



YOUTH COMMUNITY
AGRICULTURE PROGRAM

CULTIVATING
CHANGE

SUMMER 2021 CREW

TABLE OF CONTENTS

02

*a short intro to
our magazine
and our story*

03

*food & land
accessibility in
Louisville, KY*

05

*urban
agriculture:
what is it?*

06

*how to start
your own
garden!*

07

*plant powers:
medicinal herbs*

08

*a poem on
environmentalism
in the Black
community*

09

*what's really
going into your
body?*

10

*what we grow
on our farm*

12

*community
cultivation*

13

*how to get
involved beyond
gardening*





WHO WE ARE

Hello, my name is Marissa Mango and I'm a part of the Food Literacy Project. I welcome me and my crew: Christian Broccoli, Zach Zucchini, Daniel Banana, Dalia Garlic, Leo Lettuce, Nick Newgrass, Madi Mango, Renee Grape, and Grace Green Pepper. *Who are we?*

We are YCAP: a Youth Community Agriculture Program.

We are young, agriculture-minded people trying to spread positive awareness to the community about where our food comes from and what is healthy food.

We talk about other global issues like equitable housing, environmental racism, food droughts, and prices on food in certain areas. We also go on tours to other farms to see what practices they use and how we can help each other.

We help to lead a program called "Field to Fork Club." This is a program that allows kids to get involved with agriculture. They also get the chance to be hands on. They have cooking activities. They grow things in a garden. They take little care packages home with seeds and starts to plant and veggies to cook at home. When I was a kid I didn't know too much about growing but I loved it, but as I've been a part of the Food Literacy Project I've learned a lot, and we would like to share more in-depth information with you.



USE THIS
QR CODE TO
WATCH A
VIDEO ABOUT
OUR TEAM!



