

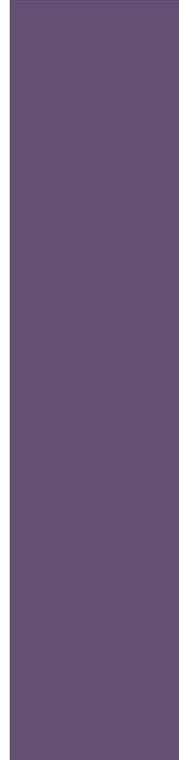


## ALICE MEADE-TAYLOR

Alice Meade-Taylor was a former Executive Director of Milwaukee County Extension whose vision for building neighborhoods and nurturing people included gardening programs for children, youth and their families. Alice's career was dedicated to education, first in the area of youth issues, then in drug and alcohol abuse programs, and later in teaching people about cultural diversity and multiculturalism.

Alice began her career as a UW-Extension, 4-H Youth Development Agent in Jackson County. After various positions with the City of Milwaukee, she served as a staff development specialist for the National Center for Diversity, based at Kentucky State University. While there, she brought experiences and knowledge from study and training in programs such as those operated by USAID and the World Health Organization in Liberia, the Liberian Institute of Public Administration, and the University of Chicago Child and Family Institute at Northwestern University. Upon returning to Milwaukee, she was involved with community projects that improved the lives of women and their families and supported people of color and their communities, including the Fighting Back Project in Milwaukee County and the African Diaspora Project at North Division High School.

As the first African American director of the Milwaukee County Extension Office, Alice was an important factor in the cultural, academic and political development of the office. Alice Meade-Taylor is respectfully and lovingly remembered by hundreds of colleagues, associates, and friends in many communities in Milwaukee, Milwaukee County Extension, Kentucky State University and elsewhere. Alice's Garden is named in her honor.



### ALICE'S GARDEN URBAN FARM

21<sup>st</sup> St. & Garfield Ave.  
(Enter at 21<sup>st</sup> St.)  
Milwaukee, WI 53205

[www.AlicesGardenMilwaukee.com](http://www.AlicesGardenMilwaukee.com)

Venice R. Williams, Program Director  
Cell: 414.687.0122 | [venicewb@msn.com](mailto:venicewb@msn.com)

Fatuma Emmad, Urban Farm Manager  
Cell: 414.870.2009

Cheri Johnson, Minister-in-Residence  
Shalanna Wright, Garden Chef  
Naryan Leazer, Program Committee Chairperson

### Alice's Garden, A Dream Come True

In my home, I am the one who is often asked ... or told ... to turn down your music! It is a reversal of roles played out between my children and myself, and I must admit, the request is not always granted. I am the mother, after all. My range of musical selections is diverse. I may go from Edie Brickell to Bessie Smith, Liz Wright to Anoushka Shankar, Eminem to The Jackson Five. Yet, there is one song that, if not played loudly, is sung softly most days, even when I do not realize the words are slipping from my lips:

*I see the children playing in the sun/And there is love enough for each and every one/As I sit on the edge of a dream/That's what I see Things that might be/If we look we just might see Paint the world so brightly/Let our freedom ring And here comes the morning sun/I wonder if my dream will really come/As I sit on the edge of a dream...*

Do you have any idea what it feels like to live your dream? Give birth to your dream? To no longer just be on the edge of your dream, but living it...at least a piece of it? For me, Alice's Garden is a dream come true! When I was first invited into the garden more than a decade ago, I had no idea it would one day become a central part of my life. But I did have a dream of it being more than it was; a vision of Creation celebrated and honored, humanity fully engaged and nourished. Indeed, more than ten years ago, I had a clear image of children playing and nurtured in the Alice's Garden sun.

I was fourteen years old and living far away from Milwaukee when the beauty and promise of that Minnie Riperton song first entered my soul. It never left, and how blessed I am to be living its lyrics thirty-six years later ... with more fulfillment of Alice's Garden dreams to come! May your dreams also come true.

Venice R. Williams  
Alice's Garden Program Director

The Program Committee works year-round with Venice Williams and Fatuma Emmad in the planning of programs and steering the future direction of the garden. Over the next year, they will work with **Tri-Success Management Institute, Inc.** as Alice's Garden becomes an independent, non-profit organization. **Naryan Leazer** is the **Program Committee Chairperson.** Committee members are Demetrius Brown, Sr., Demetria Dunn, Tracy Hrajnaha, Cheri Johnson, Stephanie Sandy, Bruce Wright, Gloria Wright, Margi Will, and Lindsey Latteman.

#### MANY THANKS!

We have noted many partners and supporters throughout this guide. We would not want to do this work without you! A few more partners need to be acknowledged:



The **Siebert Lutheran Foundation** for its faithful support of SeedFolks Youth Ministry over the past fifteen years. The foundation's support continues to "grow" many of the garden programs at Alice's Garden.

**Lake Park Lutheran Church** for funding the 2011 installation of the labyrinth as part of the church's 100<sup>th</sup> Anniversary Year!

**Nino Ridgeway** of **Herbs & Everlastings** and **Barthel Fruit Farms, The Garden Room, Weber's Greenhouses, Beautiful Blooms Landscape & Design, Pigeon Creek Nursery, Feeding America, Outpost Natural Foods, Fox Point Lutheran Church, St. Matthews Lutheran Church** for their continued support of Alice's Garden.

*Photos in this guide were taken by Josiah D. Williams unless otherwise noted.*

# Alice's Garden Market

We have spent several growing seasons developing garden-based products. You may find us and our products at local farmers markets.

*Fresh & Dried Herbs* are available May through November. Every bundle of herbs comes with a recipe attached.

*Herbal Teabags* are a popular Alice's Garden item! Our Chocolate Mint blends are a community favorite.

*Herbal BathTeas* are great for soothing, relaxing and healing.

*Sunflower Heads* are sold in various sizes with recipes for roasting and seed- saving instructions.

