The MU Extension Implementation Team provides grantees with assistance in implementing project activities. They are available by phone and email and for meetings in your community to provide program implementation support.

Members of the MU Extension Implementation Team and MU Extension Publications have collaborated to bring you several high quality content area publications. The publications featured in this article include the Community Gardening Toolkit, Seasonal and Simple: A guide for enjoying fresh fruits and vegetables, and the WorkWell Missouri Tool Kit.

Community Gardening Toolkit
Bill McKelvey, author of the Community Gardening Toolkit, developed this publication to be a tool for anyone interested in starting or sustaining a community garden.

The following paragraphs, quoted from the Introduction of the Community Gardening Toolkit, provide a brief overview of community gardens.

“A community garden means many things to many people. For some, a community garden is a place to grow food, flowers and herbs in the company of friends and neighbors. For others, it’s a place to reconnect with nature or get physical exercise. Some use community gardens because they lack adequate space at their house or apartment to have a garden. Others take part in community gardening to build or revitalize a sense of community among neighbors.

Community gardens also take many shapes and forms. From a 50-by-50-foot church garden that supplies a local food pantry with fresh produce to a vacant city lot divided into plots and gardened by neighbors, community gardens (continued on page 2)
reflect the needs and the desires of people directly involved in their management and upkeep. As such, there are many, many ways to organize and manage a community garden.

Regardless of why people choose to take part in a community garden or how a garden is organized, the activity of gardening with others can be both rewarding and challenging. Our hope is that this guide will help you manage the challenges that come your way and experience the rewards of community gardening. This guide is intended to be a resource for gardeners, garden organizers, extension staff and other agency professionals who want to start a new community garden, enhance an existing garden or assist community members with starting and managing their own community garden.”

The Toolkit describes various ways in which community gardens are organized, provides a brief history on community gardening in the United States, describes challenges and benefits to community gardening, offers suggestions for working in groups, and identifies ten steps to successfully starting a community garden. Throughout the Toolkit there are brief stories about community and school gardens from around Missouri.

On the webpage, a supplemental Gardeners’ Welcome Packet is available. This packet contains information about garden policies, procedures, and management and can be adapted to any community garden. Grantees can access the Toolkit and obtain information about printing and ordering copies at [http://extension.missouri.edu/publications/DisplayPub.aspx?P=MP906](http://extension.missouri.edu/publications/DisplayPub.aspx?P=MP906).

(continued on page 3)
Seasonal and Simple: A guide for enjoying fresh fruits and vegetables
This publication was created to help increase fruit and vegetable consumption. It encourages seasonal eating through simple preparation of fruits and vegetables, whether they come from the garden, farmers’ market, roadside stand, Community Supported Agriculture (CSA), or the produce section of a local grocery store. At the beginning of each of the guide’s three sections (Spring, Summer, Fall), there is an alphabetical list of vegetables and fruits and the months in which they are grown and harvested in Missouri. The guide includes tips for their selection, storage and basic preparation. Each featured fruit and vegetable is accompanied by colorful pictures, nutrient information and associated health benefits, and serving suggestions. In this guide, there are more than 100 recipes that use simple preparations and seasonings to bring out the taste of a fruit or vegetable at the peak of its flavor. For information about ordering this guide, please visit http://extension.missouri.edu/publications/DisplayPub.aspx?P=MP909.
(continued on page 4)
Content area publications available to grantees through MU Extension Publications (continued from page 3)

WorkWell Missouri Tool Kit

The WorkWell Missouri Tool Kit, by Stanley Woronick, is adapted from the Wisconsin Partnership for Activity and Nutrition Worksite Wellness resource kit. This guide, developed to help employers reduce health care benefit costs, provides Missouri businesses with information on starting, sustaining, or expanding a wellness program for their employees. The Tool Kit focuses on reducing the risk factors for chronic disease, including poor nutrition, inactivity, stress, and tobacco use, by guiding employers in assessing the worksite and identifying, implementing and evaluating an appropriate wellness program. In addition, the Tool Kit provides many ideas for wellness plans, from simple policy changes such as serving fresh fruit at meetings, to comprehensive changes such as providing an on-site exercise facility. Information about ordering this guide is available at [http://extension.missouri.edu/publications/DisplayPub.aspx?P=MP912](http://extension.missouri.edu/publications/DisplayPub.aspx?P=MP912).

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MFH Healthy & Active Communities—Implementation Team

Purpose:
The MU Extension Implementation Team provides grantees with assistance in implementing project activities. They are available by phone and email and for meetings in your community to provide program implementation support. Types of assistance might include: program specific assistance on topics such as worksite wellness, farm to school, and starting and sustaining community gardens; recruiting participants for community initiatives; fostering organizational buy-in and support; effectively engaging policy makers; and strategies to build community-partnerships to ensure program sustainability.

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