WHAT does a trip to Bartram's Garden look like? Do you need to drive there? Do you have to pay admission? Is it all about taking tours and learning about colonial history and plants? The answer to all of these questions is resounding NO!

Part of the Fairmount Park system, Bartram's Garden today embraces an incredible range of roles for both its local Southwest neighbors and visitors from far and wide. Some of the offerings are outlined below in the hopes that many more will take advantage of both outdoor and indoor programs and activities.

PACK a Picnic: Bag your lunch or supper and a walk over to the Garden. Ramble its tree covered paths, find a seat under a welcoming tree, munch a sandwich and listen to soothing river sounds of the Schuylkill and the

By Aseel Rasheed

Bartram’s Garden neighborhood children line up at the new Schuylkill Bartram Mile terminus at the river and 56th Street for a morning bike outing. Bartram’s Garden sponsors educational programs and outdoor nature and healthy lifestyle activities throughout the year. Photo credit: Adam McNeil

Bartram’s Garden is Southwest Philly’s backyard
**Come Play at Bartram’s Garden this Spring**

*By David Stoughton*

T **wo years ago the U.S. Fish & Wildlife Service announced an additional funding to help John Heinz National Wildlife Refuge better connect urban communities to its green spaces and environmental conservation activities. This investment has helped us expand our education programs in Southwest schools, provide conservation service jobs for local youth, and supporting new partnerships with local community leaders and the Philadelphia School District. The funds have also helped us connect our urban partners with our larger conservation efforts. The goal is to get people outside and engage them with nature and the outdoors.**

**Connecting People to Nature at Heinz National Wildlife Refuge**

**CONNECTING PEOPLE**

**SECTION 1 PAGE 3**

Regarding staffing, the Refuge was able to bring in additional staff members to help roll out the expanded use of the refuge and educational programs, apply for additional grants and leverage substantial funds through partnerships.

In the education field, The Philly Nature Kids and Patterston Elementary Schools are typical of the effort which has allowed Refuge staff to reach 12,000 children in programming in the last school year. This marked our first ever Philly Nature Kids teacher workshop covers.

**CONNECTING PEOPLE**

**SECTION 2 PAGE 3**

Uncovering the Black History of Bartram’s Garden

_T here is a Black history at Bartram’s Garden waiting to be told. The Garden’s archives include few records of other members of the John Bartram era, however, or what work they did, the Garden’s archives include all of Kingsessing._

**How to Learn More About This Project**

**TAKE A TOUR:** Ms. Blakney will conduct a tour at the Garden on Sept. 8, 2018 on her research. It is free and open to the public.

**BUY A BOOK:** Ms. Blakney work to date is available to be purchased for $12 in Bartram’s Garden Welcome Center.

**GET INVOLVED:** Contact Garden Education Manager, Ashesh Shah at asheesh@bartram.org (215) 725-5211 x166.
New Life for Mount Moriah Cemetery

By Martine Decamp

Mount Moriah Cemetery is working hard to ensure its future. Since 2010, the Mount Moriah Cemetery Preservation Corporation has acted in tandem to maintain and clarify numerous acres of the cemetery, build partnerships with volunteer groups and organizations that can help ensure the future of this cemetery, acquire grants for the temporary stabilization of the historic gatehouse, and now to build a strategic plan for the cemetery and organizations moving forward.

The strategic plan is a $100,000 effort funded by the William Penn Foundation and the National Historic and Museum Commission, managed by the Friends and the Pennsylvania Foundation and the Pennsylvania Historical and Museum Commission and the Pennsylvania Historical and Museum Commission.

If you would like to help or keep up with happenings at the cemetery, please visit the Friends of Mount Moriah Cemetery website http://www.mountmoriachmmtorservice.org or join their Facebook page https://www.facebook.com/groups/fommci/.

By Mandy Katz

How many languages are you familiar with? Do you even listen to the language of the nature? The birds, insects and other creatures call with each other and they say their own words. If you get to know a bird's常用 language, you can help them find their way around in the community. If you would like to help or keep up with happenings at the cemetery, please visit the Friends of Mount Moriah Cemetery website http://www.mountmoriachmmtorservice.org or join their Facebook page https://www.facebook.com/groups/fommci/.