*Sweet Potatoes* are a new, major crop for 2012.

*Beans* of many varieties, some you may have never heard of, are grown at Alice's Garden. We sell them fresh and dried.

*Seed Packets* filled with seeds harvested in the garden.

*Thanksgiving Cards* and *Kwanzaa Cards* depicting images from the garden and with cultural greetings. *Available in September.*

*Alice's Garden Desk Calendar* with garden photos, recipes, gardening tips, and offerings on how to care for Creation. *Available in September.*



**You may find us at the Fondy  
Farmers Market and the  
EastTown Farmers Market.**

## *Welcome to Alice's Garden!*

Imagine yourself walking through the gates on a warm, July afternoon. As you journey down the mulched path, nasturtiums, daisies, pansies, sedum, daylilies, offer themselves as a scented "hello." You stoop down to touch the leaf of a flower you have never seen before. As you rise, you see an older gentleman weeding his garden. You notice from afar peppers and tomatoes growing in his plot. Your eyes then follow the tingle in your ear as you hear the sound of laughter from the children hula-hooping in the grass to your right. Later today others will find themselves in child's pose as they enjoy a community yoga class. As you turn left down another path, you can't help but notice the array of sunflowers and the beautiful, yellow, finches fluttering from flower to flower. Look at how tall those sunflowers are! And so many different colors and sizes! Then, you realize the same could be said of the people tending their gardens. The woman with the three small children appears to be Japanese. The man watering the garden behind you could be Mexican and is most definitely speaking Spanish. The African American presence is dominant ... yet the hues of their skin are caramel, mahogany, almost bronze ... some the same color of the soil they are working. A Hmong woman approaches you with a heavily-accented "ha-lo." She smiles as she extends to you what you believe is a cucumber, yet you have never seen one quite like this before. A sudden, gentle, afternoon breeze draws your attention to a young, white, couple preparing brats on one of the garden grills. Your head is spinning! So much to see! So much for your senses to take in! It is all so wonderful! Welcome!



*Photos  
by Jeff  
Rainwater*

## General Information

### Rental Plot Information

A limited number of garden plots may still be available at Alice's Garden, with neighborhood residents having priority over all other applicants. Plots are 16' x 16' and are \$25 for the entire growing season. For more information, call 414.687.0122.

### Attending Programs and Events

All programs and events are offered, FREE, no cost to participants, unless indicated in this program guide as part of the program description. Programs and events requiring pre-registration are designated as such.

### While at Alice's Garden

Enjoy the beauty of the garden. The garden does not permit firearms or other weapons, and is a peaceful space in Creation. We inhale and exhale deeply, so please refrain from smoking in or around the garden. Use language and words that encourage all of humanity in its many expressions! Only harvest what you have planted or what those who have planted invite you to harvest from their own plots. Admire the butterflies, bees, birds, and other garden creatures without harming them. Stay hydrated. Bring a journal or a sketchpad and stay awhile.

### Accessible Garden

The main garden paths, garden pavilion, exercise area, and garden port-a-potty are all wheelchair accessible. There are some narrow pathways between garden plots.

### Award-winning

Alice's Garden was a Milwaukee Awards for Neighborhood Development Innovation (MANDI) winner in 2011. The garden also received a 2011 Mayor's Design Award from Milwaukee Mayor Tom Barrett.

## MEMBER OF AMERICAN COMMUNITY GARDENING ASSOCIATION

The Mission of the American Community Gardening Association is to build community by increasing and enhancing community gardening and greening across the United States and Canada.

The American Community Gardening Association (ACGA) is a bi-national nonprofit membership organization of professionals, volunteers and supporters of community greening in urban and rural communities. The Association recognizes that community gardening improves people's quality of life by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education.

ACGA and its member organizations work to promote and support all aspects of community food and ornamental gardening, urban forestry, preservation and management of open space, and integrated planning and management of developing urban and rural lands.

The Association supports community gardening by facilitating the formation and expansion of state and regional community gardening networks; developing resources in support of community gardening; and, encouraging research and conducting educational programs. To learn more, go to [www.communitygarden.org](http://www.communitygarden.org).



## Groups Serving & Learning

### MEMBER OF CRAFT

Alice's Garden is a member of CRAFT (Collaborative Regional Alliance for Farmer Training). CRAFT was founded in 1997 by a group of family farmers and works to train our next generation of organic, biodynamic, and/or sustainable farmers. CRAFT members gain access to hands-on training and learn skills that will help them advance from farming novice to starting and running their own farm. CRAFT offers on-farm training and business planning, field day workshops hosted by member farms and access to a wide variety of resources. All provided directly by the experienced farmers. CRAFT members are exposed to a wide diversity of farming practices and join a supportive network of farmers and farmers-in-training.

In addition to coordinating the CRAFT network, the Farmer Training Initiative at Angelic Organics Learning Center offers:

- Stateline Farm Beginnings®, a year-long business planning and mentorship program for beginning and transitioning farmers interested in sustainable agriculture.
- Farmer Development Scholarships- CRAFT members and Stateline Farm Beginnings® students and graduates in years 1-10 of farm start-up are eligible for Farmer Development Scholarships totaling \$150 per year. This scholarship can be used for one-day trainings, weekend workshops, or week-long conferences. For more information about the Farmer Development Scholarship Program, visit <http://www.learnrowconnect.org/farmer/scholarship>.
- Farm Dreams- For those of you who have not yet started farming, you might want to check out the Farm Dreams workshops offered by Angelic Organics Learning Center. These half-day workshops are offered three times per year for those wanting to assess their "farmer readiness". Check out <http://www.learnrowconnect.org/farmer>.



### The Good Brown Earth

The Good Brown Earth is a garden urban immersion program. Participants in The Good Brown Earth are engaged in a variety of activities and programs that immerse them in the process of cultivating food, engage them in garden maintenance, provide a historical, cultural, and spiritual understanding of the garden and the surrounding neighborhood, challenge them in understanding the call to feed people in healthy ways, and invite them to engage in programs alongside of community gardeners.

