent years, Lincoln University Cooperative Extension (LUCE) has become a dominant force in all aspects of this conference.

All of LUCE's Innovative Small Farmer's Outreach Program (ISFOP) staff attended this year. Several staff members served in various capacities. Susan Jaster, Jim Pierce and Katie Nixon moderated conference sessions.

Dr. K. B. Paul and Nixon displayed project-related informational and publicity materials at two separate booths. This included information on the Food Hub Project where Nixon collected feedback from over 50 farmers. Paul provided material about Sustainable Agriculture Research and Education (SARE) and ISFOP. Miranda Duschack brought Gabriel Hahn from St. Louis County's Seeds of Hope Farm to discuss their tiered Community Supported Agriculture (CSA) model as part of the "Urban Farming" track. Jaster placed second during the "grower's innovation" event. She won with her system for farmers that ensures water hydrants are turned off after use. LUCE was the proud sponsor of the keynote speaker, Steve Groff, a nationally known expert on perennial cropping systems. ■ *Jim Pierce, ISFOP*

Kansas City Urban Impact Center (KCUIC) Takes Part in the “MLK Day of Giving”

On Monday, January 20, 2014, 14 youth and two Lincoln University Cooperative Extension (LUCE) KCUIC staff took part in the annual Harvesters “MLK Day of Giving.” The group toured the facility at Harvesters: The Community Food Network. Its mission is to feed hungry people today and work to end hunger tomorrow. As Kansas City’s only food bank, it collects and distributes food and related household products. This network provides food assistance to as many as 66,000 people each week; it does this through a network of nonprofit agencies. Harvesters has been helping people in need since 1979.

After the tour, staff explained the importance of Harvesters to the community. The need for volunteers was stressed. Next, the youth viewed a short film about Harvesters. They were given information on how to shop for nutritional items. They also received a worksheet discussing what beneficial foods a person can purchase with little money.

Some of the youth who attend KCUIC’s Saturday Academy program also took part in this event. Working

as a team, the group packaged five crates of vegetables. Youth saw that this was a worthwhile community service in line with the teachings of Martin Luther King, Jr. Overall, the youth enjoyed the experience. This event occurs two times each year. ■ *Marion Halim, Kansas City Urban Impact Center*



From left to right: Community Outreach worker Byron Ashford, Martae Gant, Miles Gant, Trevon Coles, Terrion Ray, John Graves Jr. Letrell Brown, Dawon Morris, Demarcus Simpkins, Jalen Perkins, John Graves Sr. Three young men pictured in front were guests of the group.

LUCE Joins Other State Agencies to Conduct Southwest Missouri Spring Forage Conference

The 30th Annual Southwest Missouri Spring Forage Conference was held on Tuesday, February 25, 2014. The venue was the University Plaza Hotel in Springfield, Missouri.

This year, 390 attended the trade show. They heard 16 talks about forages and agriculture. The keynote speaker was Jim Gerrish. He is a former pioneering researcher at the University of Missouri Forage Systems Research Center. Jodie Pennington, Lincoln University Cooperative Extension’s (LUCE) Southwest Regional Educator - Small Ruminants, was a member of the planning committee and moderated the session, “Multispecies Grazing with Cattle, Sheep and Goats.” Pennington also shared a booth at the trade show with the University of Missouri Extension with a display on “Using Sheep and Goats for Brush Control.”

Many agencies supported the conference. Some of these were the Natural Resources Conservation Service (NRCS), Soil and Water Conservation Districts, Farm Service Agency (FSA), Missouri State University and Missouri Department of Conservation (MDC). Steven Meredith, former dean of

Lincoln University’s College of Agricultural and Natural Sciences (CANS) and 1890 Extension Administrator, was present.

Surveys showed that 93 percent of attendees plan to make a management change based on information from this conference meeting and 93 percent of those who attended last year made management changes. ■ *Jodie Pennington, Small Ruminants*



Lincoln University Cooperative Extension (LUCE)



Ms. Yvonne Matthews
Interim Associate Administrator
MatthewY@LincolnU.edu

(573) 681-5550
900 Chestnut Street
Room 103A Allen Hall
Jefferson City, MO 65101

Karen Galbreath
Administrative Assistant
(573) 681-5375
GalbreathK@LincolnU.edu

State Extension Specialists

Dr. Emmanuel Ajuzie
State Extension Specialist - Agricultural
Economics
AjuzieE@LincolnU.edu

Dr. Adrian Andrei
Assistant Professor - Wildlife Science
AndreiA@LincolnU.edu

Dr. Charlotte Clifford-Rathert
State Extension Specialist - Small Ruminants
Clifford-RathertC@LincolnU.edu

Mr. Charles "Chuck" Hicks
State Extension Specialist - Aquaculture
HicksC@LincolnU.edu

Dr. Hwei-Yiing Johnson
State Extension Specialist - Plant Science
JohnsonH@LincolnU.edu

Dr. Zelalem Mersha
State Extension Specialist - Plant Pathology
MershaZ@LincolnU.edu

Dr. Nadia Navarrete-Tindall
State Extension Specialist - Native Plants
Navarrete-TindallN@LincolnU.edu

Dr. Kamalendu Paul
State Extension Specialist - Small Farms
PaulK@LincolnU.edu

Dr. Jaime C. Piñero
State Extension Specialist - Integrated Pest
Management
PineroJ@LincolnU.edu

LUCE Regional Satellite Offices

Ms. Patrice Dollar, Coordinator
St. Louis Urban Impact Center (SLUIC)
DollarP@LincolnU.edu

Ms. Brenda Robinson-Echols, Coordinator
Southeast Missouri
RobinsonB@LincolnU.edu

Ms. Marion Halim, Coordinator
Kansas City Urban Impact Center (KCUIC)
HalimM@LincolnU.edu

Innovative Small Farmers' Outreach Program (ISFOP)

Dr. Kamalendu Paul, Director
PaulK@LincolnU.edu

www.lincolnu.edu/web/cooperative-extension



Cooperative Extension

Box 29, Jefferson City, MO 65102-0029
Lincoln University in Missouri and the U.S.
Department of Agriculture Cooperating.
Yvonne Matthews, Interim Dean, College of
Agricultural and Natural Sciences. Distributed
in furtherance of the Food and Agricultural
Act, 1977 PL 95- 98. Dec. 22, 1981.
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Contact the LUCER Media Center
(573) 681-5554*

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Cherilyn Williams, Graphic Designer
Bené Williams, Web Designer*

*Andrew Erb, Video Conference Technician
Yuki Teramoto, Multimedia Technician
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4-H Clover Kids Learn about Composting with Worms

On March 4, 2014, Dr. Hwei-Yiing Johnson, State Extension Specialist – Plant Science, was a guest speaker for the Moniteau County 4-H Clover Kids. This event was organized by Lincoln University Cooperative Extension (LUCE) and University of Missouri Extension (UME). The meeting was held at the Hunter Civic Center in Versailles, Missouri.

Johnson made a presentation on compost worms. She talked about the lifecycle of worms and how they are helpful to plants and soil. She showed the 4-Hers how to make worm bins. They were given Tupperware® containers with pre-drilled holes. Paper shreds were provided as medium. There were compost worms in peat moss and vegetable scraps as worm feed. These items were supplied by Joni Harper, an Agronomy Specialist for the UME office that serves Moniteau and Morgan counties, with the support from a private grant. With the help of parents, all 16 Clover Kids made their own worm bins for home use. ■ *Hwei-Yiing Johnson, Plant Science*

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