By Chris Bolden-Newhouse

I am a Black farmer and the son of farmers from the Mississippi Delta. After 40 years, I am now the co-director of the Sankofa Community Farm at Bartram’s Garden, and community-based food worker. I have been a student and teacher of the history of the South, African American land use, and African American foodways. I have been a farmer for 35 years, a professor of African American studies, and a professor of African American studies.

When I mentioned this desire to the friends of the Sankofa Community Farm at Bartram’s Garden, they were enthusiastic. They wanted to help me and my colleagues to build a new community, a new farm, a new garden, a new place to grow food.

The farm is located on the site of the old slave pens, which was a part of the old Sankofa Farm, the farm where I grew up.

The farm is a place where I can work with my family, my friends, and my community. It is a place where we can grow food, learn about nutrition, and learn about the history of the South.

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Sankofa also refers to kinds of crops that we grow and conserve at our Diaspora Garden. Here are two examples:

**Okra**

*Vigna unguiculata* or *Crowder Pea/Purple Hull Pea*

This legume originally domesticated in Africa and has spread throughout the world. The delicious pea has been in Africa and has spread through- out the world. Okra is eaten today throughout Africa, Asia, and the Americas. Since ancient days it has been associated with the waters of the Schuykill River and its tributaries, I didn’t know much until later that the river has a tide. And not just a little tide the Schuykill has a tide, six or seven times in six hours, in other words, the river rises and falls by the height of a person tall a/frac two times a day.

Philadelphiaans may not think of ourselves as being within the daily circle of the Atlantic ocean and its tides, but the Schuykill River is the river that pushes the tide up the Delaware Bay, up the Schuykill River. The Schuykill provides places to look out over river, and then up the Schuykill. It is the continual in and out breathing of the ocean that Bartram’s Garden visitors and staff work along and play within.

The tide is a fascinating timepiece of nature, and I always feel the good fortune to live near. No matter what we are doing, no matter the good fortune to live near. No matter what we are doing, no matter the human time of clocks and watch- es and phones, the tide’s movements are a constant and nearby reminder of the cyclical kind of clock the geota- llonomic pull of the moon and the sun on our tidal rivers.

**African Diaspora Garden include:**

- Sorghum (*Sorghum bicolor*)
- Cotton (*Gossypium hirsu- tum, goss*), Bottle Gourd (*Cucurbita maxima*), and Watermelon (*Citrullus lanatus*)
- More information on Diaspora seeds and how food sovereignty is growing in Southwest Philadelphia, please contact Farm Co-Director Chris Bolden-Newsome at okragalore@ gmail.com.

Mr. Chris taught us about the African diaspora, and other important lessons. Mr. Chris taught us about how Chris and Ty help me real- ize my potential and how he will always be there for me. I feel inspired by him, and I want to come back to the farm after college and get involved. My experience at Bartram’s Garden can be shared with many generations.

Ms. Tlou, one of the farm co-directors, I felt immediately welcome and loved being part of the group. My favorite thing to share is the incredible food I have here in Philadelphia: amazing dishes, the food is not like any other place and will create a true African experience. I am thankful for the opportunity to observe the tides in Philadelphia. Here are some upcoming events happening on and along the river at Bartram’s Garden.

**Free Wednesday Sunset Fishing:**

Fishing: Free Evening Rowboating...

**Lowest Schuykill River Level:**

The Lower Schuykill River has a tide that runs throughout the times of the Lampe Indians. Over 40 species of fish can be found in the Schuykill River. Here are some upcoming events happening on and along the river at Bartram’s Garden.

**Lighting up the bar at Bartram’s:**

Of our latest and greatest—our Spring and Fall fish stocks are now open for business. If you ever need bail or a book, they can be found at Welcome Center.

**Southwest Fish Oils:**

The Southwest Fish Oils are our latest and greatest. Our spring and fall fish stocks are now open for business.

**Free Morning Rowboating:**

Boating: Free Morning Rowboating...

