

# URBAN GARDENING, FARMING, + FOOD PRODUCTS: FOOD SYSTEMS FOR BLACK + AFRICAN-AMERICANS





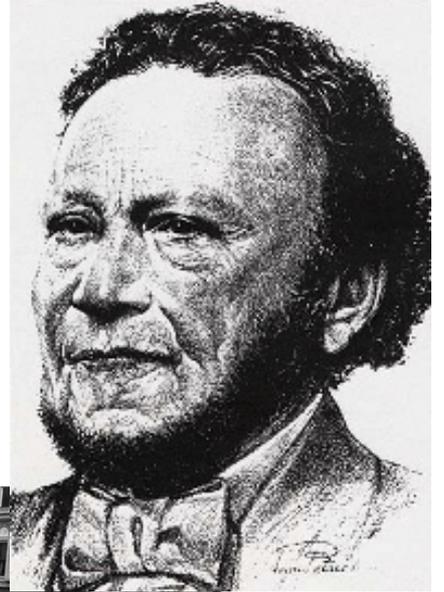
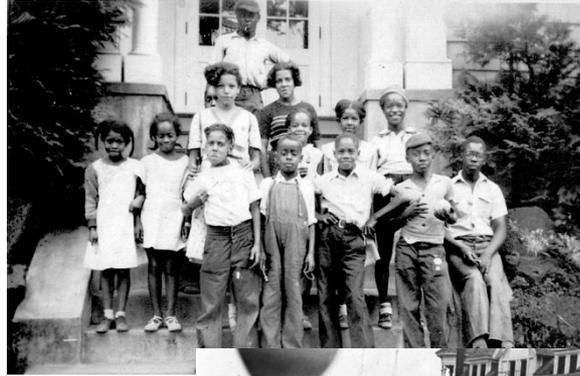


# HISTORY

Conditions

Context

Community



# **BLACK FOOD SOVEREIGNTY COUNCIL**

Community

Equity

Economy

Culture

Health

# HISTORY OF BFSC AND MEMBERS

BFSC been meeting since July 2016

Currently members represent a variety of Black businesses and community organizations such as;

- Multnomah County Health Dept.
- Multnomah County Library
- MudBone Grown
- Urban League of Portland
- Rosewood Initiative
- Zenger Farms
- EMO
- C4C Designs



# PURPOSE OF BLACK FOOD SOVEREIGNTY COUNCIL

To inspire local Black community members as food system experts working collaboratively to build a prosperous self determined food system centered around strengthening community partnerships, promoting holistic health, cultural awareness, and economic development to reclaim our history as stewards of the land.



# MISSION OF BFSC

The Black Food Sovereignty Council advocates for equitable and access to nutritious and culturally relevant food, building a robust local Black food economy and reforming policies to address the necessities of Black communities we represent.



# RECENT COMMUNITY PROJECTS AND EVENTS

## “Black Love ...is so Delicious”

Cooking class designed to teach adults about the role of culture and health. Staple foods and ingredients used in African American meals like; collard greens, cabbage, chicken and cornbread are prepared in traditional Kenyan style. Studies have shown improvement in diet related health disparities when participants were placed on traditional African diets.



# WHAT PARTNERSHIPS EXIST WITH SHARED KITCHENS AND OTHER FACILITIES?

Sunrise Center -

Rosewood Initiative Community Kitchen Project -

Rockwood Rising Project -

Ecotrust Redd Project -

**Leaven Salt and Straw Community Center** - African American Breastfeeding coalition, Oregon Inter-tribal Breastfeeding Coalition and Black Parent Initiative (BPI) to create programming around first food and maternal and child health supports with a focus on nutrition and the first 1,000 days .

# RESOURCES FOR SMALL FOOD BASED BUSINESS



The Sunrise Center is a 12,500 building with large commercial commissary kitchen and mixed use office space located at 18901 E Burnside St. in Gresham, that offers community focused small food business development and workshops.



An incubator model and economic development initiative of Portland non-profit Hacienda CDC, providing affordable retail space for businesses to launch and grow, and a hub for Latino culture in Portland. Workshops and classes are offered regularly.



Rosewood Food Cart Pod Project (2018) Currently under development by G'Goodies, LLC owner Germaine Flontroy, this community project is an economic enterprise effort to both build and train owners of food carts presenting the neighborhoods diverse food culture. The pod will be located in the north parking area at 16126 SE Stark St. in Portland.



The Food Innovation Center offers one-on-one consultations for food entrepreneurs and food companies. They provide a relaxed and open environment to share expertise and help you move forward with your ideas. They ask that you bring your product with you, and come prepared with a list of questions, so that we can maximize the use of our time together.

# **WHAT FARMING INITIATIVES OR PROGRAMS ARE HAPPENING FOR BLACK AND AFRICAN-AMERICANS**

**Multnomah County Food Policy Council**

**USDA Black Farmer Initiative**

**Under-Represented Populations Programs**

**Regional Opportunities**

**Responding to the Gap: Building a Community**

# MUDBONE GROWN

GROWING - HEALING - BUILDING



# GROWING FOOD, HEALTH, COMMUNITY AND CULTURE

## MUDBONE GROWN, LLC

MudBone Grown is a women-minority-veteran owned small farm and food business enterprise working in and serving the Portland-Vancouver Metro area. MudBone Grown is committed to building a more resilient, thriving, and entrepreneurial food and maker community in which cooperation and shared economy are standard.

