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SU Ag Center Holds Men's Health Luncheon

Feliciana Parishes



Southern University College of Ag Student L'Asia George is Featured in a Chronicle of Higher Education Short Film

"My world opened up through research with agriculture, and it brought me back here. And I was able just to see the science and the beauty of how the soil works, how the Earth works, and to learn how to take care of it," said L'Asia George, a former Southern University student.

George recently completed the Dietetic Internship Program in the Southern University College of Agricultural, Family and Consumer Sciences, and is featured in the Chronicle of Higher Education's short film, "The Science and the Beauty: A Farm-to-Table Story."

The film is a part of the Chronicle's Different Voices of Student Success project, which is a yearlong visual series that highlights the challenges facing first-generation students and others.

"My grandfather, Huey George, is the one that truly inspired me," said L'Asia, who was raised in a family of farmers. "I didn't see myself actually making it (agriculture) out of a career." she added.

L'Asia is currently preparing for the Commission on Dietetic Registration (CDR) Exam and plans to become a registered dietitian. Her goal is to incorporate what she has learned in agriculture to help her patients have healthier lives.

The film also features New Roads farmer Nicholas Victorian, who completed session 3 of the Southern University Ag Center's Sustainable Urban Agricultural Certification Program. Victorian operates 4Vics Farms LLC.

The Chronicle of Higher Education leads the nation in higher education journalism with dedicated coverage of colleges and universities. This privately owned, independent news and information organization was founded in 1966. It currently publishes The Chronicle of Higher Education, The Chronicle of Philanthropy, Arts & Letters Daily, and The Chronicle Review.

The film is available to be viewed at, https://www.chronicle.com/featured/student-success/ruralstudents-video-2.

FEACHING

Department of Agricultural **Sciences and Family** and Consumer Sciences **Undergraduate Researchers Presented at LSU Discover Day**

Discover Day is an annual multi-discipline undergraduate research conference held in Baton Rouge each Spring. Four students from SUBR and LSU under the guidance of Dr. Jodi Morton, Assistant Professor of Agricultural Sciences and Dr. Jung-Im Seo, Associate Professor of Apparel Merchandising and Textiles, presented posters or oral presentations about their undergraduate research. All undergraduate research that was completed within the last year was presented during this conference, which was on April 21, 2023 at LSU. Undergraduate research helps students improve critical thinking and scientific reasoning skills, having them present their research is another important aspect of research.

The student presenters were:

Kyra Reeves, who presented on the Investigation of durable quality for faux leather fabrics. Mentor Dr. Jung-Im Seo.

Daia Williams, an LSU student. presented on the Feasibility of gardening in a permanent pig paddock system. Mentor Dr. Jodi Morton.

Tyler Jackson, who presented on the Effects of supplementing dried oregano on breeding rabbit does and kit outcomes. Mentor Dr. Jodi Morton.



Ricky Julien, who presented on The Influence of tillage and cover crops on infiltration rate and runoff. Mentors were Dr. Peters Egbedi, with LSU, and Dr. Jodi Morton.

For additional information about the event, please contact Dr. Jodi Morton at jodi_morton@suagcenter.







SU Ag Students Participate in AgLaunch HBCU AgTech Challenge Event

Faculty and students from the Department of startup company around the idea, then pitched the Agricultural Sciences (Plant and Soil Science) idea to HBCU peers and a panel of judges. were invited by Pete Nelson, President of the nonprofit organization AgLaunch, to participate in the inaugural AgLaunch HBCU AgTech Challenge in Memphis, TN from May 9-12, 2023.

The team, named Helping Hands-UAV, was AgTech entrepreneurs that can participate in the comprised of Dr. Jacqueline McComb, Assistant advanced AgLaunch365 Accelerator Program," Professor, and agricultural science students Brian said Dr. McComb. Thomas and Nikolas Lawrence.

included entrepreneurial working sessions, a pitch added projects. showcase, and research farm tours.

developed an idea, learned the steps of building a www.subr.edu/subhome/85.

"This HBCU challenge was an excellent opportunity to showcase students' ideas and talents and is building the capacity at Southern University and A&M College toward creating a new generation of

AgLaunch is a non-profit organization focused on The three-day event focused on guiding students building a national network of diverse farmers to and faculty through the AgTech Innovation process envision, enable and accelerate the farms of the while introducing teams to AgLaunch programs and future through incubating new startups, pioneering Memphis' Black tech ecosystem. The week's events new methodologies, and commercializing value-

For additional information on the College of Coupled with support from the AgLaunch mentors, Agricultural, Family and Consumer Sciences' the SUBR Agricultural Science Team successfully Department of Agricultural Sciences visit, http://



by SU Ag Assistant Specialist for Mental Health, Ashlynn Harrison.