### Participation Requirements:

- Grades 6-12, and adults are welcome.
- There is no cost. Groups are asked to make a donation to Alice's Garden through SeedFolks Youth Ministry.
- For a complete experience, groups should commit to at least six hours of serving and learning. In 2012, groups are welcome April through November.
- To schedule your group, contact Venice Williams at 414.687.0122 or [venicewb@msn.com](mailto:venicewb@msn.com).

## Come play in the dirt or work with a group!

There are plenty of opportunities to get your hands dirty and help out in the garden. For more information, contact Alice's Garden Program Committee Member Gloria Wright at 414.562.0229.

### **Mondays, 9am-12pm**

*June through September*

Bring a pair of gloves and a thermos of water, and join us for our weekly community work morning. These mornings are filled with weeding, mulching, planting, watering, pruning, harvesting, and cleaning the garden.

No work days May 28, July 2 or September 3.



### **Community Work Days**

*Saturdays, 8am-12pm*

*May 5, May 19, June 2, June 16,  
October 13, October 20*

These dates are set for your church group, youth group, your family, or just yourself to come out and work in the garden with other people. Bring a water bottle and some nuts, fruit, or other healthy snack. Contact Gloria Wright at 414.562.0229 if you plan to participate.

**Milwaukee Public Theatre** has its roots in a profound belief in the arts as a healing resource that must be available to all people, regardless of age, ability/disability, culture, ethnicity or income level. From its beginnings as a 2-person company of mime/musician/storytellers, they have grown into a multi-faceted outreach arts organization working yearly with over 100 artists from all cultures and arts disciplines and reaching over 100,000 people with highly diverse programming that tours throughout our community and beyond.

**Playback Milwaukee Theatre Company** invites an audience member to tell a true-life story and then watch as the story is brought to life by trained Playback players who re-enact the story on the spot. The stories performed may be funny or tragic or anything in-between. The intention is always to honor the storyteller. The teller receives the gift of a creative vision of his or her experience that lets the teller know he or she is heard and valued.

**Vision Forward Association:** On January 1, 2010, the Badger Association of the Blind and Visually Impaired and the Center for Blind and Visually Impaired Children merged to become Vision Forward Association. Combining over 130 years of expertise, Vision Forward is Southeastern Wisconsin's premier resource for people of all ages who are blind or visually impaired. Their Mission is to create a resource center providing a continuum of services to visually impaired people of all ages and their families and to provide specialized services and programs to people of all ages and at all stages of vision loss so that they have every opportunity to be vital contributing members of our society.



**Center for Resilient Cities** designs proactive strategies that help urban communities and leaders enhance their current resources and prepare for the future. The organization is responsible for the renovations at Alice's Garden, as part of the Greater Johnsons Park Initiative. The Center for Resilient Cities consists of urban planners, landscape architects, food system activists, advocates, gardeners, change-makers, consensus builders, systems thinkers, and idealists who dabble in the details. Find out more at [www.ResilientCities.org](http://www.ResilientCities.org).

**SeedFolks Youth Ministry** was created in 1997 by the Greater Milwaukee Synod of the Evangelical Lutheran Church in America to provide cultural, spiritual, educational, and environmental programs and events to children, youth and their families. Named after Seedfolks, a short children's novel written by Paul Fleischman, with illustrations by Judy Pedersen, this ministry has brought the book to life at Alice's Garden. The Seedfolks story is told by a diverse cast of characters living on (or near) Gibb Street in Cleveland, Ohio, each from a different ethnic group. Chapter by chapter, each character describes the transformation of an empty lot into a vibrant community garden. The reader also bears witness to the personal conversion each gardener experiences.

**Neu Life Community Resource Center** is a neighborhood organization created to empower low-income youth by equipping them with the necessary information, strategies and support systems to have stronger self-images, develop better life management skills and to cope with their environment by refraining from crime, drugs, and other undesirable behavior. Neu Life has been gardening at Alice's Garden and participating and partnering in programming for seven years.

## **An Alice's Garden Partnership with Grandmothers & Community Gardens in Uganda**

Grandmothers Beyond Borders (GBB), founded in Milwaukee Wisconsin, is an all volunteer organization that raises funds to support community based initiatives at the grass roots level in Uganda which work to improve the lives of grandmothers and their grandchildren who are struggling to survive because of the devastating impact of AIDS. GBB provides small grants to organizations caring for grandmothers and their grandchildren in Uganda, Africa. GBB began funding small community based projects in Uganda in May of 2006, and currently assists two Grandmother's Associations. The Associations serve more than 300 grandmothers.

## **Grandmothers Beyond Borders Planting Day & Fundraiser**

**Saturday, June 2**

*10am-12pm Planting of GBB Garden Plot*

*11am-2pm Cookout Fundraiser*

Each year in October, GBB sponsors A Taste of Uganda, a delicious sampling of Ugandan food which may include Roasted Chicken, Beef Curry, Chicken Curry, Vegetarian Pulao Rice, Bananas with Romano Beans, Oven Roasted Plantains, Groundnut Stew, Seasoned Green Beans with Leeks, Potatoes & Sautéed Cabbage. Proceeds from the event assist grandmothers in maintaining community gardens where they grow produce to market and for home. This year, Alice's Garden will grow much of the vegetables and herbs for the October fundraiser. Please join us for a day of planting for this project. We will also sell food on the same day, all proceeds going toward tuition for the grandchildren.