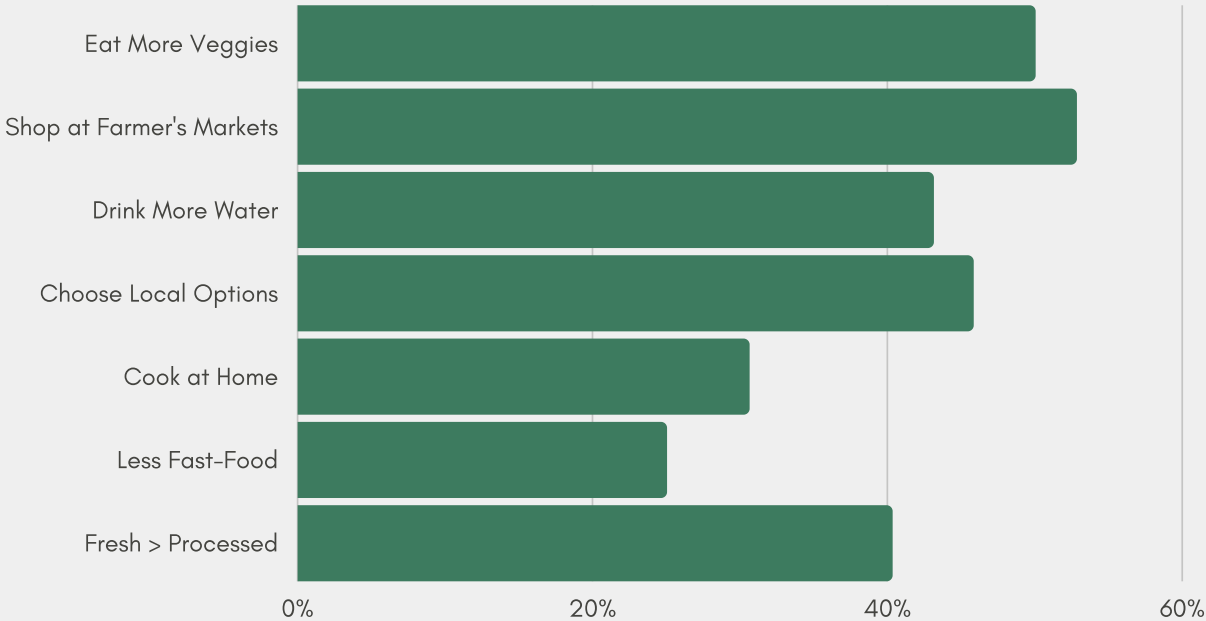
HUNGER

in numbers



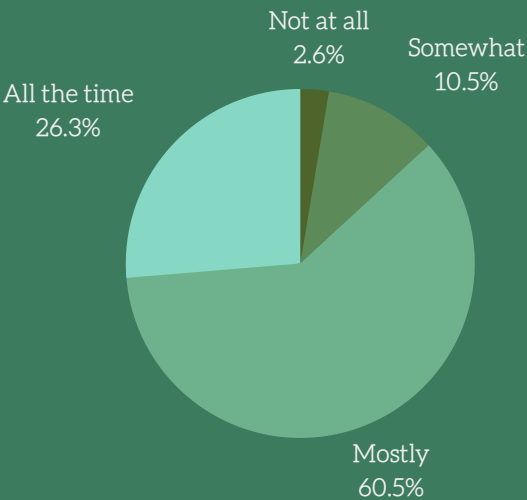
Amazingly, over half of our 72 adult respondents said that they'd like to shop at more farmers markets, though several commented on the lack of accessibility in different areas of town and at different times of day.

"I work odd shifts and oftentimes farmer's markets take place in the early morning to early afternoon. That's great for folks who keep a normal sleep schedule, but can be tough to access for others."



DO KIDS CARE ABOUT THE FOOD THEY EAT?

From the 38 responses we received on our Youth Version of the survey, an overwhelming majority cared about the food they ate. Results are presented in the pie chart to the right.



Why the *WEST END*?



An in-depth look into
Louisville's food culture,
focusing on disparities in
different neighborhoods
throughout the city.

What is "food apartheid?" Why are so many of Louisville's agricultural efforts focused in the West End? What does environmental justice have to do with racial justice?

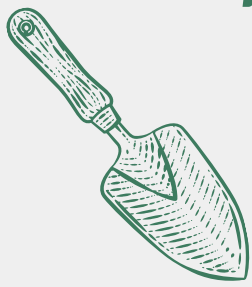
Food apartheid is acknowledgement that food deserts are "the result of systematic racism and oppression in the form of zoning codes, lending practices, and other discriminatory patterns rooted in white supremacy." So when you look at the big picture, environmental justice has everything to do with racial justice.

Environmental issues like pollution, waste management, and food access disproportionately affect marginalized communities. In Louisville specifically, the effects of years of redlining and gentrification prohibited people of color

from being able to live in certain areas of town. The West End, composed of several predominantly Black neighborhoods, has only 1 grocery store for every 25,000 residents, while the Jefferson County average is 1 per 12,000 residents.

The YCAP crew creating this magazine visited several grocery stores across Louisville; one of our main discoveries was that not all Kroger's are created equal. The Kroger's on 28th & W Broadway had 1/6 of the organic options that the Highlands Kroger's had, *and* the prices on Broadway were higher. On top of that, citizens who reside in the West End are less likely to have reliable transportation to and from healthy food sources, and suffer the health consequences of their circumstances.

Being born into areas where their families were prohibited from buying land, these communities have had no ability to accumulate generational wealth. No one chooses to live in a "food desert." This is a food apartheid. These are the effects of environmental racism.



TILLtheTOWN

What is "urban agriculture," anyway? Some FAQs with Michael "Microgreen" George.

Michael George and Mariel Gardner own and operate 5th Element Farm on the corner of Wilson Avenue and 26th Street in Louisville's Parkland neighborhood. They began working on the property in early 2020, just before COVID shutdowns were in full swing. However, food access in the West End was already an issue, and the need for urban farms continues even as grocers re-open. Continue reading to hear more about their efforts!



Q: How would you define "urban agriculture?"

A: I would define urban agriculture as growing vegetables in a non traditional area such as a city or non rural place.

Q: What inspired you to get involved in this work?

A: I always wanted to farm but was worried that I wouldn't like it, but I think the science of it attracted me to it. Very fascinating and out of necessity.

Q: Where did you learn the skills and find the resources to accomplish this?

A: Most of the time I look at YouTube and the rest of the time is trial and error.

Q: What is the most rewarding part of being on this farm?

A: The most rewarding part is the chill factor. I love how I'm not beholden to anyone, no deadlines, and I can see something from a seed to the plate is awesome.

Q: What is your big dream for this farm and for the community as a whole?

A: The big dream is to do this full time and for the community to stop the dependence on grocery stores that don't want to be here.

Q: What advice would you give to people who want to do similar work?

A: Get out there and plant what you want! You will mess up, but who cares? There are always more seeds out there!

How does a **GARDEN** grow?

STEP 1

Gather your materials!

You choose seeds or starters, which can be found at most grocery stores, home improvement stores, or online!