The students attended various locations on and off campus. During one field trip, they visited the Southern Regional Research Center in New Orleans, LA where they met with the USDA liaison of Southern University A& M College, Dr. Tiffany Franklin. Students were introduced to ways to achieve maximum use of agricultural products for domestic markets and export, how to develop new uses and processes for farm products and the means for promoting optimum human health and well-being through improved nutrition, and how to promote product safety and quality.

To qualify for the summer program, students had to have a minimum grade point average of 2.5 and have completed 11th grade. Graduating high school seniors had to have a 2.5 or greater GPA to participate in BAYOU.

For additional information about the BAYOU Program, visit https://bit.ly/2RmLdQo.



SU College of Ag Holds a Successful Summer BAYOU Program

Thirty-four high schoolers and incoming college freshmen participated in the Southern University College of Agricultural, Family and Consumer Sciences' 2023 Beginning Agricultural Youth Opportunities Unlimited (BAYOU) Program held on the Baton Rouge campus from June 4 – 9, 2023.

The program provides students with the opportunity to gain hands-on experiences and first-hand knowledge about career opportunities in Agriculture, Family and Consumer Sciences, Business, or the natural sciences.

During the program, the students visited two laboratories in the Urban Forestry Department where they learned about tree cells, how to measure the width and height of trees and how to measure the chlorophyll in a plant's leaves with Dr. Yadong Qi. They also learned about insects with Dr. Veronica Manrique.

Sessions provided by the Office of Admissions, Financial Aid, First Year Experience, Writing Center, and Technology supplied the students with information to prepare them for college and learn about oncampus tools to help them be successful. They also participated in a mental health awareness session led







Southern
University
Agricultural
Research and
Extension Center:
Where Good
Things Grow

As a FEMA Building Resilient Infrastructure and Communities (BRIC) grant recipient the Southern University Agricultural Research and Extension Center's SNAP Education Growing Healthy Gardening Program received a boost this spring. Partnering with Well Ahead Louisiana and local parish nurseries such as 4B Feed and Supply, Delhi Feed and Supply, and Clegg's Nursery, the SU Ag Center's Growing Healthy Gardening Program can expand its statewide sustainable garden reach.

Through the existing SNAP-Ed Nutrition Education Program, led by Joshua McDonald, MPA, SU Ag Center nutrition educators teach SNAP-eligible audiences how to make the most of their grocery runs, health, nutrition, and economic – wise. The Ag Center's SNAP-Ed Program reaches 13 parishes and over 89,752 Louisiana residents. Within those designated nutrition education sites, over 60 gardens have been implemented within the past 10 years, these efforts were led by the Growing Healthy

Gardening Program Coordinator, Stephanie M. Elwood, M.S. The gardens supplement the content the Nutrition Educators teach in addition to the basic horticultural skills of tending to a seasonal vegetable garden. The harvest from the gardens is utilized in nutrition education through cooking and food preparation demonstrations.

Elwood ensures a sustainable garden site experience by allowing the sites to take ownership of the gardens. "Gardens are a large responsibility and should not be taken lightly," says Elwood describing her site selection method.

With funding from BRIC and Well Ahead, the Growing Healthy program, with the hard work of the North Louisiana Nutrition Educators Theresa Sammons, Marianna Langston, and Brittny Sims-Washington, was able to enhance 16 gardens and implement four new gardens in North Louisiana. Tensas, Morehouse, East and West Carroll Parishes are the target areas for the grant because of the low poverty levels and these areas are often overlooked. We hoped to create an environment that allowed for community businesses and people to invest not only in the surrounding area but themselves as well.

As a BRIC grant recipient in spring 2023, the SU Ag Center's SNAP-Ed Growing Healthy Program increased its gardening reach from 60 gardens to 80. These gardens are located at schools, senior living centers, churches, and community site spaces. Eighty gardens where participants have established raised beds, in-ground or container gardens that are being filled with spring vegetables such as tomatoes, bell peppers, hot peppers, eggplant, cantaloupe, watermelon, cucumber, corn, herbs, etc. Eighty gardens providing fresh foods and horticulture therapy to its participants. Eighty gardens that teach Louisiana residents young and old how to plant their own gardens through experiential learning.