**This year's Taste of Uganda is Saturday, October 20. For more information, contact Tami Schlickman at 414.915.9542 or [tschlickman@wi.rr.com](mailto:tschlickman@wi.rr.com), or go to [www.GrandmothersBeyond.org](http://www.GrandmothersBeyond.org).**

## Alice's Garden Labyrinth

I learned this past summer that a tiny leaf of the lavender plant will engage at least three senses- sight, smell, and touch. One can rub the leaf slightly and breathe in a holy odor. Feel the plush texture. Notice the nuances of green. Lavender graces the Labyrinth of Alice's Garden. As does hyssop and thyme and sage ... These & other plants outline the path- a path all are invited to walk. The Labyrinth of Alice's Garden is of the earth, designed to engage all our senses as people of the earth. The Labyrinth is of the sky, open to sun, moon and stars, clouds, seagulls, finches, breeze & heat, designed to engage our senses, people of the sky. This labyrinth is smack dab in the middle of city life. It calls us to the center, its essence as ancient as humanity. The Labyrinth of Alice's Garden is a sacred space for breathing, praying, meditating, deliberating, reflecting, celebrating, mourning, renewing, transforming... The path is for walking by ones' self or with others, whenever the garden is open. When I walk the labyrinth I am aware of the earth below my feet. I have the sense of my roots traveling below the surface, encountering ancient soil and mixing with the roots of herbs & plants which outline the path. I breathe, exchanging air, scented by flowers, with birds & insects. I am surrounded by vibrations of traffic flow, clock tower bells, corn stalk rustlings, conversations, sirens, football practice drills and bird songs. I see beauty-rich colors and designs. In the midst of the insanity of our world I am grateful for the sanity of Alice's Garden, the beauty of the gardeners & their gardens, the sanctuary created by people with vision & dirt under their fingernails, and the invitation of the Labyrinth to connect to my own center & the center of the universe & Source.

Cheri Johnson  
Alice's Garden Minister-in-Residence



**Garden Mosaics Earn & Learn** is a program for young people, ages 14 to 20, bringing the workers into the world of community gardening through environmental and cultural education, and hands-on gardening. Garden Mosaics is a youth and community education program that combines science learning with intergenerational mentoring, multicultural understanding, and community action. The initial idea for Garden Mosaics, created at Cornell University, came from a realization that community gardens, because of their unusual blend of people, cultures, plants, and activism, offer unique sites for youth education within a community setting. Teens in our program are hired through SeedFolks Youth Ministry, Center for Resilient Cities and the Milwaukee Area Workforce Investment Board.

**Milwaukee Conservation Leadership Corps (MCLC)** is a partnership program operated by the Student Conservation Association. Since the program's inception in 2006, 156 MCLC members have completed over 25,000 hours of conservation service to Milwaukee public lands and natural areas. The 2010 Milwaukee Conservation Leadership Corps (MCLC) engaged 70 diverse Milwaukee youth and 15 crew leaders in a summer employment program focused on conservation service and green jobs training. The MCLC is sponsored by Johnson Controls, Inc., and the community's foundations and corporations. We are proud to have this new program partner at Alice's Garden.

**Blessing Next to the Wound** is an a capella vocal improv group, that invites people in the audience to share an experience, tell a story, or to send out a prayer or blessing for someone. What the audience gives forms the material that is offered back in song. The intent is to bear witness to both the pain and the triumphs that we daily experience, and to offer through our song healing, celebration, and communion.

**Lucky Diop** is an African drummer from Senegal, with an extensive musical resume and commitment to his art. In 2009, Lucky started a "Drum Circle For World Peace," a first of its kind at Summerfest expanding to other festivals such as: Bastille Days, Mexican Fiesta, Brady Street Festival, Wisconsin State Fair. In 2009, Lucky Diop created the Kassumai Rental and Recording Studio in Ziguinchor, Senegal, promoting and helping young talented artists of that region. He brings his talents to Alice's this season.



**Venice Williams** is the Program Director of Alice's Garden and its visionary leader. She calls herself a cultural and spiritual midwife, strongly believing she was put in Creation to help bring forth all that is good and whole in people and places. She has been doing just that in Milwaukee for the past twenty-three years.



## OPEN LABYRINTH WALKS

**Mondays, 6-8pm, May through September**

Come to the garden for a time of walking the labyrinth for its beauty, as a way to transition from one part of your day to the next, or to reflect on some aspect of your life. Cheri Johnson, Alice's Garden Minister-in-Residence, will be present to give you some simple guidance if needed.

## DIRECTED WALKS FOR HEALING, CELEBRATING, GROWING Wednesdays, 6pm

May 2	Honoring New Beginnings
May 9	Celebrating Mothers
May 16	Rumi Reflection Walk
May 23	Appreciating Relationships
May 30	Seeking Balance
June 6	Sobriety Walk
June 13	Celebrating Fathers
June 20	Summer Solstice Walk
June 27	Nurturing Children
<b>July 4</b>	<b>NO WALK</b>
July 11	Honoring The Earth
July 18	Peace On Earth
July 25	Releasing Fears, Claiming Dreams
August 1	Respecting All Of Creation
August 8	Grief and Healing
August 15	Couples Walk
August 22	Mother Theresa Reflection Walk
August 29	Commitment To Change
September 5	Meaningful Work For All
September 12	Honoring The Ancestors
September 19	The Healing Plants of the Labyrinth
September 26	Letting Go

# Book Study Group

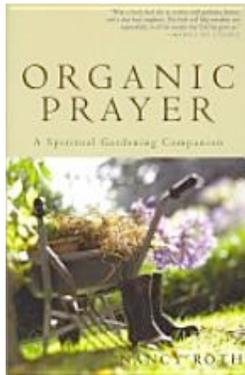
## ORGANIC PRAYER: A Spiritual Gardening Companion

*Mondays, 6:30-8pm*

*June 18 through August 20*

*Facilitated by Cheri Johnson*

Organic Prayer is a metaphor for a two-way process: we cultivate the earth around us and the earth in turn cultivates our souls. Nancy Roth shares with us her experiences of working deeply into the red Ohio soil in meditations that help us enrich and care for our bonds with God, creation, and our neighbors on the planet.



