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The Food Literacy Project

Lettuce, Leadership, and Learning: Celebrating the Spring 2025 YCAP Crew



The Spring 2025 season of the Youth Community Agriculture Program (YCAP) came to a meaningful and delicious close in the beginning of June with a Community Meal planned and hosted by the crew at the farm. Using freshly harvested salad greens and onions, the crew prepared and served a warm and nourishing meal featuring potato curry over rice, fresh mixed green salad with honey mustard dressing, and chickpea cookie dough for dessert. As families, staff, friends, and community members gathered, the farm buzzed with pride, laughter, and the aroma of farm-fresh food made with care.

During the fourteen week spring season, the YCAP crew did much more than plant and harvest spring crops. They worked together to prepare the soil, seed

meal, followed by washing, spinning, and bagging the bounty for distribution to neighbors and guests. Every step required collaboration and communication—essential skills nurtured during their time on the YCAP crew and carried into all areas of life, on the farm and beyond.



The Food Literacy Project isn't just engaging youth in farm tasks, but also creating opportunities to build leadership, confidence, and trust in one another. In addition to their on-farm responsibilities, crew members also supported the

the joy shared between crew members and students was clear. When asked about their favorite part of YCAP, many youth mentioned Field-to-Fork and the connections made with younger students.

The season wrapped up with the crew presenting their Youth Participatory Action Research (YPAR) project, which focused on the barriers that teens face when trying to find jobs in Louisville. They designed and distributed a survey to other young people, asking questions about job access, transportation, experience, and how school or family schedules impact employment opportunities. Their findings were presented in an interactive "Kahoot" trivia game during the community meal, giving guests a chance to learn through play and conversation. It was a creative, engaging way to talk about real challenges and spark dialogue.

YCAP isn't just a job—it's a powerful experience that helps shape the path ahead. Youth grow vegetables, but they also grow their voices, leadership skills, and sense of connection to their community. We are incredibly proud of what this season's crew has accomplished and even more excited about the seeds they've planted for the future.

Welcome Micah "Moringa": Leading with Care, Growing Youth Leaders



We are thrilled to welcome Micah “Moringa” Ndiaye to the Food Literacy Project team as Youth Engagement Manager. In this role, Micah will serve as a guide and collaborator for the YCAP crew as young people lead the way in growing food and shaping change in their community.

Micah brings more than a decade of experience in youth development and nonprofit leadership to this position. She holds a Bachelor’s degree in Business

(YPAL) for her commitment to community engagement and lifelong learning.

The Food Literacy Project believes in the power of youth to lead change in their communities. As Youth Engagement Manager, Micah will guide the YCAP crew through hands-on experiences that go far beyond the farm. Whether she's working side-by-side in the soil with the crew, facilitating workshops, or co-creating learning experiences, Micah is creating an environment where young people feel seen, supported, and challenged to lead with curiosity and compassion.



With a focus on relationship-building, leadership development, and community connection, Micah's role is rooted in mentorship and trust. From day one, Micah has brought care, energy, and deep commitment to her work. Her energetic and inviting presence will help youth build confidence, navigate challenges, and discover their own power through teamwork, communication, and critical thinking.

Micah shares, *"I am most excited about returning to my passion of working with youth and getting the opportunity to share food with my community."* When she's not at the farm, you might find her reading (mostly fiction), roller skating,

Please join us in welcoming Micah “Moringa” to the team! We are so excited to learn and grow alongside her this season and beyond.

Staff Farm Camp 2025: Learning, Weeding, and Growing Together



between the end of the Spring YCAP and the arrival of the Summer YCAP crew, Food Literacy Project staff rolled up their sleeves for a three-day Staff Farm Camp. Led by Farm & Facilities Manager Kelsey “Kabocha,” Farm Camp was an opportunity for staff to deepen their knowledge of farm operations, pitch in on big seasonal tasks, and get a hands-on training on specific farm responsibilities like watering seed flats and weeding.



