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**MILL CITY GROWS' URBAN FARM PROGRAM PROVIDES FOOD, EDUCATION,
AND ROBUST VOLUNTEER OPPORTUNITIES THROUGHOUT THE YEAR**

*Staff and volunteers are preparing MCG's three Lowell urban farm sites for a busy spring
and summer season!*

[LOWELL, MA] – Throughout the spring, summer, and fall, the Lowell-based food justice non-profit Mill City Grows (MCG) coordinates the seeding, planting, and harvesting of tens of thousands of pounds of fresh produce through its Urban Farm Program, comprised of three urban farm sites in Lowell: the Urban Farm at Mill No. 5, a 4-acre “Big Farm” in Pawtucketville, and the Urban Agriculture Greenhouse on UMass Lowell’s East Campus, built in partnership with the University’s Office of Sustainability. Mill City Grows is currently recruiting volunteers to prepare soil, plant seeds, and harvest at each of their farm sites. Prospective volunteers may contact Yenny Martin at Yenny@millcitygrows.org or call 978-455-2620 for complete details. Information can also be found on MCG’s [“Volunteer With Us”](#) web page.

“Our farm team is getting back in gear,” says TerraCorps Land Stewardship Coordinator Joseph Kapusansky, one of MCG’s Food Access Team Members. “We started seed germination at the greenhouse and also harvested spinach, arugula, and lettuce for our winter farmers’ markets.”

“We’ll need volunteer support at our greenhouse and much more,” adds Yenny Martin, Mill City Grows’ Volunteer Engagement and Evaluation AmeriCorps VISTA. Martin, who leads volunteer recruitment for MCG, says that [National Volunteer Week](#) (April 15-21) will include a variety of volunteer opportunities for individuals and organizations to support Mill City Grows.

In addition to food production, the Urban Agriculture Greenhouse will be a dynamic agricultural laboratory and research facility for [UMass Lowell’s Office of Sustainability](#). Ruairi O’Mahony, Director of the Office of Sustainability, believes Mill City Grows brings much value to UMass Lowell’s sustainability program.

“As an urban campus, we are focused on addressing issues and opportunities pertinent to sustainability in the urban setting,” says O’Mahony. “Urban food access is critically important in Lowell and I don’t think we could have a better partner in addressing the urban food issues that are so important to the City and its residents.”

The ripple effect of sustainable practices is immensely important to Mill City Grows partners, supporters, and volunteers. “Part of volunteering on our farms is learning about sustainable farming, food sustainability, and economic sustainability,” echoes Yenny Martin. “Plus it’s a great teambuilding experience for everyone, even if you aren’t volunteering as part of a group. It’s

rejuvenating to be working together outdoors while learning, knowing that you're playing an integral role in providing freshly grown food to thousands of residents through organic, sustainable farming practices.”

Kapusansky believes people are also attracted to being on an actual working farm that is located in an urban setting.

“Many people don't have the luxury of visiting a farm and picking their own veggies,” he adds. “I think just knowing that these operations are happening in Lowell, just around the corner from a home or office, is a great realization.”

Mill City Grows' Urban Farm Program recruits volunteers from spring through mid-November and offers opportunities for groups and individuals. For volunteer information, visit MillCityGrows.org or call 978-455-2620. Volunteer opportunities are also published on MCG's [Facebook](#) and [Twitter](#) feeds, and in their monthly e-newsletter.

[Click here](#) to learn more about Mill City Grows' exciting Urban Farm Program and to see photos of their farm sites.

About Mill City Grows

Since 2011, Mill City Grows has worked towards food justice in Lowell, Massachusetts, using the following strategies and programs: education in and out of schools, supporting community leadership through community gardens, increasing urban agriculture through urban farming, implementing a mobile market, and empowering people to produce their own food. Their Food Access and Food Education programs are rooted in the idea that a well-educated and well-resourced community will make healthier choices. Visit MillCityGrows.org to learn more.

Mill City Grows would like to thank the following funders that support our Urban Farm Program:

Farm Funders

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