The book is ordered in sections titled Soil, Seeds, Water, Compost, Pests, Harvest, guide you through a landscape of exploring the environment, humanity, and your own living. Each section is followed by “Spadework,” meditations, journal exercises, and other activities, guiding you to “dig deeper.”

*If we can be roused from our communal slumber, there will be hope of a new day for the earth. The sleep rubbed from our eyes, we can contribute to the earth's healing. –Nancy Roth*

Fifteen books will be available for on-site garden usage. You do not have to garden at Alice's Garden or even be a gardener at all to attend!

Please bring a journal, pen and water bottle each time you come. You do not have to be present for each session to participate.

**Josiah Williams** returns to the garden as our historian and documentarian. He has worked in prior years as a Garden Mosaics Earn and Learn student. He is also the founder of Give Us a Chance, a student arts advocacy organization. In the fall he will return to Bradley University in Peoria, Illinois, as a Junior, majoring in Theater Performance.



**Lindsey Latteman** is a second-year medical student at the Medical College of Wisconsin, also in her second year of working with the Healthy Moms, Healthy Kids program. You will also find her in the garden helping and participating in many ways!

**Justin Brown** continues in the garden as the Milwaukee Cooperative Extension Summer Intern, working with the Healthy Corner Store Garden Plots and the Health Rocks! Day Camp. In the fall, he will be a second semester senior at Mississippi Valley State University, majoring in Business Administration.



## Programs



**Angela Smith** brings a new energy to the garden as she moves the community to better health through NIA classes! She shares: "I am a NIA technique White Belt Instructor. Come share this JOY! The joy of movement like never before for your body, your heart, your mind!" Angela is also a local clothing and jewelry artisan.



**Shalanna Wright** grew up in the neighboring WACO apartments, attended Brown Street Academy (right next to Alice's Garden) for a portion of her elementary years, and is a 2000 graduate of Riverside University High school. She came to Alice's as the Garden Chef in 2011. She received an A.A.S. in Culinary Arts from Johnson and Wales University, Charleston, South Carolina. She is also the owner of QL's Catering, offering fresh fruit arrangements with edible flowers and homemade dips. She may be reached at 414.975.2487.

### RECLAIMING AND NOURISHING FAMILY TRADITIONS

#### Tuesdays

*May through August, 6-8pm*

*September, 5:30-7pm*

This program, now in its sixth year, invites families and individuals to slow down and reclaim the goodness in planting, cultivating, and enjoying a garden, using more fresh herbs, preserving and canning food again as most of our ancestors did generations ago, and preparing healthier dishes, and reconnecting with the natural environment. This program also offers other sessions beneficial to the life of the gathered community!

#### May 1 Organic Gardening 101, Session One

Alice's Garden Urban Farm Manager, Fatuma Emmad, will explore composting, trap crops and beneficiary crops, companion planting, creating a balanced ecosystem, natural pesticides and more.

#### May 8 Planting An Herbal Tea Garden

Herbs are the gardening passion of Alice's Garden Program Director, Venice Williams, so join her as she shares ideas and designs for herbal tea gardening.

#### May 15 Organic Gardening 101, Session Two

The conversation and instruction continues! There will be a brief review for those who were not at the first session, and more information on organic farming.

#### May 22 Cooking With Chef Shalanna!

Come to the garden for our monthly, healthy cooking session with Chef Shalanna. These sessions are family friendly and provide both culinary and nutritional information.

### **May 29 Introducing Vision Forward Association**

Vision Forward offers education, training and support to people who are blind and visually impaired and their families—throughout all stages of life. This summer, Vision Forward and Alice's Garden are partnering to create a garden program for the visually impaired. Come learn about the organization, the new garden program and how you may participate or volunteer.

### **June 5 Bulbs in Your Garden, National Garden Week!**

Most of us know about tulips and daffodils but there are bulbs for every gardening season! Join Master Gardener Nancy Brook as she teaches us about how to best use and care for bulbs in the garden.

### **June 12 Home-Made Beauty Products with Sojourner White**

Lip balms, facial masks, hair care products do not have to be purchased from your local superstore or drug store. Many of the products in your kitchen, and some of the herbs and flowers from your garden, may be mixed and transformed into natural, home-made, beauty products!

### **June 19 Juneteenth Day Celebration and Garden Potluck!**

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. This was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. With the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

What better place to commemorate Juneteenth than at Alice's Garden? All are welcome as we celebrate through music, food, libations and educational activities. You may bring a dish to share. We'll have the grills going!



**Demetrius Brown, Sr.** manages the Healthy Corner Store garden plots and project at Alice's Garden and the Health Rocks!® Day Camp. He works for Milwaukee Cooperative Extension and has been doing programming in the garden for more than ten years. When he is not in the garden, you may find him in many Milwaukee Public Schools leading rights-of-passage courses, the African Diaspora project, and math literacy programming. He also has his own garden plot at Alice's.



**Stephanie Sandy** is ready to guide the community through another season of stretching our minds and bodies and breathing deeply. She is the founder of YogaConnects, offering a variety of classes to children, youth and adults practicing yoga. She is proud to be a Certified YogaKids Teacher and Trainer.

## Who Is In The Garden?



**Fatuma Emmad** came to Alice's Garden in 2011 as a summer intern and soon became the Urban Farm Manager. She has studied at The Center for Agroecology and Sustainable Food Systems in Santa Cruz and the New School for Social Research's Democracy and Diversity Institute. She has an incredible love for cultivating land, food and people!



**Cheri Johnson**, Minister-in-Residence, has been a Lutheran pastor for twenty-eight years. She shares: *Summer is coming and I am looking forward to standing in the middle of Alice's Garden with the sun shining, the vegetables & flowers growing, & the breeze cooling the gardeners. While absorbing the goodness, I will listen and look for the moving of the Spirit within the individuals and the community.*

### **June 26 Cooking with Chef Shalanna!**

Come to the garden for our monthly, healthy cooking session with Chef Shalanna. These sessions are family friendly and provide both culinary and nutritional information.

