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## Capital Roots Welcomes New Board Members

Capital Roots recently welcomed two new members to its Board of Directors. The now 23-member board works closely with Capital Roots' staff to develop innovative programs that are implemented by the 40-year-old non-profit. Headquartered at the Urban Grow Center on River Street in Troy, Capital Roots currently nourishes more than 175,000 residents in four counties with 480 tons of fresh, affordable produce each year.

**Emily Cote** of Rensselaer County joins Capital Roots' board. Cote is the Deputy Director of Communications with CSEA in Albany who is part of Capital Roots' Communication's Committee. Cote brings with her extensive experience in marketing and communications in the nonprofit industry and a keen interest in connecting locals to fresh, healthy food.

**Kathy Beam** of Saratoga County joins Capital Roots' board. Beam is the Director of Corporate Support for WMHT based in Troy. Also a member of the Communication's Committee, Beam brings with her extensive development and media experience and a sincere love of the Capital Roots mission and values.

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*Capital Roots is a 40-year-old nonprofit organization that nourishes healthy communities with nearly 50 Community Gardens, the Veggie Mobile®, Healthy Stores, the Produce Project, Squash Hunger and more. Capital Roots recently opened The Urban Grow Center, a regional facility focused on urban agriculture and produce distribution to four counties, enabling Capital Roots to triple our ability to deliver local food and services to underserved neighborhoods and low-income families. Learn more at [www.capitalroots.org](http://www.capitalroots.org)*

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