Day 1 kicked off with a full tour of the farm, including an in-depth look at how tools are organized, how to vent the low tunnel, and how to properly water, seed, harvest, and wash fresh greens. Kelsey walked the team through

systems that support it.

Day 2, dubbed “The Ballad of the Salad” (thanks, Micah “Moringa”), was a deep dive into tools and teamwork. Staff learned the names and purposes of both long- and short-handled tools, practiced how to clean and care for them, and got to put their new skills to use weeding the lettuce and beet beds. By the end of the day, 41.5 pounds of lettuce had been harvested, washed, weighed, and packed up for donation to Southwest Community Ministries and La Casita Center. The impact was immediate and delicious.

On **Day 3**, the team focused on preparing the fields for the incoming YCAP summer crew. We weeded dill, squash, basil, and carrots, transplanted Brandywine tomatoes, and seeded watermelon and summer squash. Arabella “Amaranth” also spent time weeding the bed with her namesake crop, amaranth... we can't wait to see how beautifully it grows! Though the work was hard, spirits stayed high. The teamwork, laughter, and shared sense of accomplishment reminded everyone why we do what we do.



Farm Camp wasn't just about weeding and harvesting, but rather, staying rooted in our mission, growing together as a team, and preparing the land and ourselves for the youth leaders who will carry this work forward through the summer months. Thank you Kelsey “Kabocha” for your dedicated leadership,



Explore the Farm with the Cultural Pass This Summer

The Cultural Pass

May 31 - August 10, 2025
culturalpass.app

2025 Cultural Pass Dates

Location: 522 Paradise Lane

Time: 1:00 pm – 3:00 pm*

- June 26
- June 28 (*10:00 am–12:00pm)
- July 3
- July 10
- July 17
- July 24



We're thrilled to welcome [Cultural Pass](#) participants to the Food Literacy Project Farm beginning on June 26th and continuing through the end of July. As part of this exciting city-wide initiative, youth ages 0–21 (and their families) can visit cultural, artistic, and educational sites across Louisville at no cost—and we're proud to be one of them.

When you visit our urban farm, located in the Pleasure Ridge Park neighborhood, you'll get the chance to take a tasting tour of the crops, dig into hands-on garden activities, and prepare a fresh, healthy recipe together using ingredients harvested right from the soil. You'll also leave with youth-grown produce and seed packets so you can start your own garden at home.

We believe food and farming can be a powerful entry point for learning, connection, and creativity. That's why we're so excited to be part of [Cultural](#)

To plan your visit, download the new [Cultural Pass app](#) (available on [iOS](#) and [Android](#)) for the full schedule of participating organizations and events across the city.

Planning to join us? Here's what you need to know:

- 📍 Use GPS address **522 Paradise Lane, Louisville, KY 40220**
- 🚗 Drive through the gate and follow the gravel road; parking signs will be posted
- 👟 Wear close-toed shoes and bring a refillable water bottle and sunscreen
- 🍓 Come ready to taste, explore, and connect!

We can't wait to share the joy of the farm with you and your family.



Check out these pictures from 2024 Cultural Pass days at the farm

Grow with Us: Volunteer at the Farm!



Are you looking for opportunities to volunteer with the Food Literacy Project?

We are always in need of volunteers - stay tuned for summer volunteer activities at the farm, including Farm Fridays, Field-to-Fork Programs and more!

[Click here](#) to fill out our volunteer form!

Follow our new [Food Literacy Project Volunteer Instagram page](#) for up to date events and opportunities to join us at the farm.

Can't make it out to the farm? Check out all the ways you can support the Food Literacy Project by clicking the button below.

The Food Literacy Project invites young people to leverage their power to cultivate health, justice, and sovereignty through a sustainable community food system.

This work is only possible with contributed support from our community.

Our mailing address is:

9001 Limehouse Lane
Louisville, Ky 40220

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