### **July 3 NO SESSION**

### **July 10 Celebrating Walnut Way Conservation Corp**

Come on out to meet Larry and Sharon Adams, our neighbors at Walnut Way, as they share the mission and the vision of the organization. Hopefully, they will bring with them some of their wonderful Walnut Way honey for the gathered community to purchase!

### **July 17 Lindsay Heights Neighborhood Potluck Celebration**

Join us as we celebrate the Neighbor to Neighbor (N2N) program of the Lindsay Heights Health Alliance! Please join us and bring a dish to share if you are able.

### **July 24 Cooking with Chef Shalanna!**

Come to the garden for our monthly, healthy cooking session with Chef Shalanna. These sessions are family friendly and provide both culinary and nutritional information.

### **July 31 GUYS, GRILLS AND GARDENS!**

Men are invited to prepare their best dishes and bring them to the garden, or use one of the three grills in the garden to do your thang! Men who garden at Alice's will also be offering tours of their gardens.

### **August 2 Native Herbs & Flowers: Healing and Nutrition**

Master Gardener Nancy Brook will share the healing and nutritional benefits of herbs and flowers native to our area. How many of them may be found at Alice's Garden? Come, see!

### **August 7 Garden Salsa with Chef Shalanna!**

Join Chef Shalanna as she guides us in making fresh salsa. Tomatoes, peppers, onions and herbs will be used straight from the garden. It never tasted so good!

### **August 14 Canning and Pickling Session**

The veggies just keep coming! Learn how to can and pickle your favorite vegetables so you may enjoy them as a dilly treat. And we aren't just talking about cucumbers!

### **August 21 A Personal Journey: The Hidden Symptoms of Gluten**

How does gluten affect your digestive system? What are the signs of a gluten allergy? What do lupus and multiple sclerosis have to with gluten? If you are interested in learning more about the term "gluten" and want to hear about one woman's personal journey and share your journey about the hidden symptoms of gluten, join Ylonda Glover for a lively chat of discovery and come to be empowered to embrace a gluten-free lifestyle.

### **August 28 What's Eating Your Child?**

What are the connections between nutrition and chronic childhood ailments and what are some simple, straightforward solutions to help children thrive? A proper diet is one of the best "school supplies" we can give our children.

### **September 4 Drying and Dehydrating**

Learn how to preserve your favorite vegetables and herbs so you may enjoy them all year. Learn the difference between drying and dehydrating and find out which works best for which vegetables and herbs.

## **HEALTHY CORNER STORE INITIATIVE**

During the 2011 growing season, Alice's Garden partnered with the Lindsay Heights Neighborhood Health Alliance and Milwaukee Cooperative Extension Youth



Development, to pilot a program that hired young men to grow produce that was sold in two local corner stores, Families First, 1845 N. 12<sup>th</sup> Street, and Magic Food Market, 2879 n. 16<sup>th</sup> Street. The young men were paid by Extension as part of an earn and learn, 4-H program, under the leadership of Extension Youth Development Agent, Demetrius Brown. Alice's Garden donated the land. Seedlings and seed donations came from Weber's Greenhouses, Nino Ridgeway of Barthel Fruit Farms, The Garden Room and Feeding America.

The Initiative will expand this growing season, acquiring acreage at the Fondy Farm Project, and still utilize land at Alice's Garden. The purpose of the Fondy Farm Project is to build a secure, economically viable farm cooperative for small-scale, local immigrant and limited resource farmers that will provide fresh food for the people residing on Milwaukee's North Side.

To learn more about the Healthy Corner Store plots and pilot program at Alice's Garden, contact Demetrius Brown, Sr. at 414.256.4620.

To inquire about the Healthy Corner Store Initiative, contact Jessie Tobin, Lindsay Heights Health Alliance Program Manager, at 414.264.2326.

To connect with the Fondy Farm Project, call Stephen Petro, Farm Project Director, at 414.562.2282.

## LITTLE FREE LIBRARY at Alice's Garden

The growing phenomenon of Little Free Libraries - tiny boxes designed to promote literacy and the love of reading through free book exchanges - has reached Alice's Garden! Each Little Free Library has a sign that says "Take a Book, Leave a Book." You may do both, or one, or just sit and read in the garden. The Little Free Library movement started with a Hudson man who built one in the shape of a one-room schoolhouse in honor of his mother, a retired teacher, and now more than 400 have sprung up like mushrooms around the country and overseas. Wisconsin, though, is the hotbed of Little Free Libraries with more than 100.



*Photo by Amy Poppinga*

The mission of Little Free Libraries is:

- To promote literacy and the love of reading by building free book exchanges worldwide.
- To build a sense of community as we share skills, creativity and wisdom across generations.
- To build more than 2,510 libraries around the world -- more than Andrew Carnegie.

The first of three libraries that will be in the garden arrived on Friday, February 3. Come! Take a book! Leave a book! Read a book!

## September 11 Pesto, Pesto and more Pesto!

What will you do with all of that basil now that the growing season is beginning to wind down? Make pesto, of course!

## September 18 Herb Butters

Do not let those herbs go to waste! Come learn how to make herb butters for breads, pasta, potatoes and more!

## September 25 Cornucopia!

The autumn harvest is overflowing! We will explore ways to prepare and appreciate all of the squash, peppers, greens, root crops, herbs and more!



### **NIA IN THE GARDEN, with Angela Smith**

*Mondays, 8-9am*

*Thursdays, 6-7pm*

Nia is a sensory-based movement practice that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken to soul-stirring music in more than 45 countries. Every experience can be adapted to individual needs and abilities. Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities. For more information about Nia go to [www.nianow.com](http://www.nianow.com). Please bring a water bottle and towel each time you come to class. Let's get moving!