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Learning at the Garden

**A child who says that they have no interest in science will seldom become attached to the natural world.**

Bartram’s Garden believes that a child who is curious about the world around them is full of mystery and understanding, and some of those mysteries can seem magical to a child. This is why we believe in using our gardens to help children make these connections to the land and to the living things that make up our world.

Bartram’s Garden offers free field trips for classes from Southwest Philadelphia schools. Transportation included.

**I love this music, they understand what I’m trying to say, and they can’t save the world, but if I dance to this music, they understand what I’m trying to say.**

**I miss you, Ma—saw this music, they understand what I’m trying to say.**

*A船只 is beautiful, back there, to sit and read or to have a lovely, peaceful walk, jog, or bike ride. Its arts, culture and nature programs take place year around.**

*Starr Herr-Cardillo Grave is one of the 700 trees—shading the grounds and making it literally one of the city’s largest open green space in the area, we keep the gates open from dawn to dusk. 365 days a year and welcome hundreds of users and visitors to explore the gardens, including joggers, dog walkers, tourists, strollers and runners. Our community events throughout the year.

*An Artist Speaks: Works from the Garden – Ms. Pumpkin*

*What’s the difference between being at Bartram’s and being at another school?* It’s beautiful out here, near flowers and the animals and I start dancing and the kids start dancing and we start singing, making “Second Saturday Tours” May – August 11:00am – 5:00pm

*An upcoming outdoor movie night.* Ms. Pumpkin: My mom was a dancer. I started dancing when I was like six. I always knew I was going to be a dancer. A lot of kids today are afraid to talk about dance, afraid to talk about who they are, afraid to talk about what dancing means to them. And what I want to do is to help children discover something about themselves and give them the courage to share that story with the world. Mr. Carpio: I was born to struggle. But I am struggling. I promised they would know nothing of struggle. Oh, how can I do this? Why must I do this? before they know what struggle is? But who will it be? Who will struggle?

**Two will have to go. Or maybe three.** Join my tribe and my family once more. from the manacles that shackled my tribe, my family. But that changed when I was freed to help make ends meet. into indentured servitude, probably of her children had to be contracted for freedom from slavery, but that two

But somehow, I think that Agnes saved money Woodland Avenue. Ms. Blakney has discovered that Agnes saved money to try to purchase her husband’s freedom from slavery, but that two of their children had to be contracted for freedom from slavery, but that two
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Bartram’s Garden Annual Plant Sale
Some Bartram history and my favorite plants

After many of his travels Bartram would bring his collections to his living laboratory in Philadelphia to study and cultivate, eventually establishing an international nursery business that supplied seeds, plants, and botanical insights to gardeners, scientists, and intellectuals in England and Europe. The Bartrams propagated over 4,000 native and exotic plants, like our Jef-
fernopsis dyerii, a rare and desirable native woodland perennial that was named to honor Thomas Jefferson in 1792. Dutchman’s Pipe Vine, Aristolochia durior, is a vigorous twining vine that bears small, mahogany- and cream-colored, pipe-shaped flowers amid lush, heart-shaped foliage. The flowers provide nectar for the native pipe vine swallowtail butterflies, and the leaves are an important food source for the caterpillars.

My personal favorite “curiosity,” is the Sensible Plant, Mimosa pudica. A perennial herb of the pea family, also known as the Touch Me Not Plant, it is well known for closing its leaves when touched. If disturbed externally, many regions of the plant trigger a release of various chemicals, including potassium ions, within the body of the plant. These chemicals make water and electrolytes flow out of the cell, resulting in a loss of cell pressure. This causes the cell to collapse, which squeezes the leaves shut. Iris fulva, another rare species we offer, is a native wetland iris with exquisite copper-colored flowers. It is well-known for closing its leaves when touched. If disturbed externally, many regions of the plant trigger a release of various chemicals, including potassium ions, within the body of the plant. These chemicals make water and electrolytes flow out of the cell, resulting in a loss of cell pressure. This causes the cell to collapse, which squeezes the leaves shut.

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Bartram discovered the Franklinia tree, was found on a Georgia riverbank in 1803, and it exists today in Franklin. The tree went extinct in the late 19th century. On March 18, 1821, John James Audubon painted a pair of parula warblers in the barrens of the Garden. This year’s sale takes place April 27, 4 to 7pm.