A quick step-by-step guide for beginning your own garden!

STEP 2

Set up your garden!

Depending on your living situation, you may need to till your yard, or set up several pots in windowsills for your plants.

STEP 3

Start simple!

The best plants to start with are basic tomatoes or lettuce. Herbs are also a great choice for beginners.

STEP 4

Breathe!

Food does not grow overnight, but in time you will have fresh produce to proudly include in your family dinner!

be patient!
growth is never linear.

TIP #1

Timing

For the best results, plant in Spring or early Summer months. Do some research for specific plants!



TIP #2

Water? Sunlight?

All plants have the same basic requirements - sun, soil, water, air, and space - but their specific needs may vary. Make sure to learn what your plants need to thrive!.

DON'T EAT THAT... EAT *THIS!*

CHICORY

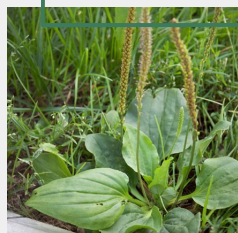
A weed with purple blue flowers, the root can be roasted and used as a caffeine free coffee substitute, as well as made into a laxative tea, and the leaves can be used as salad greens.



Edible and medicinal plants
growing on our farm!

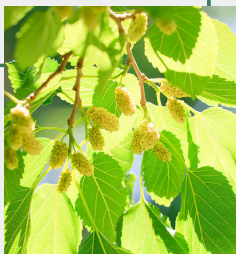
COMMON PLANTAIN

Leaves are edible, and can be chewed up to make a poultice to stop a little bleeding, and reduce swelling in bee and wasp stings.



WHITE MULBERRY

Produces a sweet fruit that can be used as a purple dye, or a laxative if eaten in large amounts.



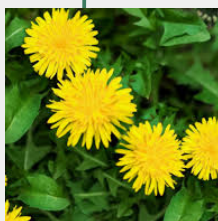
PAW-PAW

A native fruit to Kentucky, tastes like a cross between mango and banana. Pawpaw ice cream was George Washington's favorite dessert.



DANDELION

Flower can be batter fried before it goes to seed. The root can be used as a caffeine free coffee substitute, and the leaves are very nutritious and can be eaten raw or cooked.



TRIUNE

written by Renee Grape

Who invented recycling?

Not who you think.

It's not the ones who always take the environmental approach as activists.

They go green to bypass true radicalism.

It's a sacrilege-paradigm.

Since it's they who are the problem,

hoarding & wastage are considered a sacrament.

To be radical is to dig to the root.

"You don't have to take care of each other to take care of the environment"--

is what's in their textbooks.

Never mind that Darwinism is proven psychopathy.

You hurt yourself when you hurt someone else.

Pollution is because of hatred.

Cognitive dissonance they have by disputing this.

Like they dispute the Out Of Africa Theory,

as if these both aren't their own propositions.

Who invented recycling?

The melanated.

Their pasty counterparts take the environmental approach to bypass digging to the root because of what they'll find.

What they know is true:

They caused it.

Wanting to save the whales before humans is ironic even;

your science can tell us why whales sing,

but you tell us not to ponder on what they could be singing about.

And maybe the singing of whales is of randomness,

but it could still have meaning.

What happened to existentialism?

You took your counterpart's version of science and erased acknowledgement of the spiritual health blockage,

then called science your invention.

The melanated now sees taking care of their environment as unlike themselves nowadays.

Who taught them this?

What happened?

What happened is seasoning.

They were taken into hostage and their brains tampered with unnaturally.

Rather their R-complex was triggered.

We all have a triune brain but they don't have to be lizard brains.

The melanated's triune brains turned into reptilian brains when they were colonized.

Reptilian brains that take part in conspiracies like lying about the real primary colors.

Brains that signals their tongues to say yellow, red, & blue;

instead of yellow, cyan, & magenta.

Those same brains have a cognitive dissonance:

they suggest their pasty counterparts not waste what wasn't brought on purpose,

but they'll defend new outlandish policies to not let homeless people into dumpsters.

They don't want to be a part of something that was originally theirs just because it's been hijacked.

Green politics are unnatural to them now.

No one should be thankful for colonization.

No matter what sentiments were said of the same figures in school that gave you horrible advice,

which are prime examples of why the institution of schooling has a reputation of failing us;

such as, "When in doubt of the correct answer, just bubble in C".

I don't care if colonization gave us anime or your fave pop princesses of the 2000s or superpower nations.

We were going to have those things regardless.

Instead be thankful you created another culture when in bondage.