### **YOGA IN THE GARDEN, with Stephanie Sandy**

*Family Yoga, Tuesdays, 6:30pm, June 19-August 28*

*Teen Yoga, Thursdays, 8am, June 21-August 16*

Yoga stretches not only your muscles but all of the soft tissues of your body, including ligaments, tendons, and the fascia sheath that surrounds your muscles. No matter your level of yoga, you most likely will see benefits in a very short period of time. In one study, participants had up to 35% improvement in flexibility after only eight weeks of yoga. The greatest gains were in shoulder and trunk flexibility. Our Yoga sessions are part of the Let's Move! network of programs and events to keep kids moving and healthy! Please bring a mat or blanket, a towel, and a water bottle. If you plan to bring a group of teens to the Thursday morning session, call Venice at 414.687.0122.



### **4-H HEALTH ROCKS!® DAY CAMPS**

*Camp #1 June 25-30, 8:30am to 12:30pm*

For students who have completed grades 2 through 5

*Camp #2 July 16-20, 8:30am to 12:30pm*

For students who have completed grades 6 through 8

Health Rocks!® is a healthy living program, developed for 8 to 14 year olds, with the goal of bringing youth, families and communities together to reduce tobacco, alcohol and drug use by youth. The program helps youth develop life skills in the areas of critical thinking, decision-making, communication, managing feelings, stress management and goal setting. The program helps them develop the internal strength to resist risky behaviors. The cost is \$10/student/week, and enrollment is limited to 30 students/day camp.



Health Rocks!® is sponsored by Milwaukee Cooperative Extension 4-H and Youth Development. For more information, contact Demetrius Brown Sr. at 414.256.4620.

## FIELDHANDS AND FOODWAYS PROJECT

**IRON POTS & WOODEN SPOONS:  
Africa's Gifts to New World Cooking**  
*Mondays, 11am-1pm*  
*June 18 through August 13*

Cajun, Creole and Caribbean dishes all have their roots in the cooking of West and Central Africa. The peanuts, sweet potatoes, rice, cassava, plantains and chile pepper that star in the cuisines of New Orleans, Puerto Rico, and Brazil (to name a few), are as important in the Old World as they are in the New World. Join us as we bring to life some of the recipes gathered by esteemed culinary historian and cookbook author Jessica Harris, as we trace the ways African food has migrated and transformed the way we eat!

## FIELDHANDS AND FOODWAYS PROJECT

**AFRICAN DRUMMING CLASSES With Lucky Diop**  
*Wednesdays, 10-11am*  
*June 20 through August 1 (no class on July 4)*

The drum is perhaps the oldest musical instrument in the world, with every society employing it in varying degrees. However, it is most revered among the people of Africa, where it comes in various forms and fulfills many functions. The drum is the most important musical instrument in Africa. No doubt, the most famous drum of African origin is the djembe, a goatskin-covered percussion instrument shaped like a large goblet made to be played with bare hands. Join Lucky Diop, in the magical setting of Alice's Garden, as he teaches the community the heart and soul of drumming. Born in Ziguinchor, Senegal, Lucky became familiar with the people of the Milwaukee area through his work with children and organizations that support our youth. How wonderful that he will share his musical gifts with us!



**Milwaukee Public Theatre presents STORYBRIDGE**  
*Tuesdays, 10-11am*  
*June 19 through August 21*

Children first through fourth grades are invited to the garden for StoryBridge, a program using stories and theatre arts to increase communication, writing and literacy skills in children, led by artist, Kim Ballou, with community elders. Based on her experience as an actress, director and playwright and ten years of teaching, Kim researched, developed and implemented Reading Through Theater -- a highly successful program to improve reading ability and communication skills with urban children. Ms. Ballou also created the staff development workshop U.A.C.T. -- Utilizing Acting for Curriculum Teaching -- to provide teachers with tools to improve learning in all topics. She has been developing the StoryBridge program with Milwaukee Public Theater since 2010.

Community Elders are needed to assist with the program. If you are an elder, and have the time, energy, and patience to help nurture a child, please contact Venice Williams at 414.687.0122.

This program is FREE. Schools and daycares must RSVP for the day(s) you wish to attend.

## SeedFolks Reading Circle

### ORIGINAL INSTRUCTIONS:

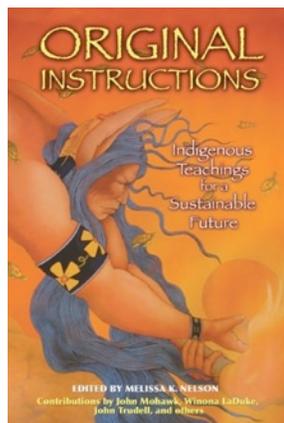
#### Indigenous Teachings for a Sustainable Future

#### Lunch Reading Circle & Conversation Series

Guided by Venice Williams and Fatuma Emmad

Wednesdays, June 20 & 27, July 11 & 18,  
August 1 & 8, September 12 & 19  
11:30am-1pm

*First I want to share that it is my opinion that Native American studies as a discipline anticipates that there is an intelligence in the cultures of the Indigenous Peoples of the Americas and it is an intelligence that can be discovered. This is completely contrary to the expectations of the 19<sup>th</sup> century, when it was thought that there was no real intelligence in these cultures. –John Mohawk*



Original Instructions evokes the rich indigenous storytelling tradition in this collection of presentations gathered from the annual Bioneers conference, a yearly meeting of some of the world's most seminal environmentalists and social visionaries. Gather with us as we explore the web of life through the knowledge and teachings of the world's native teachings and scholars.

Fifteen copies of the book will be available for on-site usage, or you may bring your own copy of the book.

Bring your own lunch, a welcoming spirit and an open mind! Dishes, utensils, and cups are available for use in the garden.