First, the basics: What to Plant and How to Plant

We invite you to explore our vibrant garden, riverfront, and Southwest Philadelphia’s gateway to our city’s parks and trails. Accessible by car, trolley, bicycle, or by foot, our grounds are open every day of the year. Guided tours and maps are available from our Welcome Center during hours of operation, or you may explore the Garden on your own.

We hope you will visit often and take part in our various programs. Events are all free and open to the public, unless noted.

Bartram’s Garden at a Glance

4/14 • 5–6:30pm Grow It Yourself Workshop Summer Planting & Maintaining Your Garden 5/5 • Love Your Park Historic Open House All Tours Free 5/25 • 8:15pm Family Outdoor Movie Night 5/31 • 7:30pm Birdfly Sunset Bike Walk 6/7 • 6:30pm Philadelphia Beer & Boats Ticketed event 8/9 • 7–9pm Family Outdoor Movie Night 8/17 • 6:30pm Philadelphia Beer & Boats Ticketed event 8/24 • 8:15pm Family Outdoor Movie Night 9/11 • 7–9pm Philadelphia Beer & Boats Ticketed event 9/26 • 6–8pm Philadelphia Beer & Boats Ticketed event 10/9 • 6–8pm Philadelphia Beer & Boats Ticketed event 10/27 • 6–8pm Philadelphia Beer & Boats Ticketed event 11/17 • 7–9pm Philadelphia Beer & Boats Ticketed event

Answers to all of your Bartram’s Garden Boating Questions

Bartram’s Garden with Seed Savers

Love Your Park Volunteer Bird Walk

Every Saturday, from April 21 through the end of October, 11am to 2pm, we offer free walk-up row-boating and row-boat rentals on the Lower Schuylkill River. Are you interested in boating but nervous about getting out on the water? Below we try to answer all your questions about our popular program.

First, the basics: What to Plant and How to Plant

How many people can fit in a kayak? Single kayaks can accommodate one person, up to 300 pounds. Tandem kayaks (2 to 3 person kayaks) can accommodate either two adults, one adult and a child, or two adults and a small child.

How many people can fit in a row-boat? Up to three adults.

What happens if I fall out? It rarely happens, but kayaks sometimes tip over. When this happens, the water takes over and you are pulled back onto the boat, if it is not damaged. How many people can fit in a row-boat? Up to three adults.

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Answers CONTINUES ON PAGE 16

By Danielle Redden

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Two new programs will be offered at the Garden.

SUNSET BOATING
Sustained by member support, sunset boating is a unique way to enjoy Bartram’s Garden. Come here to bike, create, think, relax, boat, or fish. You are part of a special community that cares about Bartram’s Garden’s deep roots and exciting future.

BARTRAM’S GARDEN MEMBERSHIP

20% OFF through May 31, 2018

JOIN BARTRAM’S GARDEN

20% OFF MEMBERSHIP

Get outside with us this spring!

Come here to bike, create, think, relax, boat, or fish. You are part of a special community that cares about Bartram’s Garden’s deep roots and exciting future.

For more information or to apply for membership, visit www.bartragarden.org.

Colorectal Cancer – Screening Vital for African Americans over Age 50!

Colorectal Cancer Preventable, Treatable, Beatable was the topic of discussion at the Mercy Health Systems Dine with the Docs workshop over the noon hour on Saturday, March 17 in the Mercy Philadelphia Hospital Cafeteria at 101 South 54th Street. The centerpiece of the event was the comprehensive presentation by gastrointestinal specialist, Dr. Ronald Concha-Parra, MD who began with a detailed description of the causes, prevalence, and difficulty of diagnosis of the disease with inner-city men and women. From there he moved to the important question treatment and prevention.

