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## **Raíces de Tradición y Salud**

Raíces de Tradición y Salud engages youth ages 15-21 in farm-based production and food systems education and is hosted three times a year for 6-8 week sessions. In addition to basic growing principles and practices, youth engage in a range of lessons including nutrition, culinary skills, food justice, and ancestral wellness. Participants explore Mesoamerican diets, food justice and how food and methods of production are intrinsically tied to the health and well being of a community. We guide youth in examining their own histories and links to agriculture, which can sometimes be a painful acknowledgment of a system that values exploitation over the health of land, labor, and people. Our curriculum focuses on Leadership development, Technical and Job Skills education, Food Systems Education, Ancestral Wellness, Race and Gender Equity, and Social Justice, and Spirituality and Healing.

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### **Details**

**Ages:** Teen

**Minimum Age:** 15

**Maximum Age:** 21

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### **Services**

Food   Educational Programs   Employment & Training   Youth Development   Arts & Culture

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### **Locations**

#### **La Semilla Community Farm**

*350 Our Way Road  
Anthony, NM 88021*

**Mailing:**

*PO Box 2579*

*Anthony, NM 88021*

**Phone:** 575-882-2393

**Services Limited By Geography:** 1

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### **Parent Organization**

#### **La Semilla Food Center**

La Semilla Food Center's mission is to build a healthy, self-reliant, fair, and sustainable food system in the Paso del Norte region of southern New Mexico and El Paso, Texas. We work with children, youth, and

families to build awareness around food issues, provide informed analysis, and create alternatives for healthier environments and communities.

*101 E Joy Drive  
Anthony, NM 88021*

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**Type:** Nonprofit

**EIN:** 272486484