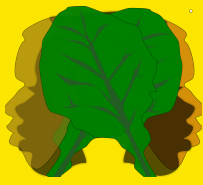


Summer Project Information



AGROART

# FEED OURSELVES TO FREE OURSELVES PROJECT

Supported by



2021 | SUMMER

# BLACK FARMER SPOTLIGHT: FANNIE LOU HAMER

Fannie Lou Hamer was a freedom fighter and farmer. Born October 16 1917 in Montgomery County, Mississippi, she led numerous food sovereignty initiatives in the south, along with organizing for political power. We follow in her beautiful example of sowing seeds of survival and thriving.

Collard Green Wraps are a healthy snack using culturally relevant recipes.

## OVERVIEW

The Feed Ourselves to Free Ourselves project gives you an opportunity to receive hands-on experience on local black owned farm, where they experience the day-to-day operations of a farm exploring value-added production, culinary arts, concepts and practices of sustainability. Sharing skills increases the capacity for sustainable community production, including the increased capacity to produce and distribute transplants, seeds and resources for sustainable agriculture practices in food insecure communities.

## OBJECTIVE

This project will provide a culturally relevant, educational approach focused on giving participants hands-on learning experiences and on developing the capacity for sustainable community production.





# WORKSHOP CALENDAR



## SUSTAINABLE AGRICULTURE

Each student will fill a planter with potting soil, select their choice of plant and decorate the outside with images of pollinators, favorite foods or what sprouts in their imaginations

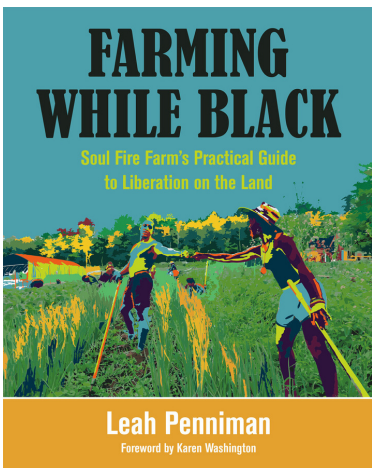
## CULTIVATING AND FORAGING FOR HERBS



Discover beneficial herbs and hear stories from the books, **Braiding Sweetgrass** and **Farming While Black** to get closer to nature

## HARVESTING AND COOKING FROM THE FARM

Students will be able to harvest their radish, lettuce or bean and taste the sweet nectar of successfully practicing food sovereignty, sustainable agriculture and building local food systems.



# SIGN UP FOR OUR NEWSLETTER

Keep up with the project and sign up for more workshops at [Sankarafarm.com](http://Sankarafarm.com)



## WORKSHOP FACILITATORS

### RYAN TENNEY



is a returning generation farmer and multimedia artist. He is the owner of Sankara Farm (LLC) founded in 2017 which cultivates direct connections to communities of color and families who are living in food insecure urban areas, engaging new ideas and practices to meet the goal of bringing local organic produce to food insecure households. Ryan is also the founder of a community arts organization, AgroArt a 2017 Charlotte St. Rocket Grant awardee which promotes creative ecological intervention strategies for artists of color.

### IZULA MAXIMILLEN



Izula Maximillen is the owner of Souolutionary Wellness, LLC, a Black Indigenous Regenerative Farmer, Natural Beekeeper, Community Based Herbalist, Traditional Birthworker, Plant-based Chef, Educator, and Holistic Wellness Consultant focused on bringing health, wellness, food equity, and food justice to urban communities through multimedia and direct experiential workshops on sustainable indigenous agricultural practices.



FARMING....



IT'S GOOD FOR YOUR SOUL

@IZULA\_JADE

@RYAN\_TENNEY

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# THE FARM

Sankara Farm is a 27-acre family-owned farm purchased in 2017. Located in the Little Blue River Valley, We are stewarding the ancestral land of the Missouriia-Otoe and other indigenous people. We host diverse agrotourism workshops, operate a small CSA, provide organically grown nutritious food to food-insecure communities, and facilitate a return to land-based practices for people of color.