That's human potential that can't even be denied by plant-based misanthropes that dare compare meat production to the Transatlantic Slave Trade.

Premium FUEL

Food is Fuel!

What's in *your* tank?

Question of the day: What kind of food do you like? How does it make you feel? Does the food you eat affect your health? As you know, today there are serious health conditions like Type-2 Diabetes, high blood pressure, obesity, and even some cancers that people can get from eating an unbalanced diet. Research has shown that eating an organic, plant-based diet may offer protection from illnesses and cancer by both providing more nutrition and reducing exposure to pesticides. Organic food can be produced through farming methods that operate without the use of chemical fertilizers, pesticides, or any artificial agents. So, it's important that we eat clean food that doesn't have such harsh, harmful chemicals on them. But where do we see this information in our grocery stores? Why aren't they clear and direct about who they source from?

On July 2nd, we went to six different grocery stores. To develop our research project we wanted to compare the prices, availability and variety at each place. We



This is a photo of our crew harvesting organic garlic at Iroquois Urban Farm!

compared two Kroger's (28th & Broadway vs. the Highlands), Miami Food Market, Rainbow Blossom (Bardstown Rd), Binh Phuoc Grocery, and the Five Star Halal Market. The stores all have different products and produce that comes from all over the world to get to Louisville. Most stores had very little local food and varying amounts of organic food. Stores like Kroger's advertise items as organic but have very little organic options in some parts of town compared to others. Some of the milk there was advertised as "local," but the only information available was that it was processed in Cincinnati, the location of Kroger's headquarters. We need grocery stores to be more transparent with the food we put in our bodies; it can be a life or death situation.

Zucchini FRITTERS



WHAT YOU WILL NEED

- 1/2 lbs Zucchini, grated
- 1 tbsp salt
- 1/4 cup flour
- 2 cloves garlic, minced
- 1 large egg, beaten
- 2 tsp olive oil
- Other spices to taste!

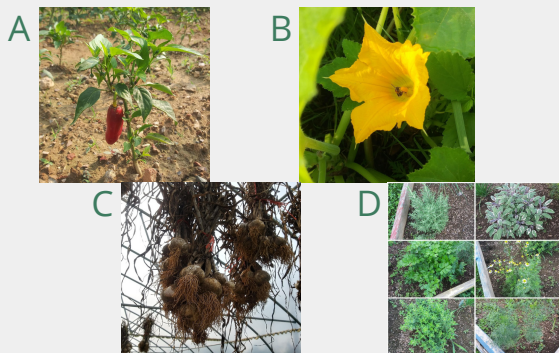
We're with the **FARM** down the **STREET**



See what the Food Literacy Project is up to this summer on Iroquois Urban Farm.

One of the most exciting things about working on an urban farm is that with little space you can achieve great things. In the spring - summer season we have planted and harvested a lot of fruits, vegetables and flowers.

We started that season by seeding some flats with different varieties of kale, mustard and collard greens, lettuce, arugula, okra, tomatoes and peppers at the end. In the fields, we planted a lot of potatoes, green onions, cilantro, cucumbers, sweet potatoes, radishes, peppers (A) watermelon, Swiss chard, and a bunch of summer squash (B).



The garlic above was planted in November 2020, and just harvested! (C) It is now hanging in our high tunnel (similar to a greenhouse), where we planted ginger and turmeric.

Finally, we have the learning garden, a little space where spices and the three sisters are planted. (D)

What makes our farm sustainable?

Iroquois Urban Farm tries it's best to be sustainable and environmentally friendly! But how is that accomplished on our farm? Here are a few examples:

- Compost pile where we put much of the organic matter we don't need
- Using chicken manure to fertilize our fields
- Avoiding the use of pesticides and other harmful chemicals
- Allowing weeds to grow in some of our fields, to improve the soil quality (as advised by Kurt Dirt, a friendly local dirt scientist!)
- Clear rocks from our field (this area used to be a housing complex)
- Repeatedly plant in our soil in an effort to heal it
- Canvas around our neighborhood to make people aware of food literacy and sustainability

Directions

1. Add zucchini to a colander, toss with salt to combine, and let sit for 10 minutes. Use a clean dish towel to wring out zucchini as much as possible.
2. In a bowl, combine zucchini with flour, parmesan, garlic, egg, and salt and pepper to taste.
 - a. Feel free to play around and add your own favorite spices or veggies to make this dish your own!
3. Heat oil in a skillet over medium heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is golden brown (about 2 min.). Flip and cook on the other side!
4. Best served immediately. **Enjoy!**

For this and more recipes, check out the Food Literacy Project website!