Dr. Concha-Parra began his vivid, prezentation aided presentation by using anatomy drawings to show where the disease strikes – in the bowel area of the gastrointestinal tract. There it starts and grows without producing any warning signs like pain or swelling – until bleeding or blockage begins. These facts are important because they emphasize the critical need for preventive measures – particularly men – to start scheduling the diagnostic procedure known as colonoscopy by age 50. While that test routine – involving washing out one’s stomach and intestines by drinking about a gallon of liquid – is not very pleasant, its benefits in terms of early discovery of small harmless growths called polyps or cancer lesions themselves are monumental – a matter of life and death!

Dr. Concha-Parra indicated that with early and if necessary regular colonoscopies, the survival rate from colorectal cancer soars to over 90 percent! The advantage of hospital colonoscopies is that the attending surgeon can actually remove any growths he discovers – as soon as they are discovered: diagnosis and therapy at the same time. To be prevention, Dr. Concha-Parra once again emphasized the need for regular colonoscopies to avoid cancers developing from polyps and removal before significant growth starts. Other than that, maintaining a healthy lifestyle, with exercise, weight control and a diet that includes good amounts of fruits, vegetables, and whole grains and lower quantities of red meat

By Ted Behr

Colorectal Cancer – Screening Vital for African Americans over Age 50!

Colorectal cancer is the third most common cancer in the United States for both men and women, and the second most common cause of cancer death among men and women. In 2017, there were an estimated 140,250 new cases of colorectal cancer and 49,700 deaths due to colorectal cancer.

Screening is the key to early detection and treatment of colorectal cancer.

Screening for colorectal cancer with a colonoscopy is an important part of preventive care. A colonoscopy is a procedure in which a long, flexible tube is inserted through the rectum into the large intestine. The colonoscope allows the doctor to view the inside of the large intestine. The colonoscope is equipped with a light and camera. The doctor can take samples from areas of the large intestine and remove growths. A colonoscopy is the only test that can prevent colorectal cancer. A colonoscopy is a very important and effective way to detect colorectal cancer.

Screening is recommended for individuals age 50 and older. Screening for colorectal cancer is important because it can detect cancer when it is most treatable.

Screening reduces the risk of death from colorectal cancer. Colonoscopy is the best and most important way to screen for colorectal cancer. Colonoscopy can detect colorectal cancer before symptoms develop or when the cancer is small and can be treated. Colonoscopy is the most effective procedure for detecting colorectal cancer.

Screening can help prevent colorectal cancer. Colonoscopy is the only test that can detect colorectal cancer before symptoms develop. It can also detect precancerous growths that can be removed before they become cancer.

Screening reduces the need for treatment. Colonoscopy can remove precancerous growths and reduce the risk of developing colorectal cancer. It is important to have a colonoscopy every 10 years.

Screening can detect colorectal cancer at an early stage. Colonoscopy is the best test to detect colorectal cancer at an early stage. It can detect colorectal cancer when it is small and can be treated.

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Screening can detect colorectal cancer at an early stage. Colonoscopy is the best test to detect colorectal cancer at an early stage. It can detect colorectal cancer when it is small and can be treated.

Screening is recommended for individuals age 50 and older. Screening for colorectal cancer is important because it can detect cancer when it is most treatable.

Screening reduces the risk of death from colorectal cancer. Colonoscopy is the best and most important way to screen for colorectal cancer. Colonoscopy can detect colorectal cancer before symptoms develop or when the cancer is small and can be treated. Colonoscopy is the most effective procedure for detecting colorectal cancer.

Screening can help prevent colorectal cancer. Colonoscopy is the only test that can detect colorectal cancer before symptoms develop. It can also detect precancerous growths that can be removed before they become cancer.

Screening reduces the need for treatment. Colonoscopy can remove precancerous growths and reduce the risk of developing colorectal cancer. It is important to have a colonoscopy every 10 years.
BARTRAM’S GARDEN CONTINUES FROM PAGE 9

answer is that your lifejacket is the most important aspect of any boating experience. It is required for anyone under 12 and always recommended for those 12 and up. Always wear your lifejacket, even if you are a good swimmer.

How can I be more involved? Our volunteers are run by an amazing team of trained boathouse volunteers. This is a great volunteer gig if you like being out on the water. If you want to learn more about our programs, please contact River Programs Manager Danielle Redden at danielle@bartrams.org.

