



Welcome to the first ever Whispering Roots Newsletter! Here we will share **quarterly** updates about all of our programs, including Culinary and STEM education, upcoming events, volunteer opportunities, fundraisers, and more!

TACO FEST 2023



This year we hosted our first ever fundraiser on Cinco de Mayo! Taco Fest was an all-out party with music by Alexis Arai, food from 5 different taco trucks, and plenty of drinks! We sold nearly 300 tickets to the event. The pots painted by Morton Elementary students sold out! We owe a huge thank you to everyone who joined us. Thank you for donating to Whispering Roots and helping us continue our mission of growing, feeding, and educating. Thank you to everyone who joined us at Taco Fest 2023! See you next year!



SAVE THE DATE!

Whispering Roots Taco Fest 2024
Friday, May 3rd, 2024

WHISPERING ROOTS GARDENS



This year we have 12 gardens across Omaha and Millard! These gardens are in partnership with schools, community centers, and summer kids programs. We utilize the produce from these gardens for our Meals Program, cooking in culinary classes, and distributing to the community where needed. Our head gardener, Mary, has spent hours and hours planning, planting, watering, weeding, and teaching in our gardens with help from the rest of the team. You can learn more about our gardens by visiting this [LINK](#).

Our new signs allow garden visitors to learn about each plant and when to harvest!



Mary teaches a Food Pharmacy attendee how to plant chives in the Charles Drew Garden.

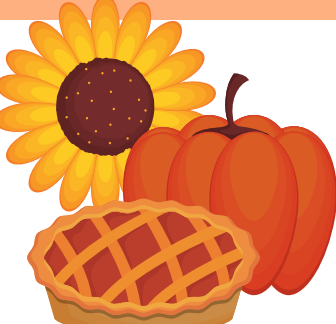


Kids at Gateway Early Learning Center taste, touch, smell, and explore in the Sensory Garden.



Produce haul from a day in the gardens! This produce was used for culinary class and our Whispering Roots Meal Program.

THANKSGIVING MEALS PROGRAM



Our annual Thanksgiving Meals Program is right around the corner! Every \$5 donated helps us provide one freshly made, single-serve Thanksgiving dinner to a senior, veteran, or individual experiencing homelessness in Omaha. This year our goal is to raise \$10,000 and provide 2000 meals to the community! Scan the code or click this [LINK](#) to donate.



NURTURE OMAHA FARM STANDS

This summer, we continued our Nurture Omaha Farm Stands. This program provides free produce to WIC recipients and seniors who qualify for Senior Farmers Market Vouchers. We had a record year in produce sales and hundreds of WIC families received fresh, local produce. Thank you to all of our Farmers and translators!



FOOD PHARMACY



Food Pharmacy is a program for adults with diabetes presented in partnership with Charles Drew Community Health Center, Inc. and Creighton University. These monthly classes include a culinary demonstration with recipes designed for diabetic adults, a nutrition seminar, and hands-on gardening in the Charles Drew Garden. Participants also take home a box full of nutritious food for their families. Attendees shared that this class helped lower their A1C (blood sugar) levels.

PLANT TO GIVE

Our Plant to Give program, in Partnership with Mulhall's, allows local farmers and gardeners to donate extra produce to our Whispering Roots Meals Program. This year we received a total of **2,343 POUNDS** of produce!



KIDS CULINARY WRAP UP

May 25 marked the last day of the 2022/23 school year! We spent the school year teaching cooking skills at Howard Kennedy & Morton elementary to 4th and 5th grade. We've covered everything from eggs to nachos to sugar cookies. We ended the year with veggie pizzas & smoothies and planned next year's gardens!



ENCAP SENIOR WELLNESS CLASS



This summer, we taught ENCAP Senior Wellness classes! The seniors at ENCAP learned about nutrition from our registered dietitian, Anna Curry, and participated in culinary demonstrations by Chef Mario. The seniors spent time weekly in the garden with Mary, our Master Gardener.

INTERESTED IN VOLUNTEERING?

Help prepare meals at the kitchen 10/26/23
Help breakdown gardens for winter 10/24/23 & 11/3/23

If you're interested in volunteering with us, scan the QR Code or click this [LINK](#) to register.

