

www.highrocks.org

growappalachia@highrocks.org

304 653-4891

High Rocks programs are provided through the support of grants, private donations, and the community we serve. We are focused on making our communities stronger, richer, more vibrant places to live.

Educate. Empower. Inspire.

High Rocks is an award-winning leadership program that has been creating opportunities for transformative education and service learning for more than 20 years.

Our other programs include:

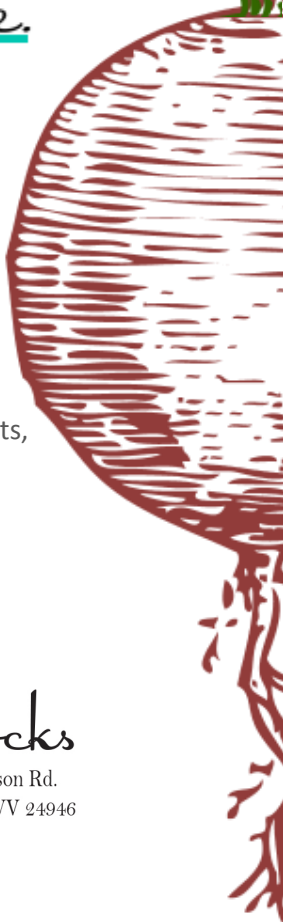
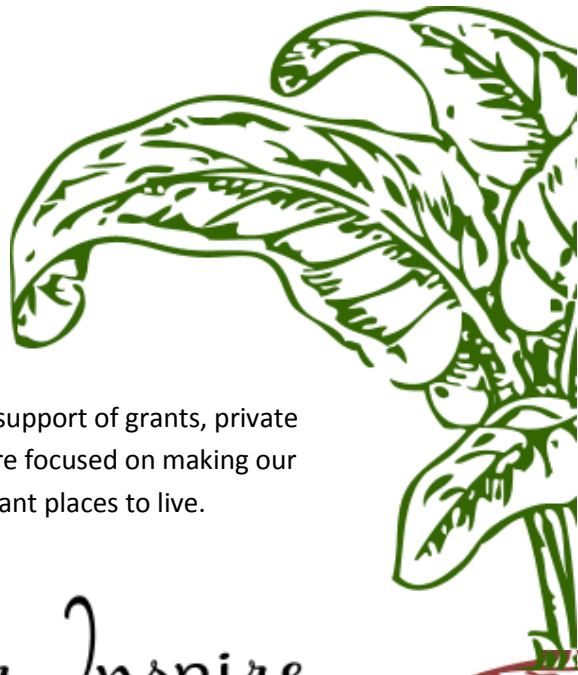
High Rocks Academy for Girls: Summer Camps, Tutoring and Enrichment, College Prep, Mentoring, Leadership Development

High Rocks Community Programs: Service Projects, Youth Centers, School Partnerships, Grow Appalachia, Song Schools, Educational Trips

High Rocks Teaching Project: Internships, College Break Service Learning, AmeriCorps Service, Professional Development and Consulting



High Rocks
195 Thompson Rd.
Hillsboro, WV 24946



GROW
APPALACHIA

Resources and Support for Family and Community Gardens

We Gather to Learn, Share, and Grow Together.



Do you want to grow a garden this year, share your success, and learn from others? Join High Rocks for six community workshops:

Garden Planning
Cooking

Garden Planting
Canning

Garden Maintenance
Season Extension



Grow Appalachia is dedicated to helping mountain families plant a healthy future for themselves and their communities by:

- ◆ Providing them with skills and resources to grow sustainable, nutritious food.
- ◆ Teaching them how to prepare and preserve food in a healthy way.
- ◆ Empowering them to share their knowledge in the community.
- ◆ Developing local farmers' markets to sell surplus food.

Grow Appalachia is a one year commitment with six required workshops.
Registration begins in January.

Email growappalachia@highrocks.org or call **304 653-4891** to register.

Grant funding provides tools, seeds, plants, and supplies to gardeners in the program who will attend all six workshops.



Grow Appalachia is an outreach education and service project of Berea College. It is funded by the generosity of John Paul Dejoria, co-founder and CEO of John Paul Mitchell Systems, Inc.

For more information on Grow Appalachia visit www.growappalachia.berea.edu/