MudBone Grown is in the business of growing food, growing community health, growing business, and growing community culture around delivery of the triple bottom line to historically absent or barriered communities. MudBone Grown practices and teaches what it promotes, and as part of a motivated and dedicated collaborative, we are working to establish a more just and equitable sustainable food system in the Portland Metro area.



# **GROWING - HEALING - BUILDING**

**GROWING: FOOD PRODUCTION & VALUE ADDED PRODUCTS** Working on about 1.25 acres of in-city agricultural space with the infrastructure to support the education, training, and incubation of micro-business enterprise, MudBone Grown and its community partners plan, produce, harvest, process, and deliver healthy and culturally/historically appropriate specialty produce, berries, and culinary.

**HEALING: FOOD NUTRITION & HEALTH** Community capacity-building is a primary concern for MudBone Grown and community participants must develop awareness of where food comes from, an appreciation for the energy and resources that go into food production, and the benefits of eating locally produced, organic foods. At the same time, they are taught how to make healthy decisions about food.

Combined with Breastfeeding, childbirth education and parenting support, participants learn the value of First Foods for infants, attachment parenting skills building, and how to use food as medicine.

**BUILD: CAPACITY, CRITICAL MASS, CONSCIOUS COMMUNITY** MudBone Grown, its owners and partners, clients, and community are collectively focused on both/and outcomes, where there is both triple-bottom line and triple-bottom justice.

# OREGON FOOD BANK COMMUNITY FARM PROJECT

MudBone Grown recently secured fully operational NE 33rd Community Farm as partners with the Oregon Food Bank, where community members, schools, and transitioning adults learn to grow food collaboratively, explore small enterprise opportunities, and take home a share of the harvest. Participation is free and open to all, however our focus is on establishing a healthy and thriving system engaging the African and Black communities in the area.

MudBone Grown Farm will serve as the location for the Green A&T Urban Farming Apprenticeship (GATUFA) program, and GroundUP Organics, a composting science program. This work with Black Parents Initiative (BPI), Black Food Sovereignty Council (BFSC), and KAIROS School over the next 3 years will scale-up to increase and improve access to opportunities in our growing regional food system.



# CITY OF GRESHAM: ROCKWOOD RISING

## ROCKWOOD RISING

Help Rockwood Rise. Together.

a dynamic mixed-use program

### ROCKWOOD RISING

Major new development in the neighborhood



entrepreneurship • food • retail • dining • education & technology

MudBone Grown is working as a food systems planning and design consultant to drive linkages between economic development, social capacity building, and displacement mitigation.

# COMMUNITY PROJECTS AND EVENTS

## Black Parent Initiative: Cultivating Culture

Cultivating Culture is the Black Parent Initiative (BPI) program initiative to promote optimal physical health through the principles of optimal nutrition, optimal exercise, and optimal rest outlined in the Pyramids of Power: An Ancient African Centered Approach to Optimal Health (John Chissell, M.D., 1993). Launched in 2016, this capacity building work is linked to building a stronger culture of health and wellness.



# **PYRAMIDS OF POWER: AN ANCIENT AFRICAN CENTERED APPROACH TO OPTIMAL HEALTH**

## **Nutrition**

BPI offers hands on programs to reconnect Black people to their agricultural roots, and the health benefits of this connection. These programs include culturally specific, family based gardening and nutrition experiences, cooking and STEM (science, technology, engineering, and math) focused nutrition classes, and experiences in food production, preparation, and distribution. At a personal level these programs give parents an opportunity to bring healthy eating into their lifestyle.

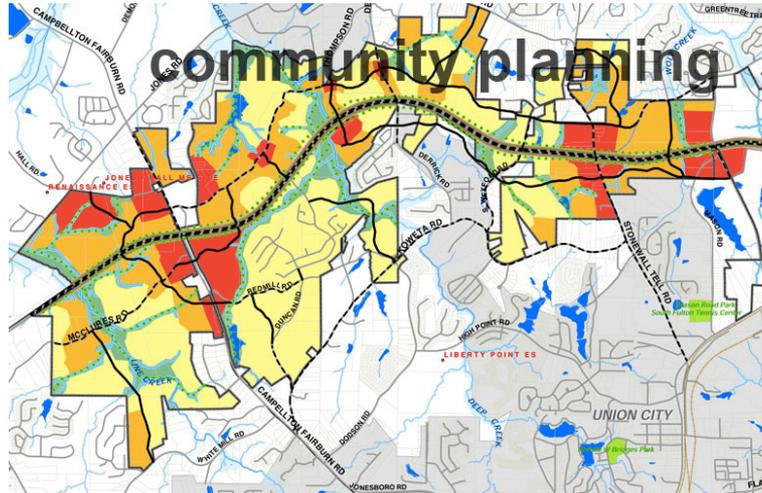
## **Exercise**

BPI offers culturally specific fitness classes and active group programs, directly and through partnerships with community organizations.

## **Rest**

BPI offers classes to promote sufficient rest- body, mind, and spirit. These include meditation, stress reduction, mindfulness self-care.

# HOW DO YOU SEE YOUR ORGANIZATION PARTNERING WITH LOCAL BLACK FARMING OR FOOD SYSTEM INITIATIVES?



# THANK YOU

## Q+A

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