EXTENSION

Center

Center Holds Its Second Annual JAGcation Summer Camp

The two-week, hands-on agricultural experiential learning summer camp was open to students ages 9-11 and focused on various concepts and careers in agriculture and family and consumer sciences. Agricultural specialists, researchers, and academicians also introduced campers to the areas of animal science, entomology, food science, nutrition, plant and soil sciences, and public health among other topics.

Students participated in many activities including planting their own plants using newspaper pots, building raised beds for container gardening, building bird feeders using water bottles, and cardio kickboxing. They also attended sessions on robotics, aeronautics, food safety, public health, emergency preparedness, textile research, hydroponics, yoga, gardening, the dangers of smoking, and more.

"The JAGcation Summer Camp has impacted the community and youth tremendously. In just two weeks, the 9–11 year-old campers were able to gain a vast amount of Ag based knowledge," said Si-Arah McCray, JAGcation chair. "These

children are our future, therefore we want to continue to pique their interest in agriculture, with high hopes of leading to agriculture-based careers. The JAGcation Summer Camp will continue to flourish in the years to come," she added.

The camp concluded with a closing ceremony on June 15 where the campers served parents with a Juneteeth lunch that they prepared during the camp.

During the closing ceremony, Dr. De'Shoin York, Vice Chancellor for Extension and Outreach, stated that for year 2024 they are working to have two groups available during the JAGcation Summer Camp offered by the SU Ag Center's Cooperative Extension Program.

For additional information on JAGcation, contact Si-Arah McCray at siarah_mccray@suagcenter.com









EXTENSION

SUAREC SNAP-Ed Nutrition Program Brings Back "C.H.E.F. Camp" Summer Camps

As part of the SNAP-Ed Nutrition Program's research-based nutrition education initiatives, the program will host several summer camps in the parishes they serve with the hopes of introducing healthier lifestyles to children and teens.

Creating Healthy Enjoyable Foods (C.H.E.F.) camp provides youth with cooking camps in several parishes throughout the state. The C.H.E.F. camps are designed to teach youth basic cooking principles and nutrition education based on the USDA's, "MyPlate" food guidance system and Dietary Guidelines.

Each day, participants will work together to create

an entire meal while learning healthy eating and physical activity principles, food preparation, kitchen and food safety, common cooking terms, proper food handling, measuring techniques, critical thinking, team building skills, and planning and time management.

This year, the camps will take place in Avoyelles, St. James, Union, Morehouse, Madison, and East and West Carroll parishes throughout June and July

For a complete list of C.H.E.F. Camp dates, times, and locations, visit www.suagcenter.com.

Tools for Starting Your Own Business Series Heåßld at Opelousas School of Cosmetology

The Sustainable Agriculture and Research Development Institute (S.A.R.D.I.) held its Tools for Starting Your Own Business series on May 25, 2023 at the Opelousas School of Cosmetology.

The purpose was to provide students with a more in-depth understanding of the tools necessary to start as well as to sustain a business in a market that's saturated; however, in stable demand.

The business series introduced first steps, the essentials for a business plan, a detailed view of financial planning, business structures, the importance of accounting (record keeping), an overview of required tax payments, and requirements involving human resources as an employer.

For additional information about the business series, contact Latonia Morrison at latonia_morrison@ suagcenter.com.

SUAREC's Snap-Ed "Growing Healthy" Program Collaborates with the O'Brien House

The Southern University Agricultural Research and Extension Center's SNAP-Ed Growing Healthy Gardening Program collaborated with the O'Brien House in implementing several oncampus gardens for clients to tend to and enjoy.

The O'Brien House is a halfway house established in 1971 in Baton Rouge for recovering alcoholics and drug addicts. According to the website, the O'Brien House's goals include helping recovering alcoholics and drug addicts develop and/or restore strength, hope, and stability to their lives so that they become healthy, productive citizens. It offers a three month comprehensive, multiphase residential program based upon the American Society of Addictive Medicines (ASAM) Levels of Care criteria. This program utilizes cognitive-behavioral, rational emotive, and motivational enhancement therapies.

The SU Ag Center's SNAP-Ed team is directed by Joshua McDonald and consists of Nutrition Educators, Educator Assistants, and state office staff that provide nutrition programming and resources to 13 parishes throughout the State of Louisiana. The Growing Healthy Program is the garden initiative of the SNAP-Ed Program. Run by Stephanie Elwood, Growing Healthy has implemented nearly 80 gardens statewide. Gardens are implemented to complement fitting sites where nutrition education is being taught. This spring, the O'Brien House became one of these sites.

