The Innovative Small Farmers’ Outreach Program (ISFOP) presently operates in the East Central, West Central and the Southwest regions of Missouri. Each region is led by a Small Farm Specialist who coordinates the activities of the Farm Outreach Workers (FOWs). The ISFOP staff provide assistance to all farmers, both urban and rural, and backyard gardeners.

**East Central Region:** Franklin, St. Louis, Warren, St. Charles, Jefferson, Washington and Lincoln County

- Miranda Duschack
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**West Central Region:** Cass, Jackson, Lafayette, Platte, Clay, Johnson and Ray County

- Susan Jaster
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- Jim Pierce
  Farm Outreach Worker
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**Southwest Region:** Jasper, Newton, McDonald, Barry, Lawrence and Greene County

- Nahshon Bishop
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- David Middleton
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An Overview of the Program

The Innovative Small Farmers’ Outreach Program (ISFOP) at Lincoln University Cooperative Extension (LUCE) provides information and assistance to both rural and urban farmers and ranchers, with an emphasis on underserved and socially disadvantaged populations.

With Farm Outreach Workers (FOWs) located throughout the East Central, West Central and Southwest regions of Missouri, the ISFOP brings information to you from experts nationally and the two land-grant universities in Missouri: Lincoln University and the University of Missouri.

Field Outreach Workers (FOWs) are people like you. They live within your community and can offer special training to help you and your neighbors. FOWs provide information on ways to manage your resources, reduce expenses and increase income. They also provide information on other available programs and resources, such as the AgrAbility program. It assists farmers with disabilities, with the goal of improving their farm management practices and income.

How Does the Program Work?

At your request, an FOW will make an appointment to visit with you and your family on your farm and discuss goals and plans. The FOW will help you adjust your goals, if necessary, based on your available resources.

The FOW will also tell you about the relevant technical information available from the land-grant universities and other state and federal agencies. This information can help improve your skills in farm management and marketing and bring you closer to your goals.

However, at the end, it will be you and your family’s decision to choose the course of action and how ISFOP will assist you to achieve your goals.

You are eligible to participate if you meet the following requirements:

• Your family lives on a farm, rural or urban.
• Your farm income makes up a significant portion of your total family income.
• Your family provides the management and most of the labor for your farm.
• Your total annual family income is less than $50,000.

How Can the Program Help You?

To keep your farm income ahead of the curve in a rapidly changing economic environment, you need information faster than ever before. The ISFOP staff can provide education and up-to-date research-based information on various farm topics to help you achieve the following:

• Adopt sustainable farming practices
• Lower input costs
• Improve farming skills
• Increase yields
• Improve record keeping systems
• Explore new farm enterprises
• Find niche markets and add value to your products
• Write farm and business plans
• Receive training and write grant proposals

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