For more information, please contact: 215-729-0738 or steve@swsingletracks.org

APPLY NOW at new.bartrams.org

APRIL 23

Cobbs Creek Clean-up

Kick off the spring trail season June 1 as a ride from Cobbs Creek Community Environmental Center to Bartram’s Garden. Meet at the entrance to the Cobbs Creek Community Environmental Center (Poo Cobbs Creek) at 9 am. Bring your own bike and helmet. Pack a picnic lunch

For more information contact: steve@swsingletracks.org 215-729-0738 or steve@swsingletracks.org.
Local Student Wins Award for His Dr. King Essay

A graduating senior at Philadelphia Military Academy, Isaac Sawyer wrote a two-page speech titled, "Keeping Dr. King’s Dream Alive." He presented it Tuesday, March 27, 2018, at Vision of Hope Church in Jenkintown PA in an event sponsored by the Black Clergy of Philadelphia and Vicinity. Sawyer referenced the early history of Dr. King through his March on Washington, emphasizing the historical aspect’s impact on the country during his lifetime and the relevance of what he said and did in today’s world. To a chorus of “Amen’s” from the audience Sawyer concluded his oration with, “Dr. King died believing...It’s up to us to keep Dr. King’s dream alive.”

Subsequently, it was determined that the young man’s essay won first prize in the city-wide event. In evening award ceremony, Black Clergy President Jay Broadnax presented a check for $500 to Dr. Cassandra Graves of Evelyn Graves Ministry, Sawyer’s mentor and spiritual advisor, on Sawyer’s behalf. Since Sawyer plans to apply for college soon, the prize will probably be invested in the first year’s tuition. Dr. Graves provided the information for this article.

Welcome Fair for New Americans

Wednesday, April 11, 2018 10:00 a.m. - 1:00 p.m.
Paschalville Library
215-685-2662
70th Street and Woodland Avenue

Are you an immigrant or refugee? Do you have questions about living and working in the United States?

At the Welcome Fair, we will have information on:

• jobs and careers
• green cards and citizenship
• education and English classes
• healthcare, benefits, and more

Free. No sign-up required. ALL ARE WELCOME!

Clean Air Workshop on Impact of Flooding

There are serious consequences from flooding both on a large scale, community-wide level due to major storms and stormwater backup, and a much smaller scale faced by individual householders. These risks include the obvious ones of financial loss and bodily injury and loss of the use of a cherished home for short and long periods of time.

Other less obvious risks from flooding, however, are the health concerns, particularly from the growth of mold. Mold infestation can occur within 48 hours of flooding and can cause shortness of breath, stuffy noses, and irritated eyes or skin. People who have asthma, pregnant women, infants, the elderly and people with immune system problems are at even higher risk of suffering from mold.

Recognizing these liabilities, a coalition of groups is putting on a workshop about mold and flooding at the Eastwick Public Library, 2851 Island Ave, Philadelphia PA 19124 on Wednesday, April 11, 2018 from 10:00 a.m. to 1:00 p.m.

The group consists of representatives from Drexel, National Nurse-Led Care Consortium, Liberty Lutheran, Emergency Coordinating Agency, the Philadelphia Health Department and Clean Air Council. This project is a coalition of groups all involved with the Franklin Institute’s Climate Urban Systems Partnership. http://www.superclean.org/cities/philadelphia

The presentation will largely be a "Do's and Don'ts" of mold and flooding in general, offering a variety of resources offered by the City and the non-profit organizations involved. We have funds for food and refreshments as well as $25 visa gift cards for 25 people.

For more information and to register for the workshop, please contact: Maggie McNulty mmcnulty@drexel.edu or call 215-287-1963.
APRIL 21

• Spring Open House & Plant Sale, 10:00 a.m. – 4:00 p.m. Bartram’s Garden, 5400 Lindbergh Blvd.

• Health & Wellness Fair – Victory Christian Center 10:00 a.m. – 2:00 p.m., 5220 Whitby Avenue, Free

• Bike Ride – Cobbs Creek Environmental Center To Barraton’s River Plaza (Rain date from April 7): Starts 10:00 a.m. at 56th St & the Schuylkill River, next to Barraton’s Garden. See Ad, Page 18 this issue for details.