## ALICE'S GARDEN FIELDHANDS AND FOODWAYS PROJECT

*FIELDHANDS AND FOODWAYS* is an agricultural, historical and cultural-based learning opportunity for young people and community families to celebrate the farming, food preparation, and folkways of African Americans and Africans throughout the Diaspora. *FIELDHANDS AND FOODWAYS* is a demonstration garden project, including a Master's Kitchen Garden, a slave allotment plot, and other re-creation areas. In addition, *FIELDHANDS AND FOODWAYS* honors the historical setting of Alice's Garden and the surrounding area, as the birthplace of the Underground Railroad in the state of Wisconsin. In 1842, when farmer Deacon Samuel Brown became the first person to provide safe passage for 16-year-old freedom seeker, Caroline Quarlls, an escaped slave from St. Louis, Missouri, that act of courage and compassion initiated the Underground Railroad in Wisconsin. Brown, a Milwaukee founder and member of the Old Settler's Club, was a known abolitionist. Quarlls was removed from a "sugar barrel" in the center of town by Brown and hidden on his farm overnight until the two rode out of the city next day to be helped by other local abolitionists in the surrounding area. *FIELDHANDS AND FOODWAYS* also celebrates The Great Migration of African Americans from South to the North, and the hope and traditions they carried with them. *FIELDHANDS AND FOODWAYS* is for upper elementary and middle school classes interested in an on-going opportunity to be engaged in garden and classroom cultural, historical and agricultural learning. *FIELDHANDS AND FOODWAYS* is also for community families who want to learn and celebrate together the history and traditions of Africans and African American families.



This program is supported by SARE, Sustainable Agriculture, Research and Education.

## ALICE'S GARDEN HORTICULTURE CLUB

The Alice's Garden Horticulture Club is a member of the Wisconsin Garden Club Federation (WGCF), a not-for-profit educational organization founded in 1928, and a member of National Garden Clubs, Inc. (NGC), the largest gardening organization in the world. Its headquarters are in St. Louis, Missouri, and it is composed of 50 State Garden Clubs and the National Capital Area, 6,218 member garden clubs and 198,595 members. In addition, NGC proudly recognizes 447 International Affiliates from Canada to Mexico and South America, from Bermuda to South Africa, Australia and Japan, as well as 149 National Affiliates within the United States.

You do not have to be a gardener at Alice's Garden to join the club and being an Alice's Garden gardener does not mean you are already a member of the club. Club membership is \$16/year.

The National Garden Clubs, Inc., will celebrate National Garden Week, June 3-9, 2012. We will celebrate it at Alice's Garden with a special workshop on Tuesday, June 5, at 6pm, with Master Gardener Nancy Brook. *Bulbs in Your Garden: Celebrating National Garden Week!*, will be an hands on lesson about all different kinds of bulbs! Bulbs for spring and summer and autumn. She will also teach us how to best use and care for bulbs in the garden.

For additional club information and updates about local and national garden events, contact Gloria Wright at 414.562.0229.

President, Gloria Wright  
Vice-President, Demetrius Brown, Sr.  
Treasurer, Doris Johnson-Browne  
Secretary, Nancy Brook

## SEEDFOLKS ROOTS AND SHOOTS CLUB

Wednesdays, June 20-August 22  
6-8pm



### What is Roots & Shoots?

*Roots creep underground everywhere and make a firm foundation. Shoots seem very weak, but to reach the light, they can break open brick walls. Imagine that the brick walls are all the problems we have inflicted on our planet. Hundreds of thousands of roots & shoots, hundreds of thousands of young people around the world, can break through these walls. We CAN change the world. - Dr. Jane Goodall*

The Roots & Shoots program is about making positive change happen — for people, for animals and for the environment. With tens of thousands of young people in more than 120 countries, the Roots & Shoots network connects youth of all ages who share a desire to create a better world. Young people identify problems in their communities and take action. Through service projects, youth-led campaigns and an interactive website, Roots & Shoots members are making a difference across the globe.

The SeedFolks Roots and Shoots Club is for children, youth and their families, actively engaging the many factors that make change possible.

To participate, just come to any Wednesday evening session. Parents and other caring adults are encouraged to attend with their children.

## MAKING SENSE OF THE GARDEN

*A special garden program for vision impaired children, youth and adults in partnership with Vision Forward Association*

*Thursdays, July 12 through August 9  
9:30-11:30am*

**July 12 See!** Participants will engage in garden guided imagery, being led through the garden as both the physical and historical environments are described. This session includes a guided labyrinth walk.

**July 19 Hear!** Alice's Garden is alive with noise! The sounds of an urban garden are those of both nature and neighborhood. This session also includes a special drumming class with Lucky Diop.

**July 26 Smell!** Nature offers us scents that tickle and tingle the hairs in our nose! We will explore flowers, herbs, soil, even compost. This class starts with inhaling and exhaling in a yoga class with Stephanie Sandy.

**August 2 Feel!** A garden is an array of textures. This session also incorporates a yoga class.

**August 9 Taste!** Finally, it is time to taste what the garden has to offer! Herbal drinks, grilled vegetables, sauces! It is time for a garden feast!

To pre-register yourself, a friend or family member for this series, contact Vision Forward staff, Rose Visser at (414) 615-0115 or Susan at (414) 615-0126. Seeing Eye Dogs, guide dogs for people who are blind or vision impaired, are welcome.



## HEALTHY MOMS, HEALTHY KIDS

*Fridays, 10am-12pm  
Tuesdays, 6-8pm*

Strengthening Milwaukee moms means strengthening Milwaukee children. Healthy Moms, Healthy Kids is one of our new programs designed to guide mothers towards a holistic, beneficial lifestyle. The program includes gardening, cooking, exercise classes, breastfeeding circles, life-skills education (such as meal planning, household budgeting, healthy relationship building) and parenting workshops.

Expectant mothers, and mothers with children up to age 12, are invited to take part in this program. Supported by the Charles D. Jacobus Family Foundation and part of the Let's Move! network, Healthy Moms, Healthy Kids strives to:



- Increase the time mothers and their children spend in open, green spaces.
- Affirm the benefits of eating fresh, locally-grown, organic food.
- Encourage mothers to cook from scratch.
- Decrease the food-related health issues for all participants.
- Keep more families moving and exercising.