This is a photo of our crew at Black Market KY, full of local, Black-owned products and produce!



Our Favorite Local Growers

- Hope Farms
- Field Day Family Farm
- 5th Element Farm
- Ashbourne Farms
- The People's Garden



FARM FRESH

Have you ever wondered where your food really comes from?

Whether you realize it or not, it is very important to support our local farmers. Namely, it's a great way to get healthy, fresh food while also supporting farmers in your area. You can do this at a farmer's market, which is a pop-up, outdoor grocery store where several different farmers come together and sell their recent harvest. Sometimes they sell baked goods or similar ready-to-eat products that they made at home. This is the best way to support local farms directly, but you can go to groceries that support local farms, such as Rainbow Blossom, which sells 100% organic or local foods. Unfortunately, lots of the big-name grocery stores like Kroger's don't guarantee the same type of produce.

What's the big deal about local food? Apart from it tasting better and helping out people in your area, eating locally-grown food is much better for the planet. Food travels nearly 1500 miles on average to get to grocery stores. These travel costs not only make food less fresh and more expensive, but a lot of our CO2 emissions come from transporting food, contributing to the damaging effects of climate change. Additionally, chemical preservatives have to be sprayed on the food to keep it fresh throughout travel. These chemicals alter the taste of our food and are ultimately not good for our bodies. Next time you reach for a tomato at the grocery store, think about where it comes from!

Growing Together

Working everyday on the farm, I'm amazed by what we accomplish with a crew the size of 10 people. YCAP has given us a space to come together and form our own community on the farm. While working, we've planted and harvested vegetables, cleared out new fields, and various other farm tasks. When looking back at all the work we've put in and all that's been achieved I'm inspired. Now imagine a crew the size of Louisville and all that they could accomplish with collaborative efforts.

Our time with YCAP is not only about farm work but reaching out and getting in touch with the local community. We've taken several trips throughout the summer to various urban farms around Louisville. These engagements are essential because it creates a bond between another farm fighting to do the same thing, creating a healthy and equitable community. One urban farm we visited was 5th Element Farm located in the West End. They created their farm last year when they noticed their community was in need of a healthy and accessible food source. Michael George and Mariel Gardner took it upon



It's beautiful what grows from planting seeds of kindness... friendship!

themselves to provide hundreds of pounds of fresh vegetables to their community at the start of the pandemic. Their impact was felt throughout the whole community and met with praise and support. 5th Element Farm opened up a huge pathway to let members of their community dive into the benefits of urban agriculture.

At Iroquois Urban Farm we want to include the surrounding community in the work we are doing as it benefits them as well. We have gone around canvassing with surveys to hear the voices of the community. We engage in conversation with local community members on their concerns, wants, and desires for the future of the farm. A simple conversation allows us to bring the community in closer towards our goal with urban agriculture.



Here are two photos of our crew on some of our visits to other farms around the Louisville community. Above is Field Day Family Farm, and to the left is 5th Element Farm.

CONNECT

If this zine has inspired you, here are places where you can get involved!



COMMUNITY
FARM ALLIANCE



LOUISVILLE
COMMUNITY
GROCERY



CHANGE TODAY,
CHANGE
TOMORROW



NEW ROOTS



THE SUNRISE
MOVEMENT



URBAN AG
COALITION



BACKSIDE
LEARNING
CENTER



LOUISVILLE
GROWS



BEAR FRUIT
AND GROW



Extended Info.

A list of sources used in creating this zine, and a special thanks from our crew's supervisor.



A Special Thanks From Our Crew

Working on an urban farm, connecting with the community, and unpacking local, global food system and food justice issues can be both very challenging and very rewarding. Food is something that unites us all. We all depend on food to survive and to thrive, we use it as a tool to connect, to share our cultures and traditions with one another, yet many of us today don't know much about where our food is coming from. The hardworking Youth Community Agriculture crew and staff of The Food Literacy Project want to challenge this norm. Over the summer, we have worked together to explore the whole food system - from the field to the fork. We've spread manure, planted, done lots of hand weeding, harvested, learned from local food justice advocates, visited and worked on other farms, and always made time for cooking, and connecting. This zine is an invitation to you to learn about the complexities of our work, and to get involved yourself. Community-based work can't happen without the community, so THANK YOU for your interest and support! We look forward to growing something good together.

Grace Green Pepper, YCAP Supervisor