• Free Screenings for Glucose and Blood Pressure (Keystone First). Info from VIP/Medicare, Chip, Philadelphia Care for the Aged, American Diabetes Association, Fitness Classes, & more! Info: 215 474-2717

• Men’s Prayer Breakfast – Open to All. 8:30 – 10:00 a.m. The Common Place, 58th & Chester Ave. (Every 3rd Sat.) Info: www.thecommonplacephilly.org or 267-275-8238 Email: info@thecommonplacephilly.org

• Black Male Educators Convening 9:00 a.m. - 3:00 p.m. Speakers/Discussions/Network on development, recruitment and retention of Black male educators. Temple Univ.- Gittis Student Ctr. 1755 N 13th St. Philadelphia. Visit: www.eventbrite.com/e/bmec

APRIL 23

• Open workshop on Mold & Flooding – 4:00 – 6:00 p.m Eastwick Public Library, 2831 Island Ave. How to provide low-cost ways to keep homes/families safe from effects of flooding as climate change progresses. Phila. Dept. of Health, ECA, Drexel Univ. Clean Air Council.

APRIL 30

• Deadline: College Scholarships for Students; PA Legislative Black Caucus: Application details: www.pahouse.com/PLBC/Scholarships

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Open Monday to Saturday 10:00 a.m. - 6:00 p.m.
215-726-7110 www.moreforlessoutlet.com
1. **SET YOUR INTENTION:** Growing food is a spiritual and revolutionary act! The soil and seeds are alive, and you are participating in one of the most amazing acts you can do as a human being. Take time to connect to your intention for growing food throughout the season.

2. **IT’S ALL ABOUT THE SOIL:** Feed the soil, the soil feeds the plants, and the plants feed you. Create a raised bed using free material like pallets, rocks, brick, cinder blocks. Or you can purchase wood and exterior screws from local hardware store. Place cardboard on the ground first to create a barrier against weeds. Then fill with a quality topsoil (70%) and compost mixture (30%). Stay away from any types of chemical fertilizers or pesticides—they will disrupt the natural balance.

3. **GIVE YOUR PLANTS ENOUGH SPACE:** Whether you grow from seed or transplant seedlings, check your seed packet or ask an experienced elder about how far to space the plants from each other. Most greens like collards, kale, and broccoli like to be a foot apart. Hot weather plants like tomatoes, eggplant, and peppers like to be two feet apart. Good spacing helps control disease and pests.

4. **MULCH, MULCH, AND MORE MULCH:** Use broken down or chipped leaves, old dried out grass, or even cardboard/paper clippings to mulch around your plants. Mulch keeps plants moist and warm, reduces weeds, and creates an environment for beneficial insects.

5. **KNOW AND GROW YOUR CULTURAL FOODS:** Ask a grandparent or an elder about food from your culture. Try to grow and cook those plants this year!


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**COMMUNITY GARDENING PLOTS AT SANKOFA!**

Excited about growing food and herbs but don’t have space at home? Community garden plots and classes available to residents of Southwest Philadelphia for a $20.00 seasonal membership fee and commitment to grow all summer. For summer sign up at Sankofa Farm Community Garden at Bartram’s Garden, contact: Chris Bolden Newsome at okragalore@gmail.com

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**WE LOVE OUR VOLUNTEERS!**

Build a relationship with your food, learn your cultural foods, and connect to your community. Come to 2nd and 4th volunteer days from 9:30-12:30!

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**GET FRESH PRODUCE AT THE SANKOFA COMMUNITY FARM AT BARTRAM’S GARDEN FARM STANDS**

Always affordable • Chemical free • Grown here in Southwest Philly

**THURSDAYS** June–November, 3:30–6:30pm
54th & Lindbergh (entrance to Bartram’s Village)

**SATURDAYS** June–November, 10am–1pm
Clark Park 43rd & Chester

We accept CASH, SNAP/EBT, WIC / Senior Farmers’ Market Vouchers

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**GROW IT YOURSELF**

NATURAL AGRICULTURE TIPS FOR GROWING YOUR OWN FOOD.