Clinical Director for the O'Brien House, Karla Alexander, believes the act of gardening gives the clients a productive activity to focus on that can help with the recovery process. "The garden will help the clients with having something to focus on and something to care for outside of themselves," stated Alexander. According to Ashlyn Harrison, Mental Health Specialist for SUAREC, "Gardening can not only increase mental capacity but also support the recovery process."

Elwood explains that the garden build day went so smoothly at O'Brien House because each of the 12 participants had prior gardening experience. With the additional assistance of Michael 'Terra' Polite and Extension office staff, three raised beds were implemented on the campus; each planted with vegetables and herbs. Four large ornamental pots were planted as well with beautiful flowers for residents to enjoy as well as pollinators.

"Gardening has saved my life and I teach it with a passion to others, in case it may save their lives as well," expressed Elwood.





EXTENSION

Center

4-H Youth
Lead Projects
to Make a Positive
Impact in East Baton Rouge
and East Feliciana Parishes

The 4-H Lead to Change experience prepares youth to develop an action plan to address a local community challenge.

In a rapidly changing world, 4-H teens are the next generation of leaders that will solve systemic challenges in global food production, sustainability, and equity. Here in East Baton Rouge and East Feliciana Parishes, a team of local teens are hard at work after being awarded \$2,000 to address a community issue after attending the Ignite by 4-H Summit hosted by the National 4-H Council.

The youth, Ke'Niah Collins, Briana Cleary, Christal Hawkins, and Taylor Holden aim to reduce short-term poverty by combating food insecurity and period poverty, through their Youth Transient Poverty Program (YTPP). Their goal is to provide 250 emPOWER Packs equipped with food and period poverty items for youth in their local communities.

Earlier this year, this local team attended Ignite by 4-H, the three-day experience in Washington D.C. This immersive experience challenged them to be bold and holistically address pressing challenges in their communities. Teens representing over 40 states were able to grow their skills in workshops led by industry leaders and build community with other 4-Hers.

Together with adult mentors, teams developed a plan and then pitched their ideas, live, to a team of mentors from the ag industry. A total of 15 winners were selected out of 38 project applications this year to receive a \$2,000 grant, with the opportunity to apply for a second round of \$5,000 in the fall.

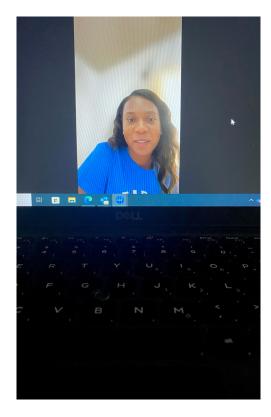
No one should have to miss out on school or other activities because they are unable to afford the material requirements they need to survive. Food and menstrual hygiene products are not luxuries, as they are essential to thrive.

Approaches to decrease food insecurity and period poverty are ever-evolving through food banks, pantries, nonprofit organizations, and Pink Tax Exemptions with legislation. Ultimately, there is more work to be



done to combat these issues in our local, Louisiana communities. As we extend our hands to larger service for our communities, country, and world we challenge YOU the community constituents to join us as we aim for equity to provide donations to assist us with creating emPOWER Packs for underserved youth. A flyer including the locations, dates, and times for our Youth Transient Poverty Program donation drives will be shared soon. Be sure to follow us on social media to get the latest news about our project.

For additional information about this project, contact Kiyana Kelly at Kiyana_kelly@suagcenter.com.





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The Southern University Ag Center, in partnership with the All of Us Research Program, hosted a free men's health luncheon in observance of Men's Health Month.

The luncheon themed, "Navigating the Journey to Wellness," was held on June 8, 2023 in the Ballroom of the Smith-Brown Memorial Student Union on the campus of Southern University.

Topics covered during the event included mental health, cardiology, gastro, and general men's health with speakers James Wayne, M.D.; Aldo Russo, M.D.; Garland Green, M.D.; and Marlon Boutin.

"This luncheon aims to educate our audience on the importance of those health areas that impact them most," said Jasmin Mathews, SU Ag Center Communities of Color Network Director and Public Health Assistant Specialist. "Participants heard from experts in these specialties to promote healthy living and to encourage productive dialogue between provider and patient," added Mathews.

The All of Us Research Program is a historic, longitudinal effort to gather data from one million or more people living in the United States to accelerate research and improve health. By considering individual differences in lifestyle, socioeconomics, environment, and biology, it is the hope that researchers will one day uncover paths toward delivering precision medicine - or individualized prevention, treatment, and care - for all of us.

The SU Ag Center serves as an engagement partner for the All of Us Research Program by bringing program awareness and education to historically underrepresented communities in our state.









